

# Increasing Access to Healthy Food in Our Network



## Why are we using the SWAP stoplight system?

As a food bank, we recognize the strong connection between hunger and health. We know that many food pantry guests face the double burden of food insecurity and chronic diseases. We want to ensure that we provide food that will help support our community's health and wellbeing. We are committed to distributing healthy, nutritious food in our network. To do that, we are adopting a nutrition stoplight system called **Supporting Wellness at Pantries (SWAP)**.

## What is SWAP?

SWAP is designed to help promote healthy food choices at food banks and food pantries. SWAP ranks food based on levels of **saturated fat, sodium, and sugars** because these nutrients are linked with increased risk of chronic diseases. SWAP is a program of Foodshare/Connecticut Food Bank. SWAP was revised in 2020 to align with the Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System. The HER Nutrition Guidelines were developed by an expert panel convened by HER and were adopted by Feeding America.

## What do the rankings mean?



**CHOOSE OFTEN**  
ELIJA FRECUENTEMENTE

### Food that is Green:

- Choose Often
- Low in saturated fat, sodium, and sugar
- Supports health



**CHOOSE SOMETIMES**  
ELIJA VECES

### Food that is Yellow:

- Choose Sometimes
- Medium levels of saturated fat, sodium, or sugar
- Can contribute to good health



**CHOOSE RARELY**  
ELIJA CON POC A FRECUENCIA

### Food that is Red:

- Choose Rarely; think of as a treat
- High levels of saturated fat, sodium, or sugar
- Limited health benefits

**Unranked Foods:** Some food groups like cooking supplies, condiments and baby food are "Unranked" or "Not Eligible" for SWAP ranking. Some food categories are more challenging to rank because they arrive in large batches of miscellaneous items and are labeled "Assorted – Not Ranked".

# Basic Food Safety and Sanitation

Samantha Abella  
Nutrition Resource Manager

01/2024



[www.licares.org](http://www.licares.org) | 631.582.FOOD (3663)

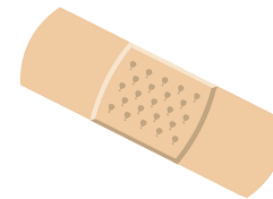
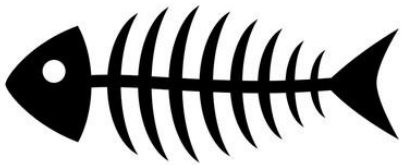


# Why is Food Safety Important?

- ▶ It is important for food program workers to know basic food safety to ensure clients safely receive the food they need.

# How Does Food Become Unsafe?

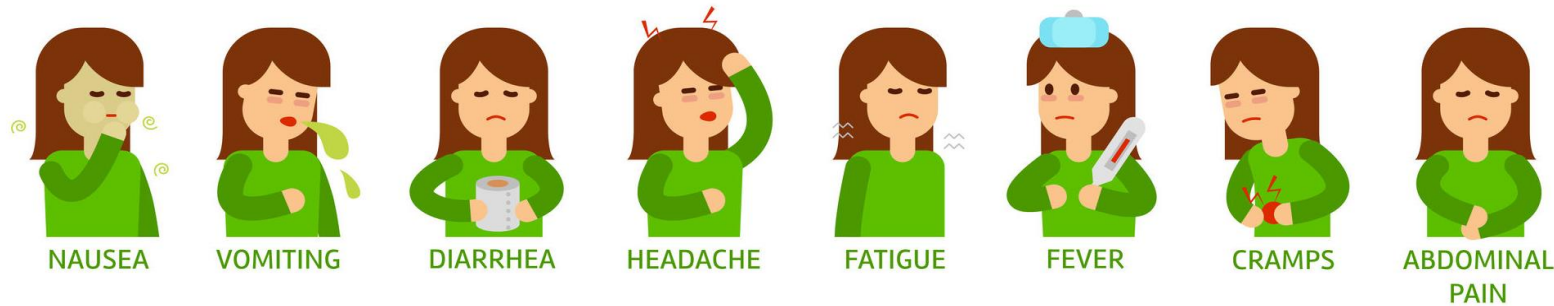
- ▶ Unsafe food is usually the result of contamination, which is the presence of harmful substances in food.
- ▶ 3 Categories of contaminants:
  - ▶ 1. **Biological**- viruses, bacteria, fungi and parasites
  - ▶ 2. **Chemical**- food service chemicals that are used incorrectly
  - ▶ 3. **Physical**- band aids, glass, dirt, fish bones



# Foodborne Illness

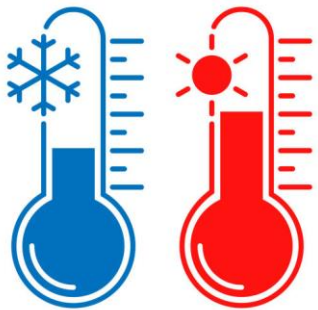
- ▶ Symptoms can begin in as little as 30 minutes and up to 7 days after ingesting contaminated food.
- ▶ **1 in 6 Americans experience food poisoning every year.**
- ▶ Children, seniors, pregnant women and those with chronic illness are most at risk.

