

# FOOD SAFETY COURSE

For Food Fundraisers on Fort Benning, GA



Department of Environmental Health  
Preventive Medicine  
Fort Benning MEDDAC

# Course Design

- Takes place of face-to-face class
- Provides certification required for post fundraisers
- Who?
  - Anyone who prepares food for consumption
- 50 minutes instruction
- Knowledge checks
- Post exam
  - Must pass with 80% or required to take again

# Objectives

- You will learn:
  - How food becomes dangerous
  - Proper food handling and preparation
  - Proper food storage and temperatures
  - Proper sanitation of materials
  - Proper food transport

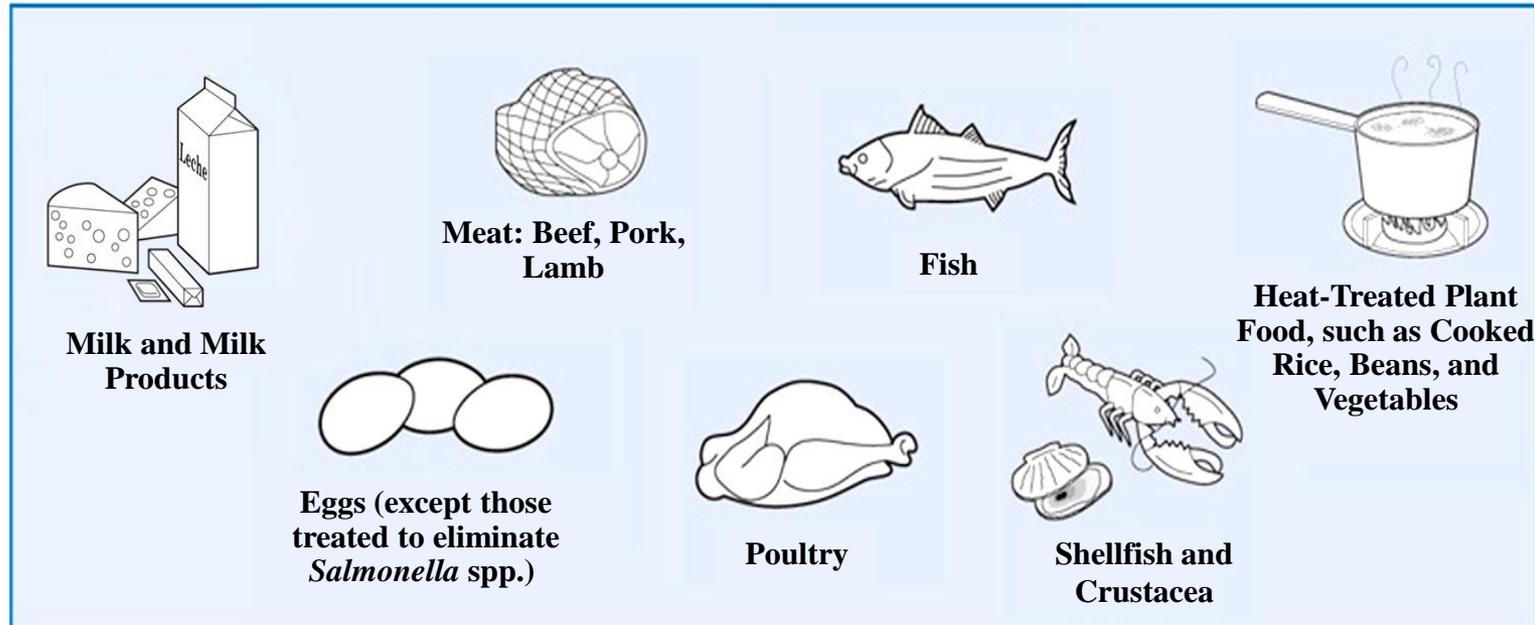
# Who's At Risk?

