

Food Safety Training for Campus Groups



Presented by
Western University of Health Sciences,
Environmental Health and Safety
Department

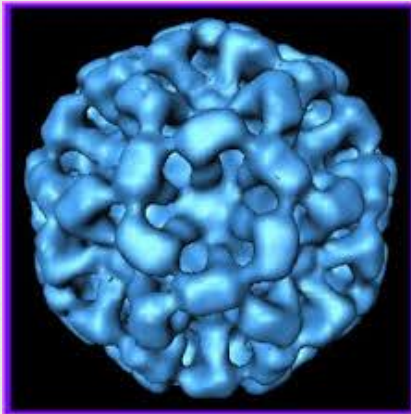
Objectives



- ❧ At the end of this training you will be able to:
 - ❧ Name the types of microorganisms and common foods involved in food-borne illnesses
 - ❧ Identify 3 key contributing factors in the transmission of food-borne illness.
 - ❧ Discuss techniques to use in order to control or eliminate these factors
 - ❧ Understand your role in the temporary food permit process

Two most common causes of food-borne illnesses

❧ Norovirus



❧ E. coli Bacteria



- Both microorganisms can cause severe abdominal pain, nausea, vomiting and diarrhea.
- Proper food handling, cooking and storage as well as hand hygiene can prevent food borne illnesses from happening.

The main Culprit: Perishable Foods

❧ Perishable foods sitting out at room temperature, especially once they have been cooked or removed from refrigeration, increases the risk of becoming contaminated.



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The Most Common Outbreak Foods



Beef, Pork, Fish and
Poultry



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Ready to Eat Foods such as
Deli meats and melons



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To Prevent a Food-borne Illness...



Cook all meats to the appropriate temperature as it will kill the majority of microorganisms that can cause illness.



If foods are not cooked and/or stored at correct temperatures, you also increase the risk of *Clostridium botulinum* (more commonly known as Botulism) forming in the food product.



The 3 Key Contributing Factors to foodborne illness are...



- ❧ Bare hand contact with food
 - ❧ Prevention: Wash hands, don gloves
- ❧ Cross contamination
 - ❧ Prevention: Clean work surface, don't use utensil that you cooked meat with on fruits or vegetables, unless they are thoroughly washed between uses
- ❧ Temperature danger zone
 - ❧ Prevention: Cold foods should be kept at 40 degrees F or lower; hot foods should not be cooler than 140 degrees F

Washing Your Hands



- ❧ Wash with soap and water prior to preparing, cooking and/or serving food
- ❧ Always dry your hands with a clean towel
- ❧ If soap and water is not available, use alcohol based hand sanitizer, rub your hands together until they are dry

Hand Washing Procedure



Gloves



❧ Should be worn whenever handling ready to eat foods



❧ Should be changed when they are contaminated to prevent cross contamination with other foods



Prevent Cross Contamination



- ❧ Disinfect your utensils and cutting boards before and during food preparation.
- ❧ Remember to change gloves frequently.
- ❧ Once you have donned gloves, do not touch your face, hair or anything else other than the food
- ❧ If you are serving, someone else should be handling the money.



Prevent Cross Contamination: Disinfect Equipment When Pre-Preparing Food



- ❧ Use the hand washing station



- ❧ Add a capful of bleach to one gallon of water.
- ❧ With a clean dampened towel, wipe down dirty cutting boards, utensils and other surfaces using the bleach solution.
- ❧ Now rinse with clear water.

Prevent Cross Contamination: Use two sets of Utensils



❧ If you use two sets of utensils use one for raw food preparation and the other for cooked foods you will significantly reduce the risk of contamination



Prevent Cross Contamination: disinfect with heat



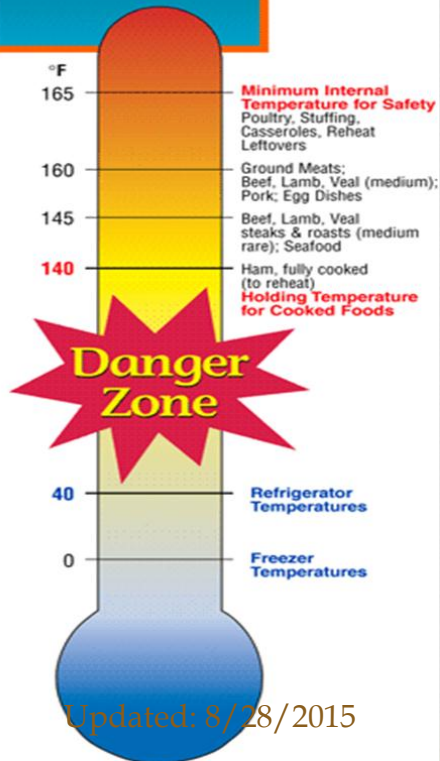
- ☞ Heat from a flame disinfects metal utensils in about 15 seconds.



Prevent Contamination: Hot and Cold Holding Temperatures



*Harmful bacteria
can grow rapidly
in the "Danger
Zone."*



Hot Holding

- How hot is hot?
- At least 140 degrees Fahrenheit or greater

Cold Holding

- How cold is cold?
- At least 40 degrees Fahrenheit or less

Controlling the Contributing Factors and Good Practices



- ❧ Four Hour rule: You have four hours to serve or discard food if not kept at safe temperatures.
- ❧ Maintaining proper temperatures during transport and serving perishable foods safely at your event
- ❧ The only meats allowed to be cooked on campus are frozen hamburger patties and precooked meats such as hot dogs
- ❧ Good sanitary practices are to be followed at all times
- ❧ Know where the closest fire extinguisher is located whenever cooking with fire/heat

Keeping cold foods cold or hot



Transport in coolers or on ice

Meat is cooked to at least 140F



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EHS Department recommends:

- ❧ Food purchased from a commercial-grade kitchen (i.e., a vendor, restaurant, café, etc.) is the easiest, safest, and most convenient method of food fundraising.
- ❧ Food can be cooked at home and safely transported to campus
- ❧ Food must be stored at safe temperatures to prevent contamination
- ❧ Keep in mind you only have ONE hour for lunch – be efficient. You don't want to waste a majority of your lunch hour preparing food instead of selling food.

Good sanitary practices



- ❧ Keep food products covered, unless being served, to prevent loss of temperature and insects from landing on the food



- ❧ Deserts/bakery goods should be individually wrapped
- ❧ No cream pies, custards milk-based products are allowed unless you can maintain the temperature at 41 degrees F or less

Temporary food permit



- ❧ Student club officers are required to take a yearly food safety course and pass a test in order for their club to be allowed to sell food products on campus.
- ❧ Temporary Food Permit is required for each event where food products will be served/sold by student clubs.
- ❧ If an outside agency, e.g., In-&-Out Burgers, Carl's, a food permit is still required.

Steps to obtaining a temporary food permit



- ❧ The deadline to apply for a food permit is 10 days prior to the event (same deadline as submitting a CLUB room reservation request)
- ❧ Issued permit is good for that day and event *only* and must be displayed or booth will be closed down and the club will not be allowed to sell food products for 90-days.
- ❧ *A new permit is required for each event. If you have two events in one day involving food, each event must have it's own permit.*