Food Safety Training for Campus Groups

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

Updated: 8/28/2015
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.
Perishable foods sitting out at room temperature, especially once they have been cooked or removed from refrigeration, increases the risk of becoming contaminated.
The Most Common Outbreak Foods

Beef, Pork, Fish and Poultry

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

How to wash your hands properly:

1. Wet your hands
2. Liquid soap
3. Lather and scrub - 20 sec
4. Rinse - 10 sec
5. Dry your hands
6. Turn off tap

Don’t forget to wash:
- between your fingers
- under your nails
- the tops of your hands

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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.

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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

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

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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.

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Keeping cold foods cold or hot

Transport in coolers or on ice  Meat is cooked to at least 140°F

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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.

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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.
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 its own permit.