## SYMPTOMS

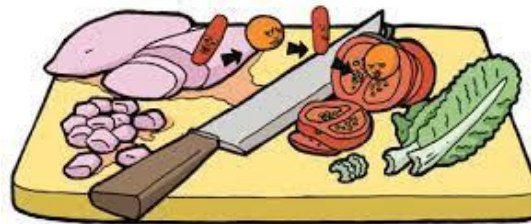


# How Can Emergency Food Programs Keep Food Safe?

- ▶ Practice good personal hygiene
- ▶ Control time and temperature of food
- ▶ Prevent cross contamination
- ▶ Proper cleaning and sanitizing.



01/2024



[www.licares.org](http://www.licares.org) | 631.582.FOOD (3663)

# Handwashing



- ▶ Proper handwashing is critical in preventing the spread of pathogens
- ▶ The whole process should take at least **20 seconds**.
- ▶ Should only be done in sinks designated for hand washing.
- ▶ Handwashing sinks should not be used for washing dishes or prepping food.
- ▶ **One study found that consumers are not washing their hands correctly 97% of the time.**



# Proper Handwashing



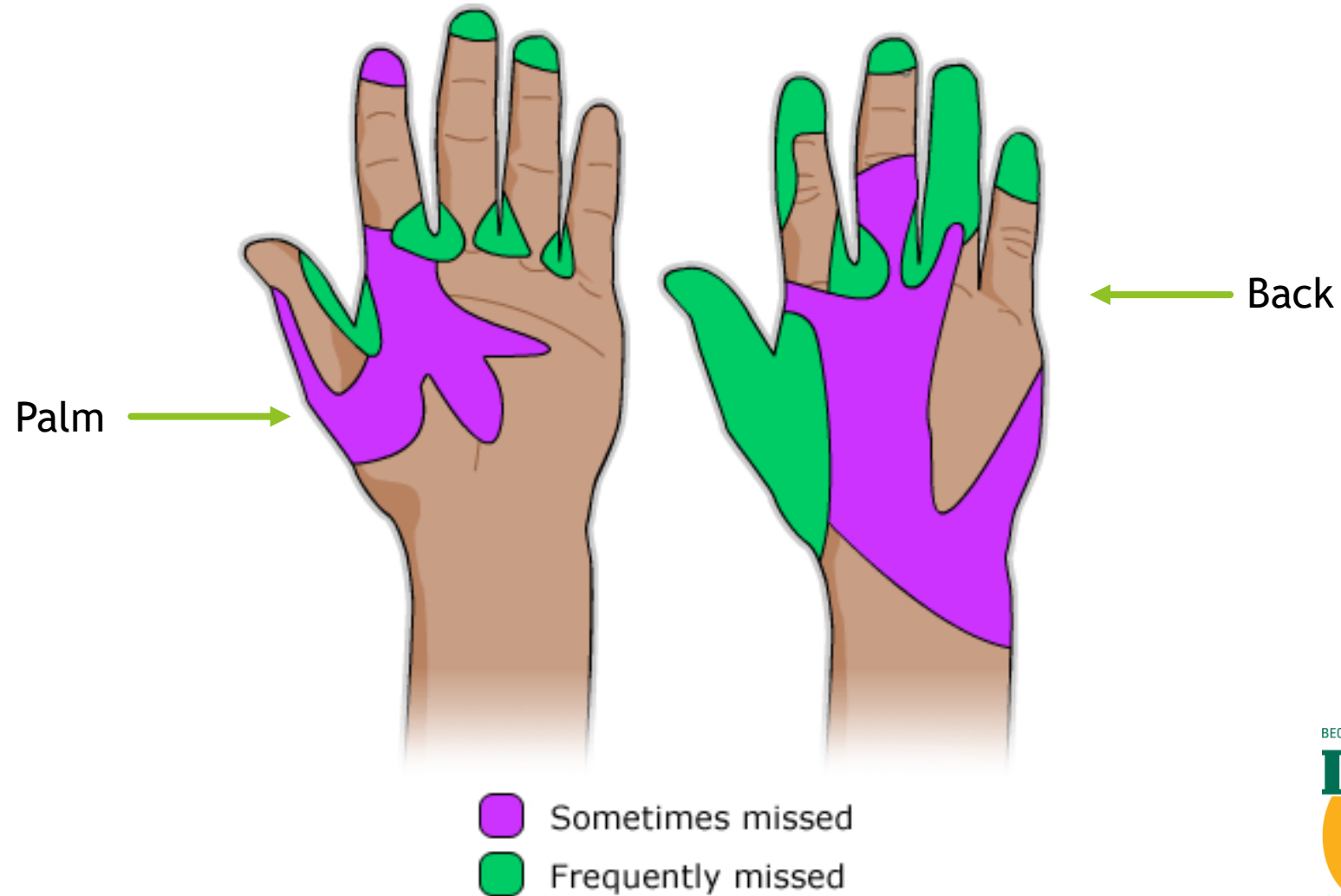
01/2024



Hand sanitizer should **NOT** be used in place of handwashing



# Handwashing Trouble Spots



# When to Wash Hands

Wash hands before you start work and after any of the following:

