

# Safe Food Activities

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## Overview

- Background
- Planning
- Food Activity
- Cleanup

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## Objectives

1. Staff will understand the importance of safe food handling.
2. Staff will know how to reduce incidence of food borne illness.
3. Staff will serve as a healthy role model for families and students by practicing safe food handling practices in food activities from preparation through cleanup

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## Background

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## Safe Food Handling – Why the Concern?

- A foodborne illness from a food activity is possible
- Each year an estimated 48 million people (1 in 6) get sick from food
- Of these, about 3000 die from either the foodborne illness or related complications
- So, all EFNEP/FNP staff need to follow some basic, common sense rules

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## How Food Becomes Unsafe

1. Unsafe sources
2. Time-temperature abuse of foods in "Danger Zone" (TDZ= 41°F to 135°F)
3. Poor personal hygiene
4. Cross-contamination
5. Improper cleaning and sanitizing

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# Planning

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## Before Food Activity

- Define Your Activity/Activities
  - Food Demonstration
  - Food Preparation
  - Food Tasting
- Recipe Preparation
- Food Safety Kit
- Survey Facility

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## Define Your Activity

- **Food Demonstration:** showing and explaining to a family or group how to prepare a recipe or a recipe component
- **Food Preparation:** working together with a family or group to prepare a recipe or recipe component
- **Food Tasting:** preparing a recipe in advance, dividing the recipe up into small portions, and serving those portions to families, group members, or others at a lesson or while recruiting

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## Review the Recipe

- Purchasing
- Advance preparation steps
  - Tasting
  - Demonstration and Preparation

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## Food Safety Kit

- Always check that your food safety kit is restocked with necessary items, including...

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## Gloves

Loose, plastic gloves should be included for use in food serving



Tighter fitting food preparation gloves should be included for use in preparation and demonstration

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## Plastic Containers



Use separate containers for equipment and dry food items. You may want a larger container for equipment, such as the one seen on the left. All containers should be clean and have tight-fitting lids.

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## Thermometers



A stem thermometer should be used to ensure foods are held at the proper temperature

A refrigerator thermometer should be used to ensure foods are stored at the proper temperature

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## Soap



Soap and hand sanitizer should be included in kit to allow for frequent hand washing

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## Cooler



Pack coolers with ice or ice packs to ensure cold foods stay below 41°F

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## Trash Bags



Trash bags should be included to use during cleanup, they may also be used during transportation as shown on the following slide

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## Cover for Transportation



A towel, sheet, or trash bag should be used to entirely cover storage surfaces in vehicle during transportation

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## Clean Apron

A clean apron should be worn at each food activity



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## Sanitizing Equipment



Prepare sanitizing solution with a spray bottle, bleach, water, and measuring utensils for 1 cup and 1 tsp



Sanitize surfaces with spray bottle solution and disposable paper towels

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## Survey Facility

- Is there running water with
  - Restrooms?
  - Hand washing sinks?
  - Food sinks?
- Are there trash cans and adequate counter space?
- Is equipment in working order?
- Are outlets available if needed?

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Food Activity

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## Food Activity

- Guidelines
- TCS Foods
- Time and Temperature Controls
- Personal Hygiene
  - Your health
  - Hand washing
  - Proper Glove Use
- Allergens

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## Food Demonstration Guidelines

- Follow all recipe food safety guidelines
- Store cold foods in the refrigerator which must be at appropriate temperature of 40°F or below
- Wash and sanitize all demonstration areas
- Wash your hands and wear plastic, loose gloves when serving
- Have participants wash hands before tasting, if able
- Pre-portion servings for participants, if possible, to limit risk of food contamination
- Always use clean serving utensils

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## Food Preparation Guidelines

- Follow all recipe food safety guidelines
- Arrive early to allow time to prepare surfaces, food, and materials before participants arrive
- Notify person in charge of facility if anything is not in proper working order
- Wash and sanitize all preparation areas and eating surfaces
- Wash hands and put on tighter fitting food preparation gloves with ready-to-eat foods; have anyone assisting in preparation do the same

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## Food Preparation Guidelines

- Special notes for preparation in home kitchens:
- Limit visitors/others in kitchen
- Keep pets out of kitchen during preparation
- Do not smoke near food or preparation area
- Use proper tasting procedures
- Do not eat or drink from an open container while preparing food.

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## Food Tasting Guidelines

- Follow all recipe food safety guidelines
- Wash and sanitize all serving surfaces; place clean tablecloth on serving table if available
- Wash hands and wear plastic, loose gloves when serving food for tasting



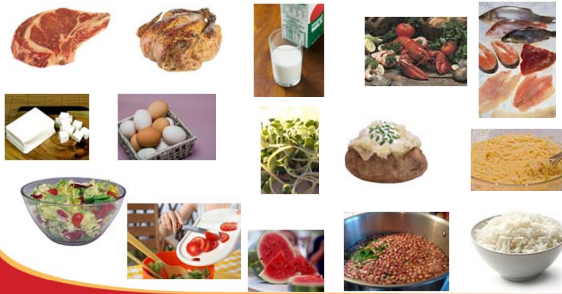
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## Food Tasting Guidelines