- EVERYONE!
- Higher Risk People
  - Infants and preschool-age children
  - Pregnant women
  - Elderly people
  - People taking certain medications
  - People who are seriously ill



# Potentially Hazardous Foods

- All foods can transmit disease
- Foods favoring rapid organism growth:

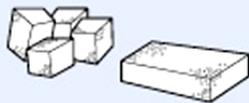


# Potentially Hazardous Food

- Food Favoring the Rapid Growth of Microorganisms:



**Baked Potatoes**



**Tofu or Other Soy-Protein Food**



**Untreated Garlic-and-Oil Mixtures**



**Raw Sprouts and Sprout Seeds**



**Sliced Vegetables and Melons**



**Synthetic Ingredients, Such as Textured Soy Protein in Meat Alternatives**

# Knowledge Check

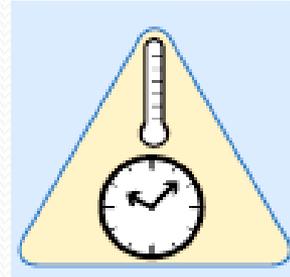
- Only potentially hazardous foods can transmit food-borne illnesses. True or False?

# Knowledge Check Answer

- False
  - Remember, ALL foods can transmit food-borne illnesses

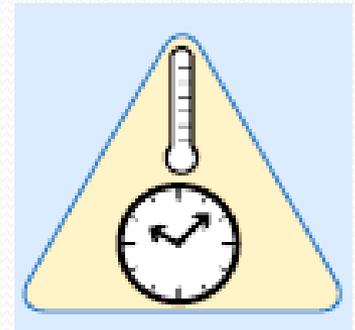
# How Food Becomes Unsafe

- Time-Temperature Abuse
- Cross-Contamination
- Poor Personal Hygiene



# Time-Temperature Abuse

- Food has been abused:
  - Any time it has been allowed to remain too long at temperatures favorable to the growth of food-borne microorganisms
  - Examples:
    - Food in your cart at the grocery store
    - Driving home
    - Cooking (until food reached 135 degrees)



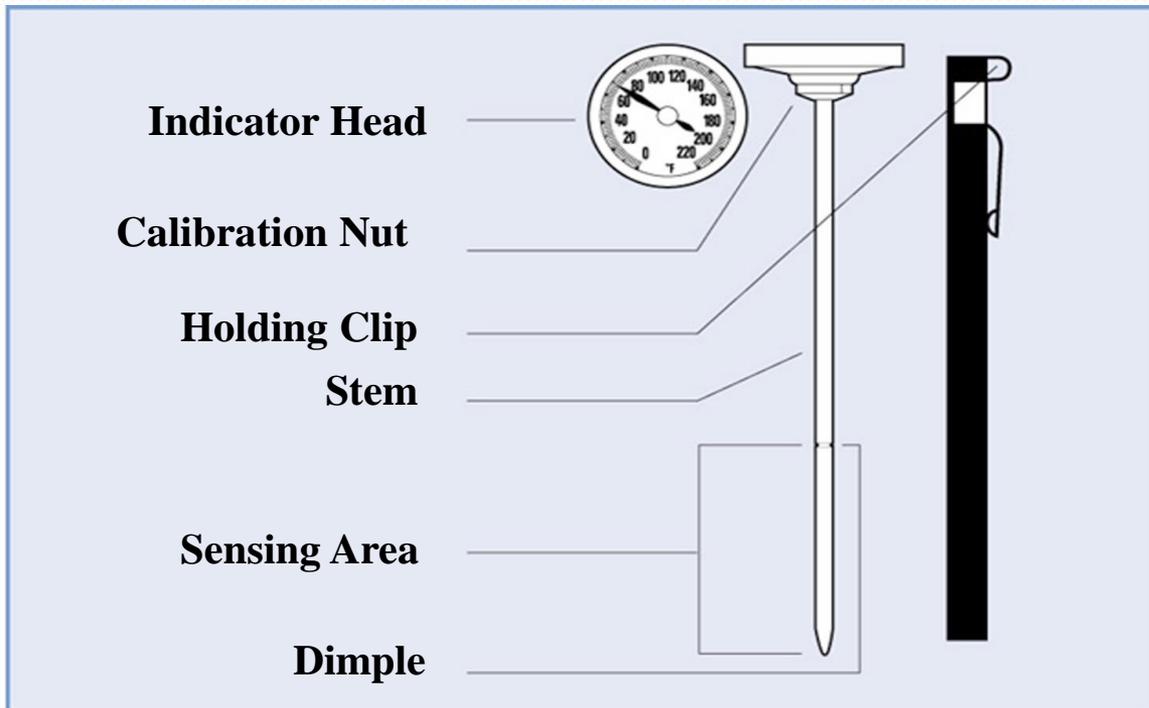
**Temperature Danger Zone: 41-135 degrees F**