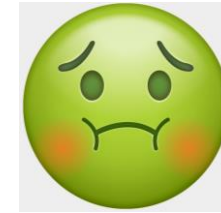
- ▶ Using the restroom
- ▶ Coughing, sneezing, blowing your nose
- ▶ Eating, drinking, smoking or chewing gum or tobacco
- ▶ Taking out the garbage
- ▶ Touching your hair, face or body
- ▶ Before putting on gloves
- ▶ After touching dirty equipment, work surfaces or towels

**Note:** LIC provides free soap dispensers and soap to our HPNAP agencies



# Other Important Practices

- ▶ NEVER eat, drink, smoke, chew tobacco in food handling and storage areas
- ▶ Do NOT work or volunteer if you are sick
- ▶ Cover all cuts and wounds with a bandage



# Receiving & Evaluating Food



01/2024

# Safe Food Transport

- ▶ Have a clean vehicle, free of pests
- ▶ Keep chemicals away from food: oil, antifreeze, etc.
- ▶ Lock vehicle
- ▶ **Don't store raw food over ready-to-eat food**
  - ▶ Keep raw meat, seafood, poultry, and eggs away from foods that won't be cooked
- ▶ Keep food cold with coolers or thermal blankets. Check temperature upon arrival: **Limit drive time**



# Receiving Food



Check food upon arrival for abnormal odors or pests



Use a thermometer to check the temperature of all refrigerated and frozen food. **Refrigerated** food should be no more than 40°F, **Frozen** food should be frozen solid.



Perishable food should **never** be left at room temperature for more than **2 hours** ( no more than 1 hour when it is 90°F or above).

## Reject Food If:

- >It is not at the right temperature
- > Inner package is damaged
- >It has signs of pests
- >It does not have a label and/or ingredients listed.
- >Is home canned or home repacked

# Evaluating Food and Packages



01/2024



[www.licares.org](http://www.licares.org) | 631.582.FOOD (3663)



# Keep or Discard?



01/2024

# Check Cans for Defects

- ▶ Canned food that is damaged or defective can cause foodborne illness. Cans should be discarded if:
  - ▶ missing label and/or list of ingredients
  - ▶ severe dent in the seam
  - ▶ dents with “pointy edges”
  - ▶ crushed or dents on the top and/or bottom
  - ▶ holes and/or is leaking
  - ▶ crushed cans that are not stackable
  - ▶ swollen or bulging ends



# Evaluating Boxed Packages

- ▶ Boxes without inner packages:
  - ▶ Look for moisture damage
  - ▶ Look for signs of pests
  - ▶ If opened, do not use
  - ▶ Discard packages with tears, punctures...
  - ▶ If box has inner package ( cereal), check to see if inner package is opened
- ▶ Frozen foods: check for ice crystals



# Evaluating Meat & Poultry

- ▶ **Color changes and freezer burn**
  - ▶ Color changes are normal for fresh or frozen meat
  - ▶ Freezer burn areas are dried out and tasteless but not unsafe
- ▶ **Signs of spoilage**
  - ▶ Fading or darkening of meat in addition to a bad odor, sticky, or slimy.
- ▶ **All meat, poultry, and eggs must be processed/packaged in a USDA approved (beef, pork, chicken) or NYS Dept. of Ag. & Markets approved (venison) facility.**
- ▶ **“Puffy” packaging**
  - ▶ Some meats are packaged in Modified Atmosphere Packaging which is when a combination of gases are introduced to the package during processing to help maintain the color of the meat.





