



Food Safety Basics

Guidance for Safe Food Handling



Why is Food Safety Important?



The federal Centers for Disease Control and Prevention estimates that **48 million illnesses** , **128,000 hospitalizations** , and **3,000 deaths** that occur annually in the United States are related to foodborne diseases.



Roughly 1 in 6 Americans get sick from food borne illnesses annually.



Food Handlers Best Practices



Supply handwashing sinks with soap and paper towels.



Wash hands at least 20 seconds with soap and warm water (100°F) and dry with disposable paper towel.



Wear hair restraint such as a hairnet or a hat if handling open food.



Wear gloves if you have artificial nails or cuts on your hands. Change gloves when changing task or as needed.

Note: Sick employees should stay home and not handle food or clean utensils

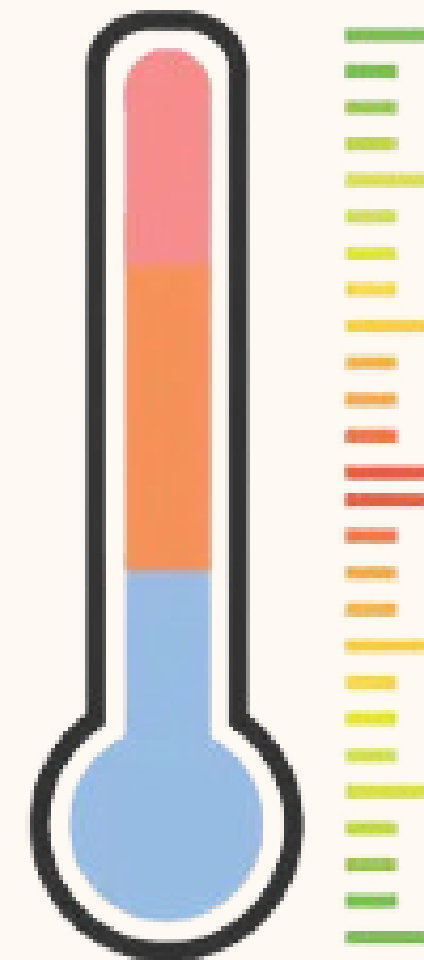
Proper Reheating

Ready-to-eat food taken from a commercially processed and hermetically sealed container, or from an intact package from a food processing plant, should be heated to a temperature of **135°F**, or as manufacturer directs for hot holding.



Time and Temperature Control

- Pathogenic bacteria that can cause illness may be found in potentially hazardous foods (PHF).
- PHF items are foods that must be kept at a specific temperature to minimize the growth of food poisoning bacteria that may be in the food, or to prevent the formation of toxins.
- Time and temperature are used to limit the growth of pathogenic bacteria.
- The **danger zone (42 °F to 134 °F)** is the temperature range where pathogens can multiply at a fast rate in PHF items.