# Preventing Time-Temperature Abuse

- Minimize the time food spends in the temperature danger zone
- Determine the best way to monitor time and temperature
- Have accurate thermometers available and record when temperatures are taken

# Temperature-Measuring Devices

- Bimetallic Stemmed Thermometer



# Knowledge Check

- What is the temperature danger zone?
  - 50-150 degrees Fahrenheit
  - 41-135 degrees Celsius
  - 41-135 degrees Fahrenheit
  - 30-130 degrees Fahrenheit

# Knowledge Check Answer

- 41-135 degrees Fahrenheit

# Knowledge Check

- How long can food be held in the temperature danger zone before it should be eaten or thrown away?
  - 3 hours
  - 4 hours at a time
  - 4 hours cumulatively
  - 4.5 hours

# Knowledge Check Answer

- 4 hours cumulatively

# Cross-Contamination

- Cross-contamination occurs when:
  - Microorganisms are transferred from one food or surface to another
  - Examples
    - Cutting meat on the same board as vegetables
    - Covering your mouth when you sneeze, but not washing your hands before working with food



# Preventing Cross-Contamination

- Create *physical* barriers between food products:
  - Assign specific equipment to each type of food
    - Easiest way is to use colors; i.e. green for vegetables
  - Clean and sanitize work surfaces, equipment, and utensils after each task



# Knowledge Check

- You are preparing strawberry shortcake and chicken salad. You need to cut up strawberries and cooked chicken on the same day. As long as you cut the strawberries first, you can cut the chicken on the same cutting board without washing it in between. True or false?

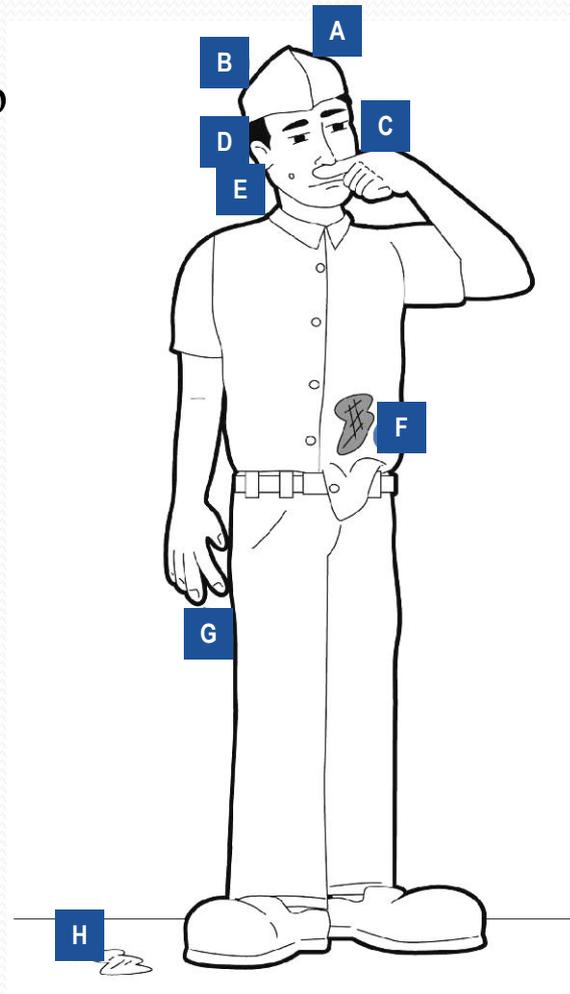
# Knowledge Check Answer

- False.
  - Fruits can transmit bacteria. Always wash and sanitize a cutting board between foods, or use separate cutting boards.

