A Year of Food Safety Messages
Wash hands. Remove germs. Enough said.

Have an illness? Pass it on!

Touch a germ? Pass it on!

Handwashing breaks the chain. Don’t pass it on!

Did you know?
Norovirus is the leading cause of foodborne illness.

Viruses often are spread by food handlers.
Did you know?

Handwashing could prevent almost 2/3 of the 76 million cases of foodborne illness each year.

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Wash ‘em after:

- using the restroom
- touching hair, face, or body
- sneezing and coughing
- smoking, eating, drinking, or chewing gum
- handling garbage or trash
- handling chemicals
- handling raw foods
- clearing tables
- loading dirty dishes
- touching handles of refrigerators/freezers

Wash ‘em after every task!
• Wet hands with warm water.
• Apply soap.
• Scrub hands (front, back, and between the fingers) and arms for 15 seconds.
• Clean under fingernails using a nail brush.
• Rinse well with running water.
• Dry with disposable towel or heated-air hand dryer.

Did you know?
More than 1/3 of food handlers did not wash their hands after using the toilet.
Food Standards Agency, 2002
Do the Two Step!
Clean and sanitize food contact surfaces

1st STEP
CLEAN and rinse
• Wash with warm, soapy water; rinse well
• Use designated cleaning bucket and clean cloths

2nd STEP
SANITIZE
• Use designated sanitizing bucket and cloths
• Test sanitizing solution
  Use 75 - 120°F water
  Plus 50-100 ppm chlorine
  OR 200 ppm quaternary ammonium
• Allow surface to air dry

Did you know?
70% of cutting boards tested in assisted living facilities had higher microbial counts than recommended.
Sneed, Strohbehn, Gilmore & Mendoca, 2004
Don’t forget to

Do the Two Step!

Clean and Sanitize

• Countertops
• Cutting boards
• Surfaces that hands touch: refrigerator and freezer handles and door knobs
• Dishes
• Glasses
• Silverware

Did you know?

ONE bacterium can double every 20 minutes... and grow to 64 in two hours and 2,097,152 in seven hours.
• Use color coded cutting boards:
  - **green** for fruits and vegetables
  - **yellow** for poultry
  - **red** for meat

• Clean and sanitize cutting boards before each use.
• Discard old cutting boards that have deep cuts or grooves.

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**cross it OUT**
Prevent cross contamination

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**Did you know?**
Cutting boards are NOT sanitized unless the dishwasher rinse water is at least 180°F.
Clean Produce and Keep it Cold

Wash fresh produce in sink designated only for food preparation (or clean and sanitize sink before washing produce).
Wash fresh produce under cool running water.
Prepare produce away from meats.
Keep produce at 41°F or below.
No need to rewash prewashed produce.

Did you know?
Produce can be contaminated by unclean hands, cutting boards, sinks, or other foods.
Hand in glove

Wash your hands before putting on gloves; don’t contaminate them while putting them on.

Wear gloves when handling ready-to-eat foods, such as sandwiches and salads.

Discard gloves after one use — don’t save or reuse.

Change your gloves between tasks.

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Did you know?
Damp hands spread 1,000 times as many germs as dry hands.
Get ‘em clean, don’t recontaminate

Sanitize all dishes by using:
180°F water
or 75°F water + chlorine (50 ppm)
or 75°F water + quaternary ammonium (200 ppm)

Test hot water or chemicals at each meal period to make sure they meet the standard

Allow dishes and utensils to air dry

Wash hands every time before handling clean dishes

Did you know?

Dishes are often recontaminated because workers load dirty dishes into the dish machine and then unload clean dishes without washing hands.
Chill SMART!

Are all refrigerator temperatures at 41°F or less?
Do you store ready-to-eat foods on a higher shelf than raw foods?
Are all cooled products wrapped securely before refrigerating?
Are all products dated?

Are hot foods cooled properly?
  Are large amounts divided into smaller portions?
  Are ice water baths or chill sticks used?

Did you know?

Food Code requires hot food to cool from 135°F to 70°F in 2 hours. Research showed cooling times for chili in a walk-in refrigerator to be: 2½ hours in 2” pan and 4 hours in 4” pan. Monitor cooling processes.

*Olds & Sneed, 2005*
Stop cross contamination!

Boxes or packages on countertops?
*Wash and sanitize countertop before using.*

Rubbed your hands on your apron or touched your hair?
*Wash your hands.*

Taking out the trash? Going to the restroom?
*Remove apron first.*
*Wash hands when returning to the kitchen.*

In and out of refrigerator?
*Clean and sanitize door handles.*

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Did you know?
Salmonella grows from 10 bacteria per gram to 1,000,000 in 13 hours at room temperature.
### Keep the work environment **safe**

- Keep external doors locked to control who enters kitchen
- Limit access to kitchen
- Limit access to storage areas
- Keep chemicals in locked cabinets or storerooms

### Did you know?

Produce can be contaminated by unclean hands, cutting boards, sinks, or other foods.
Food Safety Resources

Gateway to Government Food Safety Information
www.foodsafety.gov
Provides a clearinghouse for government food safety information, including videos and educational materials in multiple languages.

Iowa State University Extension
Food Safety from Farm to Table
www.extension.iastate.edu/foodsafety
Provides general food safety resources, including food safety news, hot topics, and training events.

Hazard Analysis Critical Control Point Information Center
www.iowahaccp.iastate.edu
Provides resources for retail foodservice, including written standard operating procedures, monitoring forms, and training materials.

Online Store
www.extension.iastate.edu/store
Click on “Food, Nutrition and Health” topic on left, then “Food Safety” sub-topic. Provides fact sheets and educational materials for foodservice, food processors, and consumers.

Sample titles include:
• Be Food Safe: Clean, Separate, Cook, Chill (PM 2062)
• Glove Use in Retail Food Establishments—What Managers Need to Know (PM 2070)
• Handle Food Safely (PM 1442)
• Safe Food Is Your Job! (PM 1419)
• Temperature Rules! Cooking for Food Service (N 3466)
• Thermometer Use in Retail Foodservice Establishments—What Managers Need to Know (PM 2083)
• Vote for Soap! (N 3465)

National Food Service Management Institute
www.nfsmi.org
Provides resources for child care and school foodservice, including posters, written standard operating procedures, USDA standardized recipes with critical control points and critical limits, and training materials. Some resources could be used for other retail foodservice settings such as restaurants and healthcare.

National Restaurant Association
www.restaurant.org/foodsafety/fs_resources.cfm
Provides resources for managers and employees, including posters and training materials.

References


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