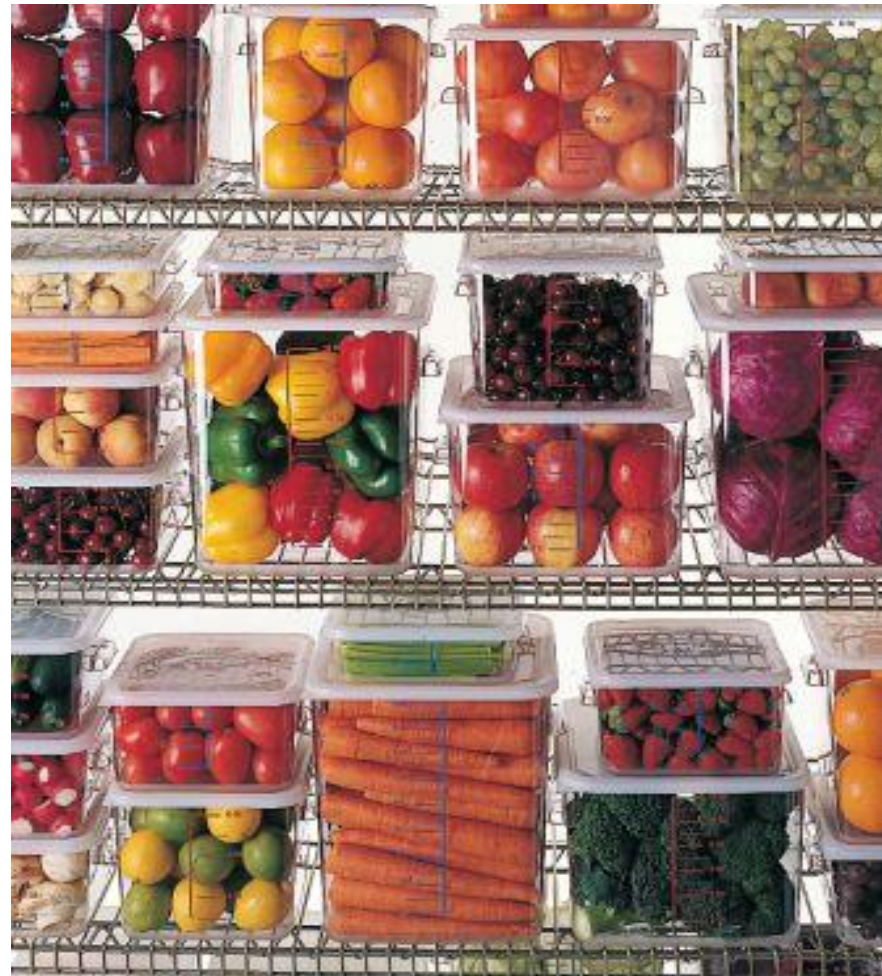
# Evaluating Produce

- ▶ Discard produce if it has any of the following:
  - ▶ Mold
  - ▶ Decay or rot
  - ▶ Bad odors
  - ▶ Signs of insects
  - ▶ Skin not intact
  - ▶ Severe bruises (bruises provide a way for pathogens to get inside produce)



01/2024

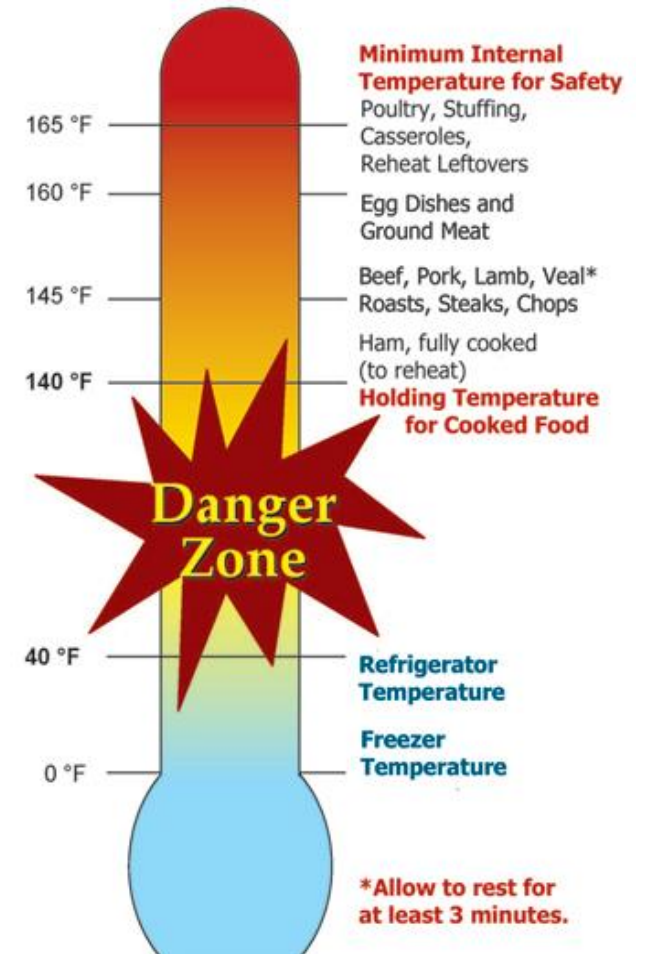
# Storing and Repacking Food



01/2024

# Temperature Danger Zone

- ▶ Temperature Danger Zone is between **40°F and 140°F**.
- ▶ Potentially Hazardous Foods need to be kept out of this zone
  - ▶ Milk and dairy products
  - ▶ Eggs
  - ▶ Meat, Poultry, Fish
  - ▶ Prepared food- potato salad, sandwiches, cold cuts
- ▶ These foods are more likely to become unsafe in the danger zone
- ▶ “Keep cold foods cold, and hot foods hot.”





