

# **Safety and Sanitation**

Sanitation Notes



## 3 Key Definitions

1. SANITATION-following practices that help prevent disease.
2. MICROORGANISMS-tiny living creatures visible only through a microscope.
3. FOOD-BORNE ILLNESSES-caused by bacteria or toxins. May also be caused by parasites.

## Food-borne Illnesses Continued

- Toxins-  
poisons  
produced by  
bacteria.
- Parasites-  
organisms that  
get their  
nutrients from  
other living  
organisms.

# Personal Hygiene- What is it?

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- Keeping yourself clean;  
do not introduce harmful  
microorganisms

# Personal Hygiene-continued

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1. Wear clean clothes/apron. Spots/Stains can have bacteria in them.
2. Remove dangling jewelry, roll up long sleeves, tie back hair.
3. Wash hands for 20 seconds with soap and warm water.
4. Wounds-wear clean bandage & rubber glove. Treat the glove like skin-wash often.

# Personal Hygiene-continued

5. Wash hands immediately after using the bathroom or blowing your nose.
6. Do not cough/sneeze into food.
7. Do not touch the face, hair or any other part of your body while working with food; stop & wash.



# Sanitary Work Methods

1. Check for clean work areas & make sure equipment is clean before preparing food.
2. Avoid cross-contamination. (Letting microorganisms get from one food to another.)
3. Use plastic cutting boards (especially for meat); wood type can trap bacteria.

# Sanitary Work Methods

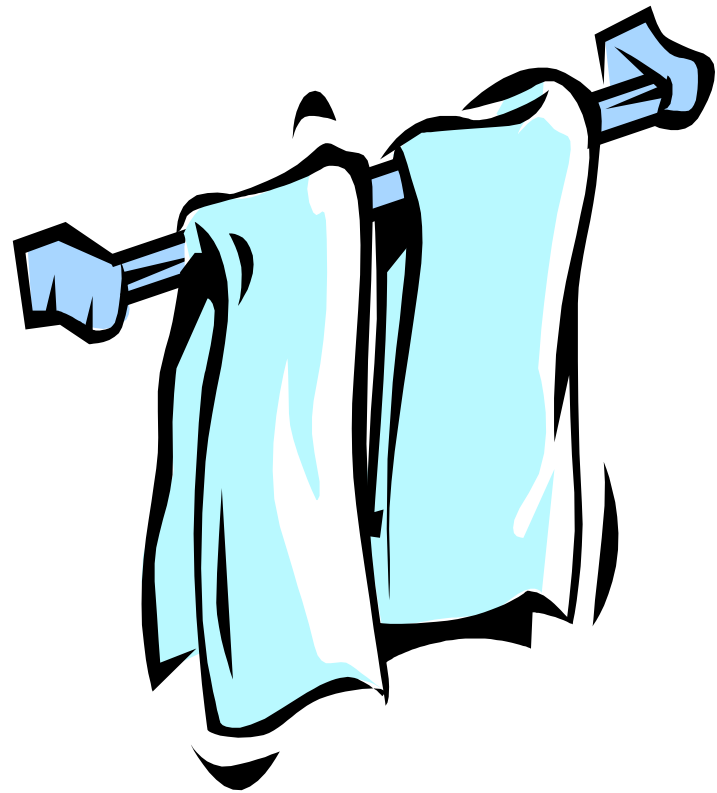


4. Wash the tops of cans before opening.
5. Use a clean spoon each time you taste food during preparation.
6. Keep pets out of the kitchen.



# Sanitary Work Methods

7. Keep two towels-  
One for hands,  
one for drying  
dishes. Air drying  
dishes is  
preferred.



# Clean Up Appliances

1. Food Waste Disposal-  
Plenty of cold water, small amounts at a time, avoid fibrous foods.



# Clean Up Appliances

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2. Dishwasher-  
Make sure that  
it is full, small  
loads are a  
waste of water  
& energy.

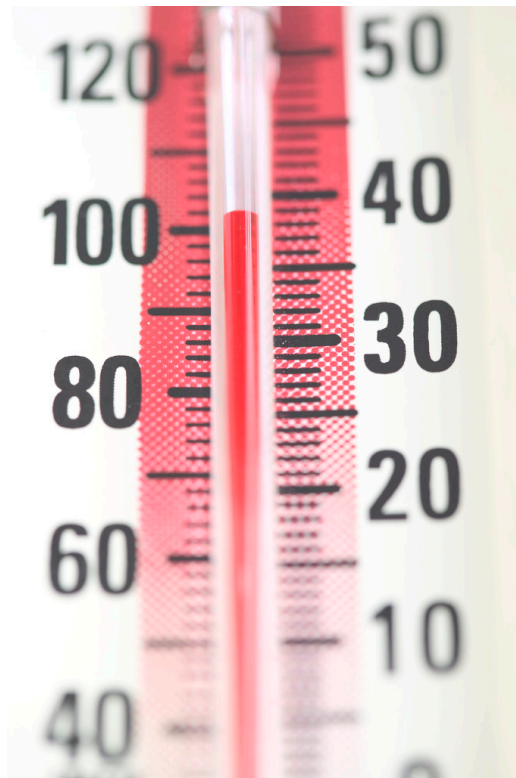
# Washing Dishes By Hand

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1. Wash dishes in this order:

- Glasses
- Flatware
- Dishes
- Kitchen tools
- Cookware

# Washing Dishes By Hand



2. Water should be this hot: Hot enough to remove grease, but not hot enough to burn hands.

# Washing Dishes By Hand



## 3. Rinsing Dishes:

- Rinse in hot water
- Air dry dishes
- Or use a clean, dry dish towel

# Guidelines for Handling Food

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1. Cook food thoroughly, proper internal temperature. Avoid partial cooking.
2. Completely cook animal foods before tasting. Natural juices should run clear, not bloody.
3. When microwaving, make sure food is thoroughly cooked.

## Guidelines for Handling Food-Cont.

4. Do not leave food out for more than 2 hours.

(Only 1 hour if the temperature is above 90 degrees F.)

5. Keep extra food either hot or cold.

6. Do not add more food to a serving dish of food that has been out for a while, instead use a clean dish.



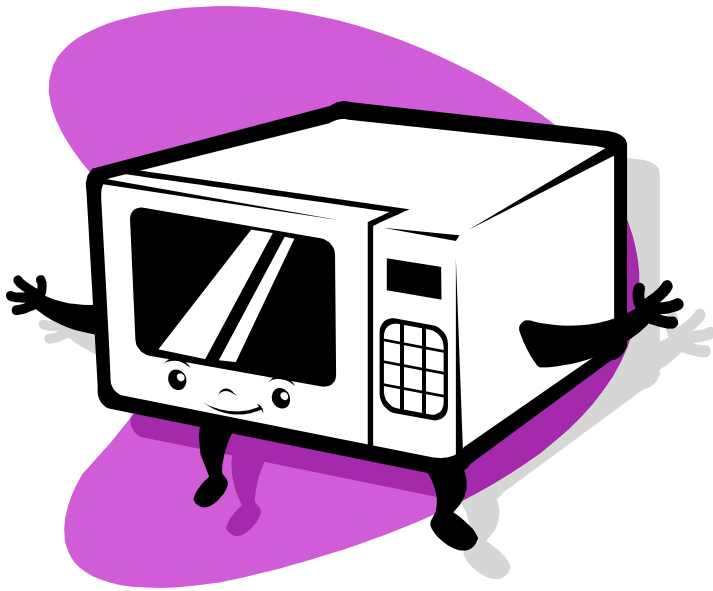
## Guidelines for Handling Food-Cont

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7. Throw away foods that have been held at room temperature for more than 2 hours.
8. Refrigerate foods in shallow containers.
9. When reheating refrigerated food, internal temperature should be 165 degrees F., to kill bacteria.

# Guidelines for Handling Food-Cont

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- If food has not been properly stored, it cannot be made safe just by reheating.

# Ways to Thaw Food Safely

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1. Place frozen food in the refrigerator.
2. Put frozen food in a water-tight package & submerge it in cold water.
3. Use a microwave for defrosting; follow the manufacturer's directions; foods thawed this way should be cooked immediately.

# Food-borne Illnesses

1. **Salmonella**- found in raw or undercooked poultry, meat, eggs, or dairy products

*Symptoms*-fever, diarrhea, cramps appear 12-36 hours after eating; lasts 2-7 days

2. **Staph**- found on human skin, in the nose, in the throat

*Symptoms*-nausea, vomiting, diarrhea, appears 2-4 hours after eating; lasts 1-2 days

# Food-borne Illnesses-continued

3. **E. coli**- found in contaminated water, raw or rare ground beef, and unpasturized milk

*Symptoms*- cramps, diarrhea, vomiting appears 3-9 days after eating; lasts 2-9 days

4. **Perfringens poisoning**- found in food that has been held at room temperature or on steam tables for long periods of time; stews, soups, casseroles

*Symptoms*- diarrhea, gas pains appear 8-24 hours after eating; lasts 1 day

## Food-borne Illnesses-continued

5. **Botulism**- found in improperly canned foods, OFTEN FATAL, causes double vision, difficulty in speaking, swallowing, and breathing

\*appears 12-48 hours after eating

# The Food Danger Zone-What is it?

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- It is the temperature in which bacteria thrive.
- 40 degrees F.---165 degrees F.



**The End**