# Poor Personal Hygiene

## Behaviors that can contaminate Food

- A** Scratching the scalp
- B** Running fingers through hair
- C** Wiping or touching the nose
- D** Rubbing an ear



- E** Touching a pimple or open sore
- F** Wearing a dirty uniform
- G** Coughing or sneezing into the hand
- H** Spitting in the establishment

# Proper Handwashing Procedure

The whole process should take 20 seconds



- 1** Wet hands with running water as hot as you can comfortably stand



- 2** Apply soap



- 3** Vigorously scrub hands and arms for ten to fifteen seconds



- 4** Rinse thoroughly under running water



- 5** Dry hands and arms with a single-use paper towel or warm-air hand dryer

# When to Wash your hands

- Using the restroom
- Handling raw food (before and after)
- After touching the hair, face, body, or clothing
- After handling money
  - We suggest having one person just dealing with money and not food
- After smoking, eating, drinking, chewing gum or tobacco
- After handling chemicals that might affect the safety of food
- Going to the restroom



# Hand Maintenance

- Requirements for Foodhandlers



Keep fingernails  
short and clean



Do not wear false  
nails or nail polish



Bandage cuts and  
cover bandages

# GLOVES

- Must *never* replace hand washing
- Are for single-use only
- Must fit and be used properly
- Change your gloves anytime where you would wash your hands
- Gloves do NOT make you unable to contaminate food



# Food handler Rules



- Must have hair restrained
  - Can be a hair net, hat, or visor
  - Long hair must be effectively restrained, like a braid or bun
    - This may need 2 or more restraints to be effective
- Must remove all jewelry
  - Can wear a medical ID and/or plain wedding band ONLY
- Can not eat, drink, smoke, or chew near food operations
- Hand Sanitizers
  - Can be used after hand washing
  - Must be FDA Approved

# Preparing Food



- Clean and sanitize food prep areas, utensils, and items before using
- Restrain hair, remove dangly jewelry
- Wash hands thoroughly
- Plan your preparation:
  - Get all individual ingredients ready, keeping cold foods like eggs, milk, etc in the refrigerator until ready to use
- Make sure to preheat ovens thoroughly before cooking
- Watch the clock!

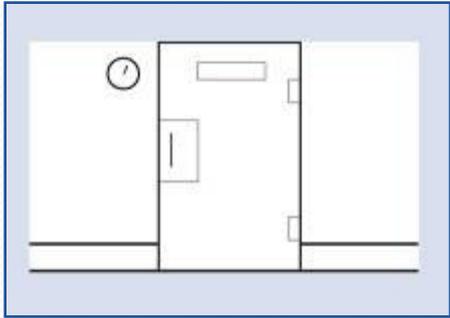
# Cleaning Vs. Sanitizing

- Cleaning
  - Process of removing food and other types of soil from a surface
- Sanitizing
  - Process of reducing the number of microorganisms on a clean surface to safe levels
  - Surfaces must first be cleaned being sanitized



# Thawing Food

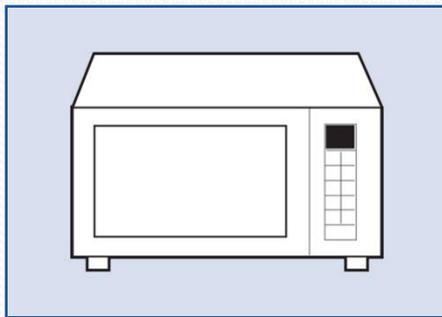
- The Four Acceptable Methods for **Thawing Food**



**In a refrigerator, at 41°F (5°C) or lower**



**Submerged under running potable water, at a temperature of 70°F or lower**



**In a microwave oven, if the food will be cooked immediately after thawing**



**As part of the cooking process**

# Preparing Salads Containing PHF's

- Examples are tuna salad, macaroni salad, etc
- When preparing salads containing potentially hazardous ingredients:
  - Prepare product in small amounts
  - Refrigerate ingredients until the point they are needed
  - Chill all ingredients and utensils prior to using them

# Toxic Metal Poisoning

- Acidic foods can cause some metals to leak into the food when using certain cookware