# Refrigerated Food Storage

- ▶ Set refrigerator to proper temperature: between 33°F and 40°F.
- ▶ Keep an extra thermometer inside coolers and freezers.
- ▶ **Record** the temperature of the refrigerator and freezer first thing **each day the pantry or food program is open.**
- ▶ You can find food temperature logs at [www.licares.org](http://www.licares.org). Go to Agency Support and click on Nutrition and Food Safety Resources.



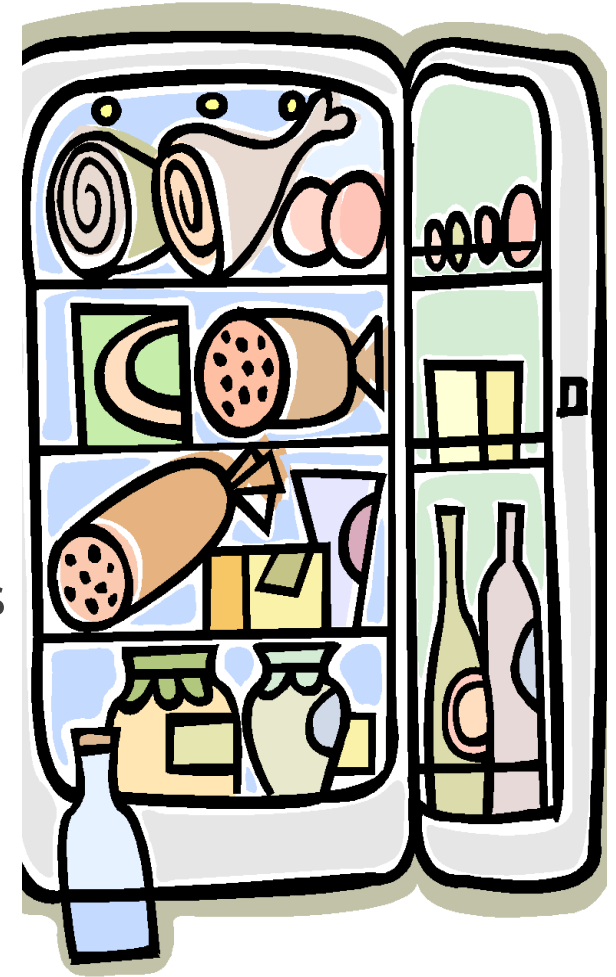
01/2024



[www.licares.org](http://www.licares.org) | 631.582.FOOD (3663)

# Refrigerated Food Storage

- ▶ Use “First In, First Out” rotation
  - ▶ First items placed in inventory are the first distributed
- ▶ Air circulation is needed to maintain equipment.
- ▶ When equipment is stuffed too full, maintaining proper temperatures is difficult.



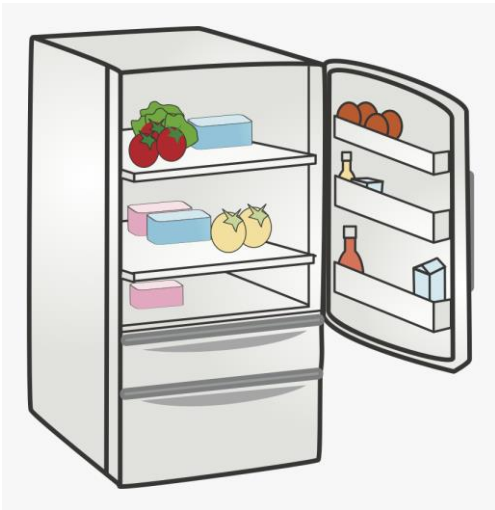
# Freezing

- ▶ Freezer temperature should be 0°F.
- ▶ You can freeze any food except food in cans or eggs in shell.
- ▶ Freezing prevents the growth of bacteria or microorganisms
  - ▶ Freezing food will not kill bacteria if it is already present
- ▶ Freezer up-keep: if frost is building up, be sure to defrost.
  - ▶ Buildup may lead to freezer burn, loss of storage space, bad odors and may prevent proper sealing of freezer door.



# What to Do When the Power Goes Out

- ▶ Keep refrigerator and freezer door shut
- ▶ Refrigerated food: good for 4 hours
- ▶ Freezer food: Half full- good for 1 day, Full- good for 2 days



**POWER  
OUTAGE**

# What's Wrong With This Picture?



01/2024

# Dry Food Storage

- ▶ Food must be stored 6 inches off the floor on metal shelving
  - ▶ Wood shelves are porous and absorb spills, which can lead to bacteria growth
  - ▶ Maintain dry storage between **50°F and 70°F. (Keep log of temperatures)**
- ▶ Use First In, First Out rotation
- ▶ Store food with food, and non-food with non-food (including pet food)



# Repacking Food

- ▶ Repacking= separating a large package of food into smaller packages to distribute
- ▶ **Food pantries are not licensed to repack food.**
  - ▶ Exceptions: unprocessed, raw produce ( Apples, Onions, Potatoes) and donated Artesian bread.



