

Safe Food Handling

McHenry County Department of Health



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Food Handlers vs. Volunteers

- A food handler is an individual working with unpackaged food, food equipment or utensils, or food-contact surfaces.
- A volunteer is an unpaid food handler.
- All food handlers are required to obtain training in basic food safety and sanitation. Volunteers do not need to complete food handler training, but must be knowledgeable in current safe food handling procedures and must follow all food ordinance requirements.
- Whenever food prep or food handling is occurring, a Certified Food Protection Manager must be onsite at all times for supervision.

Preventing Foodborne Illnesses

- Food handlers decrease risk of illness by following safe food handling practices by:
 - Barriers
 - Proper cooking methods
 - Restriction/exclusion from food handling when ill
- Foodborne illnesses result from consumption of unsafe food. This can be preventable through safe food handling.

Receiving and Storing Food

When receiving food items from shipment, follow these steps:

- Temp a few different items to make sure they are at the proper temperatures ($\leq 41^{\circ}\text{F}$ and/or $\geq 135^{\circ}\text{F}$). We suggest keeping a log of temps to refer back to shipments.
 - If employees are not onsite during delivery, we suggest having the hauler write temps down on the invoice.
- Observe different items to make sure they are able to be accepted
 - Create / follow a procedure of handling any rejected items
- Store in the appropriate manner
 - Different types of food are stored at varying temperatures and need to be shelved to avoid cross-contamination (raw, cooked, frozen, etc.)

Storing Specific Food

- **Meat and poultry:** must be USDA inspected and stored at or below 41°F
- **Eggs:** must be stored at or below 45°F
- **Seafood:** fresh fish must be stored between 32°F and 41°F; shellfish stored at or below 45°F; smoked fish at or below 36°F
- **Dairy:** including milk and bakery fillings including dairy; must be stored at or below 41°F and used by the expiration date on the packaging
- All food must be stored at least 6 inches off the ground
- All food products must be covered to prevent contamination
- Store chemicals below and separately from food

Storing Specific Food Continued...

- **Fresh fruits and vegetables:** refrigerated at 41°F or held in dry storage at 60°F to 70°F
- Inspect product packaging for damage (i.e. punctures, tears, dents, etc.) and if anything is found, bring to your Certified Food Protection Manager's attention for direction.
- **Date marking**
 - Date when any TCS food is opened, and can be used within 7 days from opening
 - The date of preparation counts as day 1
 - Food must be discarded after 7 days
 - Label times and methods of cooling

Serving: Barriers and Hand Washing

- Provide and use suitable barriers (gloves and utensils). Avoid direct bare hand contact with ready-to-eat food.
- Wash hands before and after using barriers, task changes, and after any activity that contaminates barriers.
- Wash hands:
 - Before food preparation
 - After touching body parts
 - After toilet use
 - After handling animals
 - Coughing, sneezing, tobacco use, eating, and drinking
 - During food preparation to prevent cross-contamination
 - Between handling raw and ready-to-eat food
- Wash hands in **HAND SINK ONLY**. No food preparation sinks, no ware washing sinks, and no utility sinks.

Serving:

How to Properly Wash Hands

- Make sure hands and exposed arms are clean, fingernails are clean and filed, no fingernail polish or artificial nails without gloves.
- Hand washing procedure
 - Use clean, warm water with a cleaning compound (soap)
 - Scrub hands together for a minimum of 20 seconds getting nails, fingertips, between fingers, back of hands, and wrists
 - Rinse with clean, warm water
 - Dry with paper towel
 - Use a BARRIER to shut water off and open door (paper towel)
- Hand sanitizers cannot replace hand washing, but can be used in addition to. It must be approved based upon safety and effectiveness. It must be applied to clean hands.

Serving:

Jewelry, Hair, and Personal Hygiene

- Food handlers and volunteers cannot wear jewelry while serving or preparing food. The only allowable jewelry is a plain band ring with no jewel.
- Hair should be restrained in a manner that protects food with:
 - Hair nets, caps, visors, scarves, beard nets, etc.
- Work attire worn for work should be clean.
- Any food handler/volunteer wearing nail polish and/or fake nails must wear gloves when handling or prepping food.