135°F - 145°F

Hot Holding Temp

42°F - 134°F

Danger Zone

0°F - 41°F

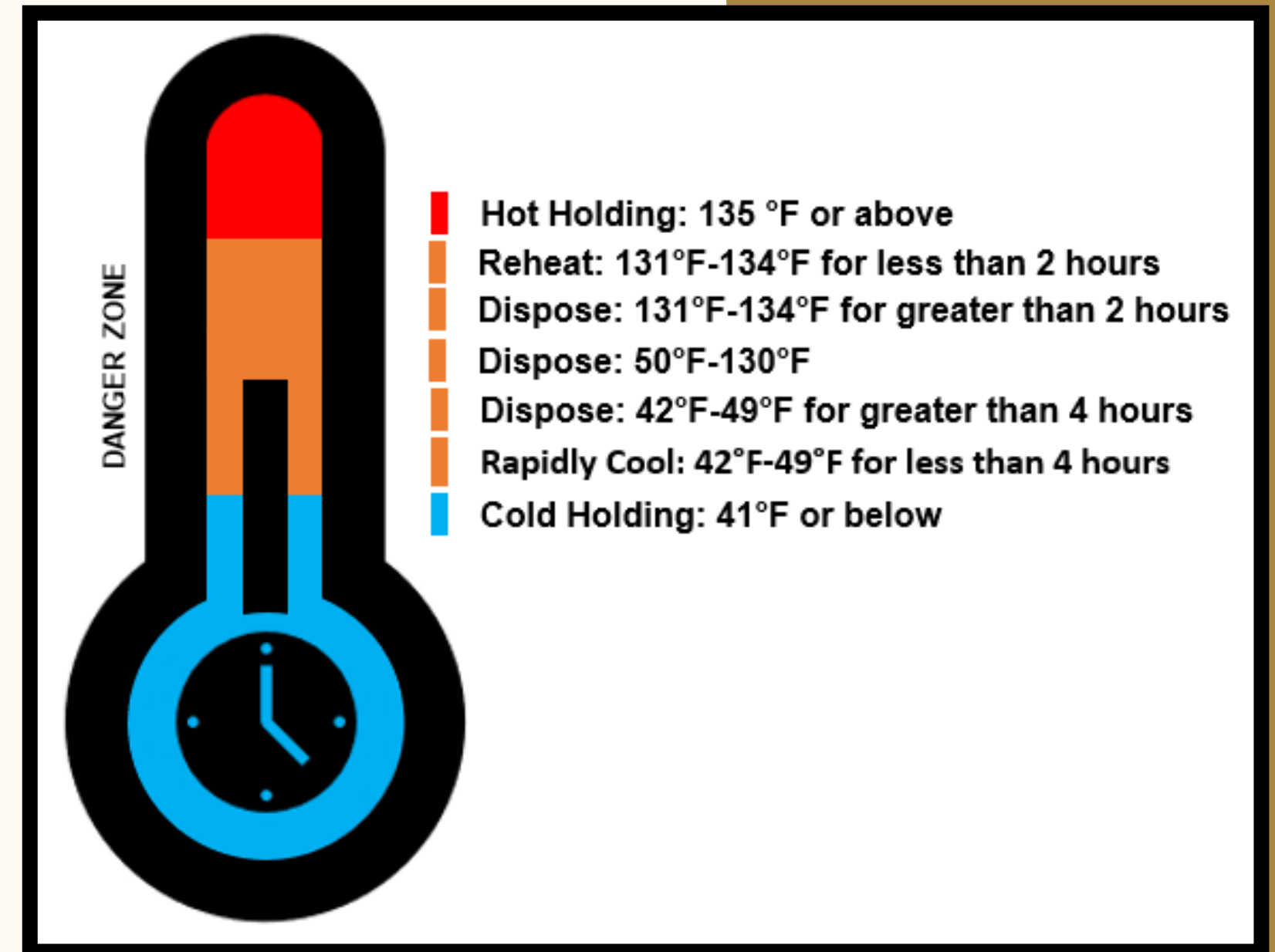
Cold Holding Temp

Examples of PHFs : Raw-beef, pork, poultry, fish, cut tomatoes, cut melons, and more!

Hot & Cold Holding Temperatures



- Cold PHF items should be held at 41°F or below.
- Hot PHF items should be held at 135°F or above.
- PHF items held between 42°F–49°F for less than 4 hours should be rapidly cooled. PHF items held for more than 4 hours should be disposed.
- PHF items held between 50 °F- 130°F should be disposed.
- PHF items held between 131°F–134°F for less than 2 hours should be rapidly reheated. PHF held more than 2 hours should be disposed .
- Food assembling/portioning of PHF items should not take more than 2 hours, then should be returned to correct holding temperatures.



Transportation & Delivery Temperatures



PHF can be transported at any temperature if the transport period is less than 30 minutes.



Hot PHF items should be maintained at 135°F or above if transport period is greater than 30 minutes.



Cold PHF items should be held at 45°F or below during transport if transport period is greater than 30 minutes.



Temperatures of PHF items received from a delivery should be checked to ensure temperatures fall within the time and temperature allowances.