01/2024



[www.licares.org](http://www.licares.org) | 631.582.FOOD (3663)



# How to Repack Safely

1. Clean and sanitize the work surface
2. Wash hands and wear disposable gloves
3. Use only food grade plastic bags ( unused grocery store bags are fine)
4. Label and date plastic bag
5. Explain to guests to wash produce prior to eating



# Sell By, Best By & Expiration Dates



# True or False

Food past the date on the label is NOT safe for consumption.

**FALSE**

Dates are printed voluntarily on packages by manufacturers and are not regulated by the Federal Government

**TRUE**

- Baby food & formula is the only food required to have an expiration date.

**TRUE**

# Product Date Definitions

**“Sell By”:** The last day a product can be offered for sale. You should buy the product before this date to ensure best *quality*.

**“Use-by”:** The last date recommended for the use of product while at peak *quality*.

**“Best if used by”-** The date recommended for best flavor or *quality* of product.

# Shelf Life After Product Date



2 years



1 week



1 year

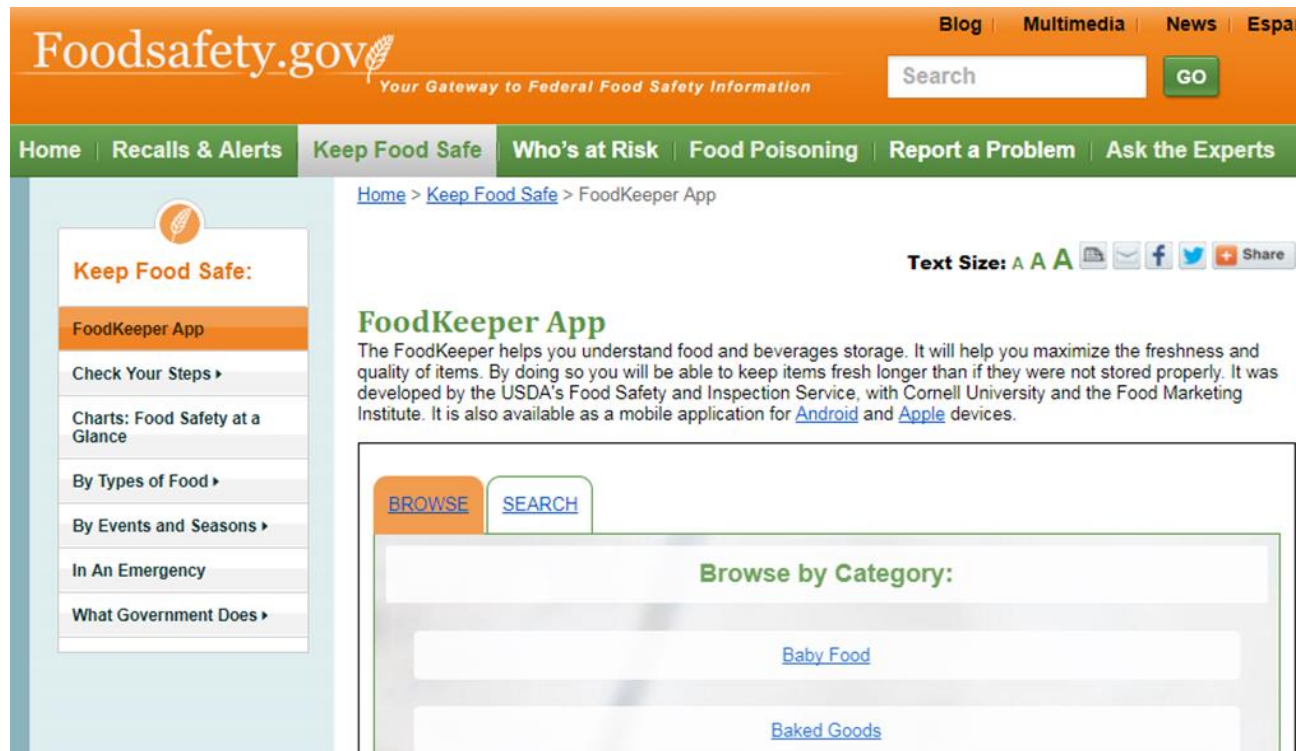


5 weeks

01/2024

# Foodkeeper App

[www.foodsafety.gov](http://www.foodsafety.gov)



The screenshot shows the FoodKeeper App page on the website [www.foodsafety.gov](http://www.foodsafety.gov). The page has an orange header with the site logo and navigation links. A green navigation bar contains links to Home, Recalls & Alerts, Keep Food Safe, Who's at Risk, Food Poisoning, Report a Problem, and Ask the Experts. The main content area features a sidebar on the left with a 'Keep Food Safe' section containing links to the FoodKeeper App, Check Your Steps, Charts, and more. The main text area is titled 'FoodKeeper App' and describes the app's purpose. Below the text is a 'Browse by Category' section with links to Baby Food and Baked Goods. A search bar and social media sharing options are also visible.