- Lead

- Usually found in pewter (Older pitchers)



- Copper

- Cookware



- Zinc

- Galvanized items (item is coated with zinc)



# Knowledge Check

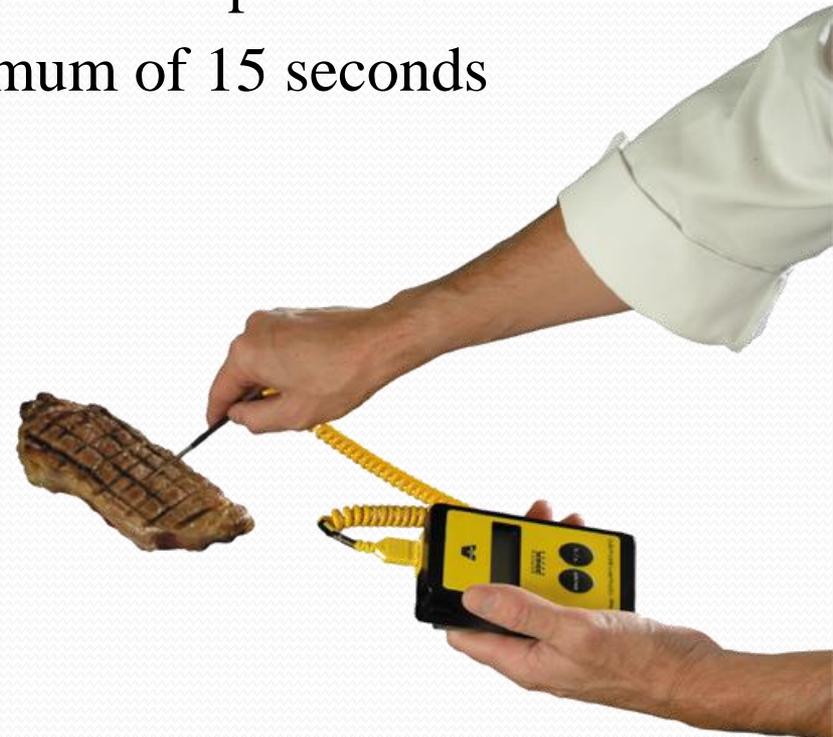
- What is NOT a proper way to thaw foods?
  - In the refrigerator
  - In the microwave
  - On the counter
  - Under cold running water
  - As part of the cooking process

# Knowledge Check Answer

- On the counter

# Cooking Food

- When cooking potentially hazardous food, the internal portion must:
  - Reach the required minimum internal temperature
  - Hold that temperature for a minimum of 15 seconds



# Cooking Temperatures

<b>165°F</b>	<b>155°F</b>	<b>145°F</b>
<b>Poultry (cannot be stuffed)</b>	<b>Egg/Egg products</b>	<b>Fish</b>
<b>Stuffed Dishes</b>	<b>Hamburgers</b>	<b>Steaks/Chops</b>
<b>Microwave</b>	<b>Ground meat</b>	<b>Anything not specified</b>

# Knowledge Check

- What internal temperature should chicken be cooked to for at least 15 seconds?
  - 165 degrees Fahrenheit
  - 155 degrees Fahrenheit
  - 145 degrees Fahrenheit
  - 150 degrees Fahrenheit

# Knowledge Check Answer

- 165 degrees Fahrenheit

# Packaging Baked Items

- Individually wrap pastry items (cakes, brownies, cookies, etc) and mark with the following:
  - Date
  - Time
  - Initials of preparer
- This is so questions can be directed to the person who cooked/ baked the food
- Cream filled pastries are prohibited

# Labeling Foods

- Label Food
- Potentially hazardous, ready-to-eat food prepared on-site must contain a label that includes:
  - The name of the food
  - When it was altered (opened, prepared, etc.)