PHF items delivered in compliance with laws allowing temperatures above 41°F, should be cooled within 4 hours of receiving.



Types of Food Contamination

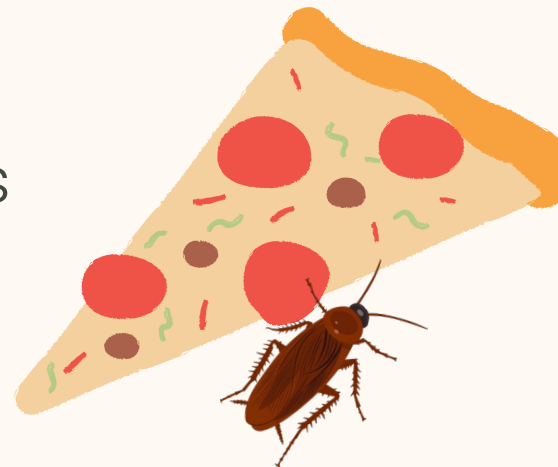
Contamination occurs when there is a presence of a harmful substance in the food such as pathogens , chemicals, or physical objects



Potentially Hazardous Foods: When foods such as Raw-beef, pork, poultry, fish, cut tomatoes, and cut melons are within the danger zone (42°F to 134°F)temperature range where pathogens can multiply at a fast rate.

Potentially Hazardous Foods: Foods that require time or temperature control to limit pathogen growth or toxin formation

Chemical contamination:
Presence of chemicals in food that can cause illness, such as pesticides, unapproved food additives or preservatives, cleaning supplies, etc.



Physical contamination:
Presence of foreign matter usually large enough for us to see, such as broken glass, insects, hair, artificial nails, bandages, etc.



Glove Requirement

- You have rashes, burns, bandaged cuts, etc. on your hands
- You wear jewelry, have artificial nails, or have nail polish



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Types of Holding Equipment

Ice packs



Ice



Insulated containers made
for hot or cold holding



Thermometers

A metal probe thermometer is the best tool to check the internal temperature of PHF items.



Refrigerator thermometer helps to monitor if your refrigeration units are properly maintaining the correct ambient temperature.



Infrared thermometers only measure the surface temperature of foods and are **not recommended**.



Verify Sanitizer

Chemical sanitizer:
Verify concentration



High temperature:
Verify approved temperature



Note: Thermometers need to be calibrated
monthly

Protect Food From Contamination

- Keep raw meat, seafood, poultry, raw fruits and vegetables, and ready to eat foods separated in a manner that prevents cross contamination.
- Wash hands, equipment, and preparation stations frequently/before and after use.
- Store food items in clean dry environments and at applicable temperatures as required.
- Food items should be elevated (6 inches) from the floor.
- Food items should be stored in areas that are not subject to possible contamination.