**FoodKeeper App**

The FoodKeeper helps you understand food and beverages storage. It will help you maximize the freshness and quality of items. By doing so you will be able to keep items fresh longer than if they were not stored properly. It was developed by the USDA's Food Safety and Inspection Service, with Cornell University and the Food Marketing Institute. It is also available as a mobile application for [Android](#) and [Apple](#) devices.

**Browse by Category:**

- [Baby Food](#)
- [Baked Goods](#)

# Food Recalls

- ▶ Issued by the manufacturers with help from USDA and FDA
- ▶ Long Island Cares Regional Food Bank reviews recalls issued by FDA, USDA, and Feeding America.
- ▶ If we know a recalled product was sent to our agencies, we will notify the agencies of the recall by e-mail and/or phone.
- ▶ Sign up for food recall emails by going to [www.recalls.gov](http://www.recalls.gov)





# Food Allergens

- ▶ The 9 most common food allergens must be identified on food labels.
- ▶ Sesame was recently added to the list and can be referred to by many names including:
  - ▶ Benne Seed
  - ▶ Gingelly oil
  - ▶ Halvah
  - ▶ Sesamol
  - ▶ Tahini



# Food Allergies

## If a Customer Says They Have a Food Allergy

- Take it seriously. Allergic reactions can be life-threatening.
- Be ready to discuss ingredients and food preparation with the customer.
- Communicate the allergy to the kitchen staff.
- Let the customer know when you are unsure if a menu item contains the food allergen.
- Always let the customer make their own informed decision.



## Prevent Cross-Contact

- Keep allergen-containing foods separate from other foods.
- Avoid shortcuts, such as picking nuts out of a salad. Even a tiny amount of an allergen can cause a severe and potentially life-threatening reaction.
- Consider all sources of cross-contact, such as shared surfaces, fryer oils, and cooking splatter.



## Before Preparing Allergy-free Foods

- Wash, rinse, and sanitize, or change: utensils, cutting boards, and food-contact surfaces.
- Wash your hands and change gloves.



01/2024

**If a customer has an allergic reaction, call 9-1-1**

As of May 20, 2023, **food service establishments that prepare and serve food must display an allergy notice in an area that is easily visible and readily accessible to employees involved in food preparation and service.**

The notice includes procedures for staff to follow when someone shares that they have an allergy, how to prevent cross contamination during food preparation and service, and instruction to call 911 if someone has an allergic reaction.

Compliance with this new law may be monitored by local health department inspection at any sites that are serving meals.

Download the food allergy sign here:

[https://www.health.ny.gov/environmental/indoor/food\\_safety/fse\\_signage.htm](https://www.health.ny.gov/environmental/indoor/food_safety/fse_signage.htm)

# Nutrition Facts & Food Allergens

- ▶ The nutrition facts label contains important information regarding food allergens.
- ▶ The label must be present on all foods so that the consumer can make an informed decision about the food they eat.

Sample Label for  
Macaroni and Cheese

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Start Here

Limit these  
Nutrients

Get Enough  
of these  
Nutrients

Footnote

Quick Guide  
to % DV  
5% or less  
is low  
20% or more  
is high

# Pest Control

- ▶ Pests carry pathogens which can make people sick.
- ▶ **Signs you have pests:**
  - ▶ Chewed boxes or holes in food packages
  - ▶ Droppings
  - ▶ Live or dead insects in food storage areas
  - ▶ Nests



# Preventing Pests

- ▶ **Don't let them in!**
  - ▶ Keep outside doors & windows screened or closed
  - ▶ Seal cracks and gaps around doors, windows, and pipes
- ▶ **Don't feed them!**
  - ▶ Clean up food spills right away
  - ▶ Store grains in plastic or steel container
- ▶ **TRASH can attract pests**
  - ▶ Remove trash from food prep areas as quickly as possible
  - ▶ Clean the inside and outside of trash containers ( away from food prep areas)