- Set out small batches for tasting; keep sealed when possible
- Hot Foods: store in crock-pot with lid on
- Cold Foods: store in bowl with ice
- Check temperatures frequently (Hot  $\geq 135^{\circ}\text{F}$ , Cold  $\leq 41^{\circ}\text{F}$ )
- Discard any food set out for tasting if not consumed

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## Temperature Control for Safety Foods



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## All Foods Require Attention



- Meat and Cheese
- But also ready-to-eat foods:
  - Lettuce
  - Tomato
  - Bun

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## Time and Temperature

- **Before Use:**
  - Store in refrigerator (below 41°F) or freezer (below 0°F)
  - Use refrigerator thermometer
- **While Serving:**
  - Keep hot foods hot and cold foods cold
    - Hot means 135°F or above
    - Cold means 41°F or below
    - Two hours



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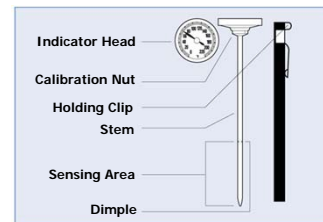
## Time and Temperature

- Appropriate cooking temperatures for items in recipe
  - Chops, steaks, roasts, & fish: 145°F
  - Ground meats such as ground beef, ground pork or sausage, & egg dishes: 160°F
  - Chicken breasts & whole poultry: 165°F

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## Time and Temperature

### Bimetallic Stemmed Thermometer



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## Time and Temperature



1. Fill a large container with ice and water



2. Submerge the thermometer stem or probe in the water for thirty seconds



3. Hold the calibration nut and rotate the thermometer head until it reads 32°F (0°C)

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## Personal Hygiene

- Personal Appearance and Hygiene Guidelines:
- Wear clean and appropriate clothing
- Remove jewelry
- Tie your hair back away from your face
- Use a clean apron
- Wash hands often
- Do not serve or prepare food if you are sick

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## Personal Hygiene

- Do not serve or prepare food if you are sick
  - Sore throat
  - Fever
  - Vomiting
  - Diarrhea

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## Hand Washing

### Before

- Food activity



Iowa Food Safety Task Force  
Kansas Health Foundation

### After

- Use of restroom
- Eating, drinking, chewing gum
- Handling raw meat
- Touching unclean equipment
- Sneezing, coughing, tissue use
- Use of cleaning/sanitizing chemical
- Taking out garbage
- Touching clothing or aprons
- Clearing dirty tables

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## Hand Washing



1. Wet hands with warm running water



2. Apply soap



3. Rub hands together for 10-15 seconds



4. Clean under fingernails and between fingers



5. Rinse hands thoroughly under running water



6. Dry hands with disposable towel or dryer

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Total time = 20 seconds

## Hand Washing



Microorganisms from unwashed hands after using the restroom

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## Hand Washing



Microorganisms from handwashing sink faucet handle

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## Hand Washing



Microorganism from fingers dried on this apron



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## Hand Washing vs. Hand Sanitizer

- Estimated that about half of the 48 million foodborne illnesses each year are from Norovirus
- Hand sanitizers not effective for all pathogens that cause foodborne illnesses not a substitute for handwashing

***“Hand washing is the single most important means of preventing the spread of infection.”***  
– Centers for Disease Control and Prevention

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## Wearing Gloves

- Provide barrier between germs on hands and food to cut down on spread of food borne illness
- Wear when handling ready-to-eat foods
- Wear over cuts and sores
- Tight gloves – preparation
- Loose gloves - serving

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## Wearing Gloves

- Always wash hands before putting on new gloves
- Wash hands after taking gloves off



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## Wearing Gloves

- Change gloves:
  - When gloves rip or tear
  - After touching new surface
  - Before starting new task
  - After coughing/sneezing



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## Allergens

- Be aware that food allergies may occur
- Common food allergies: Milk, Peanuts, Shellfish, Soy, Tree Nuts, Fish, Eggs, Wheat



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# Cleanup

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## Washing and Rinsing

- Wash with hot, soapy water
- Rinse in very hot water
  
- Reduces microbial populations
- Removes visible debris

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## Sanitizing

- Spray bottle for surfaces
  
- Dishpan for utensils and equipment



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## Sanitizing

- In spray bottle:
  - ½ tsp bleach to 2 cups water
- In dishpan:
  - 1 Tablespoon bleach to 1 gallon water
- Replace solution at least once a week



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## Left Over Food

- Throw away food that is not reusable
- Separate perishable and dry foods and equipment during transportation
- Store reusable food at appropriate temperature for transport
- Label all food before storing with date and name of item

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## Remember...

- You have the ability to reduce incidence of food borne illness through safe food handling
- You can be an excellent role model for families by practicing safe food handling from preparation through cleanup

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## Contributors

- Krystle Sibenaller, ISU Dietetic Intern
- Dr. Catherine Strohbenn, ISUE Professor
- Renee Sweers, ISUE Nutrition and Health Field Specialist
- Iowa State University Food Safety Project
  - Website: <http://www.iowafoodsafety.org>
  - Publications
- Centers for Disease Control and Prevention
- Montana State University Extension
- University of Wisconsin Extension

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