Personal Beverages at the Work Place

- A food employee may drink from a closed beverage container if the container is handled to prevent contamination of:
 - Employee's hands
 - Beverage container
 - Exposed food
 - Clean equipment, utensils, and linens
 - Unwrapped single service items
- Any personal beverage containers must be stored **separate** and **below** any food items, equipment, or utensils.

Exclusions and Restrictions from Work

- Should any food employee feel ill, they must report it to their Person-in-Charge (PIC)
- Every food establishment must have an employee health policy and procedure to follow
- **Ensure that any ill employee is symptom-free for at least 48 hours before returning to work**
- Dress cuts on fingers/hands with a bandage and gloves. These controls must inhibit bodily fluids in order to handle food.

Food Preparation Requirements

- Prepare raw and ready-to-eat food in separate areas
 - Also use separate utensils for raw and ready-to-eat food
- Minimize the handling of food
- Minimize the amount of food prepared
- Minimize amount of time food is in the temperature danger zone between 41°F and 135°F
 - Disease-causing bacteria grow rapidly in this range, especially between 70°F and 125°F
 - If conditions are right, bacteria can double in number every 10 to 20 minutes
- Always keep product covered before serving (i.e. lids, containers, sneeze guards, etc.)
- Wash produce thoroughly prior to use

Cooking Food Requirements

- Cook skeletal meat cuts of beef, pork, seafood, and eggs prepared for immediate service to a minimum temperature of 145°F for at least 15 seconds
- Cook ground meats and eggs for hot holding to a minimum temperature of 155°F for at least 15 seconds
- Cook poultry, stuffing, and stuffed food to a minimum temperature of 165°F for at least 15 seconds

Cooling Food Requirements

- Cool food quickly
- Do not use a refrigerator as the only means to cool food
- Use the appropriate cooling method for different types of food (i.e. smaller/shallow pans, ice bath, ice wand, etc.)
- Protect food from contamination
- Chill TCS food prepared in advance rapidly from 135°F to 70°F or less within 2 hours and then from 70°F to 41°F or less within 4 additional hours

Reheating Food Requirements

- The two main hazards that occur during reheating are the multiplication of bacteria not destroyed during cooking and contamination of food.
- Be sure to:
 - Reheat batch food to the proper temperature of 165°F for at least 15 seconds
 - Use the proper equipment to reheat food
 - Use proper microwave cooking procedures
 - Regularly audit heating procedures, heating equipment, and check temperatures
 - Offer individual servings of TCS food for immediate service at any temperature

Monitoring Temperatures

- All thermometers used to monitor food must be calibrated
- Calibrate thermometers frequently:
 - Before first use
 - After dropping
 - daily
- Monitor food temps:
 - Upon receipt
 - During cooking steps
 - Hot/cold holding (all cold holding units must have a visible thermometer)
 - Display
 - Serving

Time and Temperature Requirements for Food

- Applies to food that require temperature control for food safety (TCS)
 - Dairy
 - Raw meats
 - Cut melon, tomato, and greens
 - Garlic in oil mixtures
 - Cooked food
 - Deli meats, cheeses, and salads
- Cold holding must be maintained at 41°F or less at all times
- Hot holding must be maintained at 135°F or above at all times

Collection and Washing of Dishes

- Keep used dishes separate from clean ones
- Wash hands before handling food or clean equipment and dishes
- For auto-dishwasher:
 - Do not go from placing dirty dishes and scraping dishes to handling clean dishes after they have been washed
- Wash dishes in a 3 basin sink
 - Wash, rinse, sanitize
- Sanitize
 - Cl⁻ ppm / temp water
 - Quat ppm / temp water
 - How long to keep dishes in the sanitizer
- Air dry
 - No stacking of wet dishes

Helpful Sources

- McHenry County Department of Health
 - www.mcdh.info
 - MCDH homepage >> Environmental Health >> Food Protection Program >> Educational Materials
- Centers for Disease Control and Prevention
 - www.cdc.gov
- Illinois Department of Public Health
 - www.idph.state.il.us

Questions, Comments, Concerns

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