# Packaging/Storing Food

- Preparing food day(s) before:
  - Cooked food should be chilled within 2 hours.
  - Large amounts of hot food should be separated into smaller containers before placing in freezer/refrigerator.
  - Large amounts of hot food will cause refrigerator/freezer to heat up: turn down temp on unit while cooling

# Reheating Food for Fundraiser

- If you prepared food on a different day and need to reheat the day of:
  - Have a crock pot on low heat waiting for food
  - Foods need to be reheated as quickly as possible to correct temp
    - For liquid foods, place in a pot on stove, medium to high heat, and stir often to heat food quickly
    - For solid foods, reheat in preheated oven
    - TAKE TEMPERATURES! Refer to temperature chart.
  - Place liquid foods in a preheated crock pot for transport.

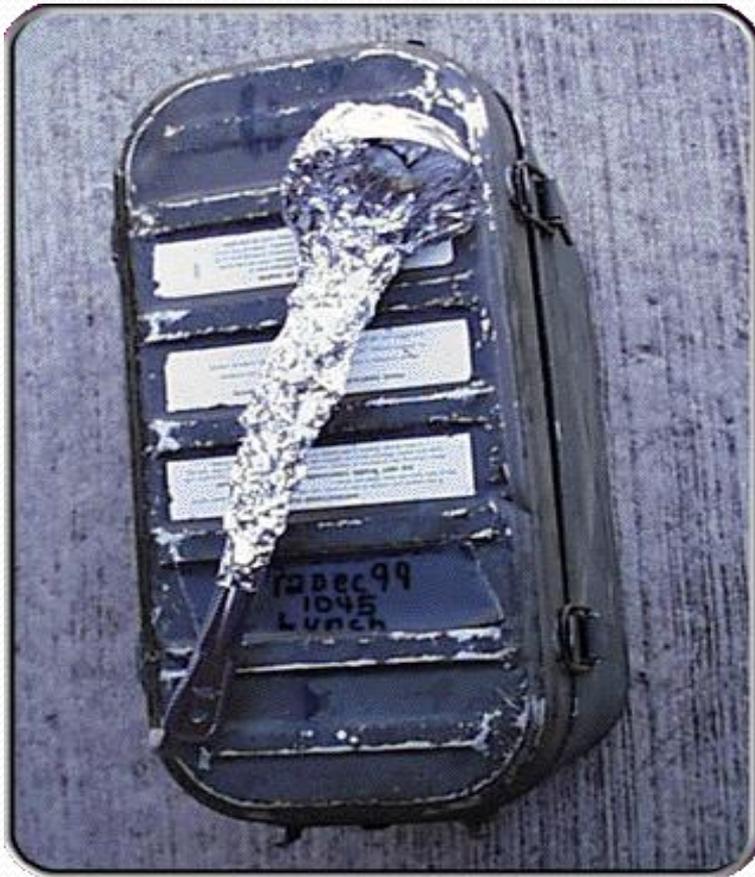
# Packaging/Storing Food

- Same day
  - Hot foods:
    - Have a plan to keep food hot, or be within short driving distance (less than 30 minutes)
    - Have a crockpot already heated up to contain hot foods, crockpot should help foods remain hot during transport.
    - Plug in crockpot AS SOON AS you get to the fundraiser
  - Cold foods:
    - Have coolers with plenty of ice to pack cold foods in.
    - Have a dial thermometer in the cooler to monitor temperature

# Transporting Food

- Keep completely covered to prevent contamination
- Temperature control
  - Cold foods in cooler with ice (don't go to the store and buy ice with food in car!)
  - Hot foods in pre-heated containers
  - If you have more than a 30 minute drive, you should make other arrangements for preparing food at a location nearer to fundraiser.

# Transporting Utensils



- Cover or wrap utensils to prevent contamination.
- Can use a clean, sanitized container to store all utensils during and after transport

# Serving at the Fundraiser

- At least one person at the fundraiser at all times should have taken this course
- Food handlers should
  - Restrain hair
  - Sanitize the tables
  - Wash hands thoroughly
  - Wear gloves or do not handle food with hands

# Holding Hot Food

- When holding potentially hazardous hot food:
  - Hold it at an internal temperature of 135°F or higher
  - Only use equipment that can keep it at the proper temperature
  - Never use hot-holding equipment to reheat food items
  - Stir it at regular intervals to distribute heat evenly
  - If you cannot control the temperature, do not serve after 4 hours (including time for transport and preparation)