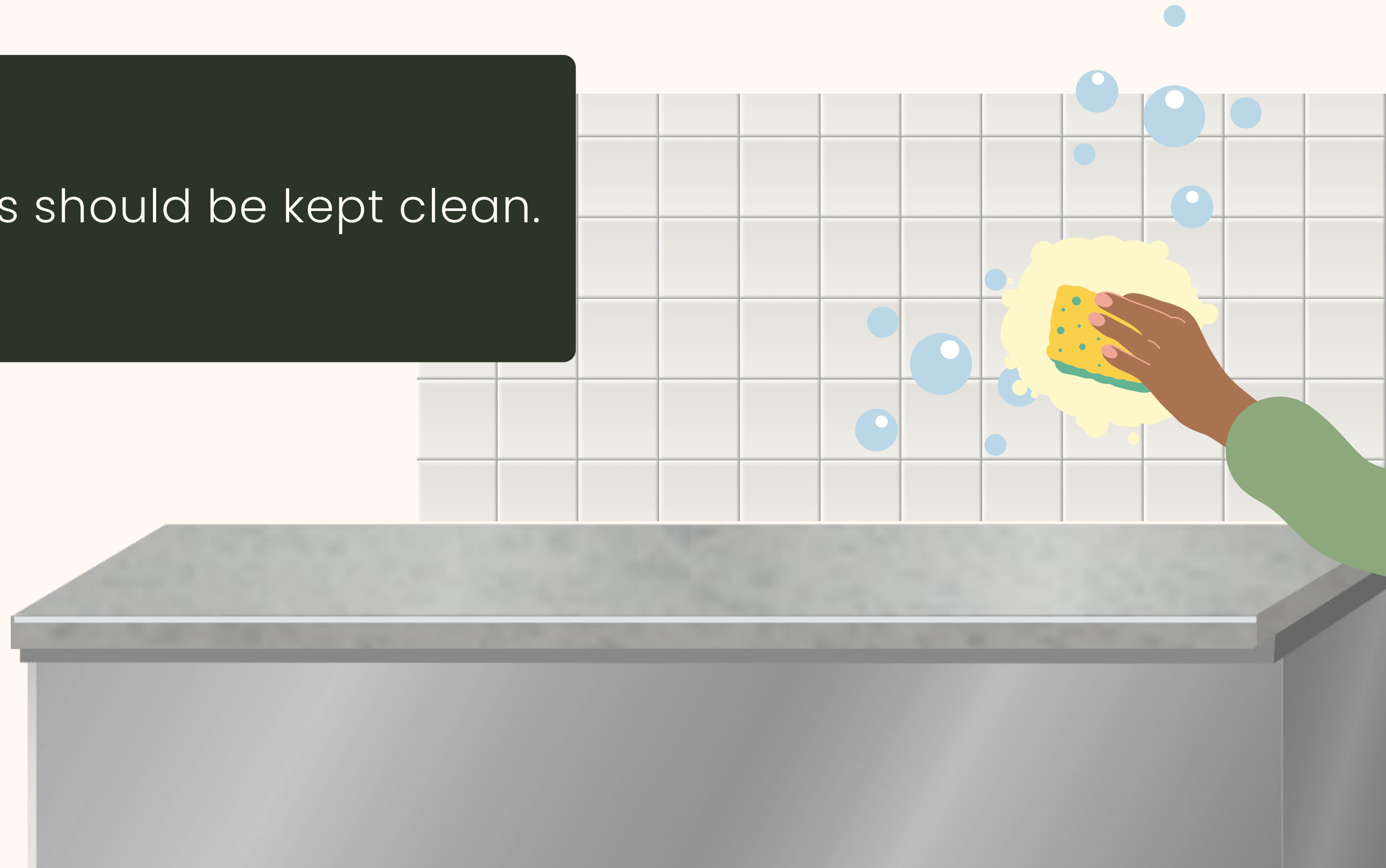
Food Contact Surfaces

- Food contact surfaces that come in contact with PHF items should be washed, rinsed, and sanitized at least every **4 hours** .
- Food contact surfaces used for raw meat, fish, and poultry should be cleaned and sanitized between different species and before switching to ready-to-eat foods.
- Multi-use equipment and utensils should be properly **washed** (100°F warm water and soap), **rinsed** , **sanitized** (e.g., 200 ppm Quaternary Ammonia [QT-10], 100 ppm chlorine, hot water at 171°F), and allowed to **air dry** .
- Utensils and equipment used in food handling should be stored in clean areas, elevated from the floor, and in a manner that protects them from possible contamination.



Nonfood Contact Surfaces

Nonfood contact surfaces should be kept clean.



Additional Food Handling Resources



Find ANSI approved Food Handler and Certified Food Protection Manager Certificate Courses:
<https://anabpd.ansi.org/Accreditation/credentialing/certificate-issuers/AllDirectoryListing?prgID=262&statusID=4>



LA County DPH Food Retail Food Safety website:
<http://www.publichealth.lacounty.gov/eh/safety/restaurant-market-food-safety.htm>



CDC Food Safety website: <https://www.cdc.gov/foodsafety/index.html>



CDPH Food Safety website:
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/FoodSafetyResources.aspx>

Thank You.

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