# Holding Cold Food

- When holding cold food:
  - Hold it at an internal temperature of 41°F or lower
  - Make sure you can keep it at that temperature for the duration of your fundraiser (if food will be out longer than 4 hours)
  - Do not store unwrapped food directly on ice
  - If can't control temp, don't serve after 4 hours



# Knowledge Check

- How long can food be held in the temperature danger zone before it should be eaten or thrown away?
  - 3 hours
  - 4 hours at a time
  - 4 hours cumulatively
  - 4.5 hours

# Knowledge Check Answer

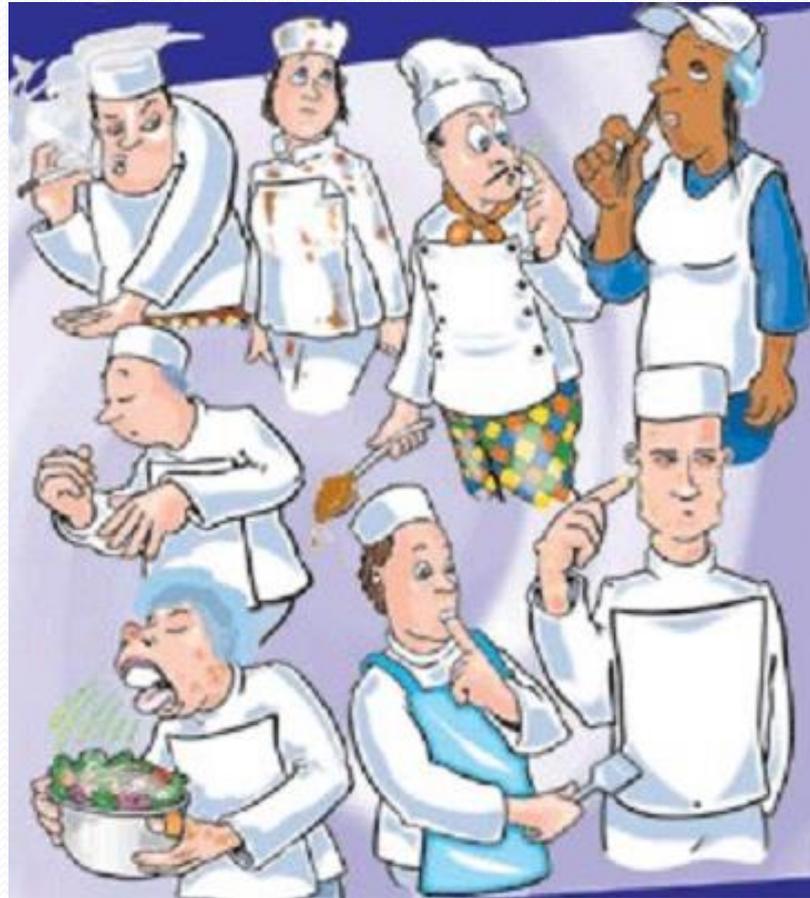
- 4 hours cumulatively

# Food Allergens

- To protect guests with food allergies:
  - Be able to fully describe food ingredients
  - If you are unsure if an item is allergen free, urge the patron to buy something else
  - Know the common symptoms of an allergic reaction
    - Wheezing
    - Redness, itchiness



# Knowledge Check



What's wrong with this picture?

\*\*Think of all the ways these food preparers are potentially contaminating food\*\*

# Inspection

- You can expect to see an Environmental Health Technician at your food fundraiser to ensure compliance of all food safety standards discussed in this course
- Please have your training certificates with you at the fundraiser.
- If you have not done so already, please contact Environmental Health to register your food fundraiser. (706) 545-6307/1445/1446

# Where to get more Information

- AR 40-5, Preventive Medicine, 25 May 2007
- TB MED 530, Tri Service Food Code, 30 April 2014
- Environmental Health Preventive Medicine
- (706) 545-6307/1445/1446

# Certificate of Completion



(NAME)

Has completed the 1 Hour  
Fort Benning Food Safety  
Fundraiser Course  
On (DATE)



Signature \_\_\_\_\_