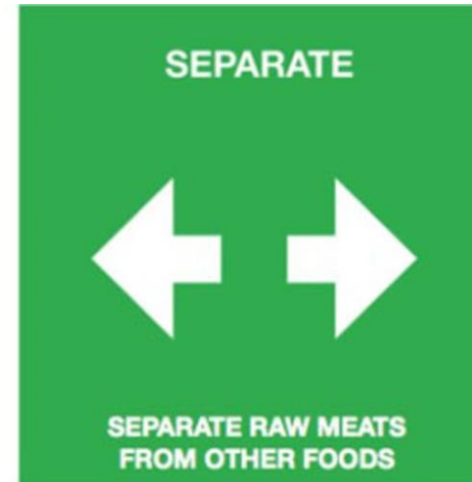
# Pest Control

- ▶ What to do if you discover signs of pests:
  - ▶ Clean the area. Remove food that may be attracting pests
  - ▶ Throw out any food that has signs of pests
  - ▶ Find out how the pests got in and make changes to prevent access
- ▶ Work with a licensed pest control operator
  - ▶ No spray chemicals or open bait stations around food





# Meal Preparation



# Food Prep Areas: What to Wear

- ▶ A hat or hair restraint
- ▶ Clean clothing and closed toe shoes.
- ▶ An apron and gloves. ( Remove when leaving food prep areas)
- ▶ Remove jewelry from hands and arms. ( Plain band rings are OK)
- ▶ Wear and bandage over wounds on hands and arms.



# Clean

- ▶ Make sure workstations, cutting boards, and utensils are clean and sanitized.
- ▶ All surfaces must be cleaned and rinsed: walls, shelves, garbage containers.
- ▶ **Food contact surfaces need to be cleaned and sanitized:**
  - ▶ After you're done using them
  - ▶ Before working with a different type of food
  - ▶ Any time you're interrupted during a task and the surfaces could have been contaminated
  - ▶ After 4 hours of continuous use
- ▶ **Sanitize solution 1 tablespoon of liquid bleach and 1 gallon of water**
- ★ Allow surfaces to air dry before use



# Clean

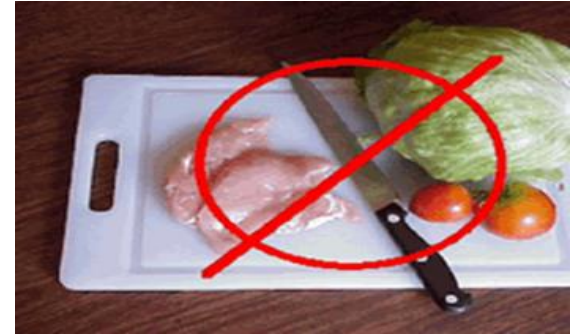
- ▶ Utensils and tableware are often cleaned and sanitized in a dishwasher.( rinse cycle must reach 180°F)
- ▶ Large cookware such as pots and pans can be cleaned by hand in a 3-compartment sink
  - ▶ Clean utensils and equipment should be stored 6 inches off the ground.
  - ▶ Store utensils with handle up.



CLEAN

# Separate, Don't Cross- Contaminate

- ▶ Use different cutting boards for raw and ready to eat foods.
  - ▶ Use separate cutting boards for produce, meat, fish and poultry.
  - ▶ Bacteria from raw meat, poultry, fish and eggs can contaminate fresh produce.
- ▶ Throw away marinades and sauces that were used on raw meat when done



SEPARATE

# Single Use Gloves

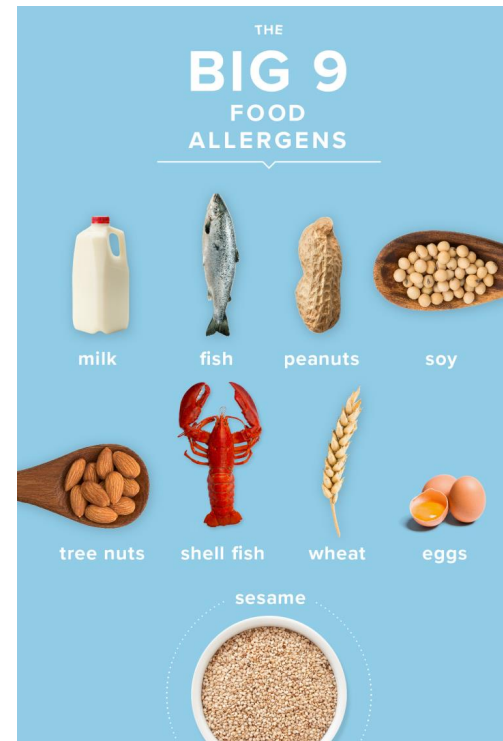
- ▶ Never rinse, wash, or reuse gloves.
- ▶ Always wash hands before putting gloves on.
- ▶ Do not touch hair, body, face, clothes with gloves
- ▶ **Change gloves when:**
  - ▶ They are torn
  - ▶ Before beginning a different task
  - ▶ After handling raw meat, fish, poultry or eggs and before handling ready to eat foods
  - ▶ After an interruption, like taking a phone call





# Serving Utensils

- Use separate utensils for serving to avoid allergen cross-contact.



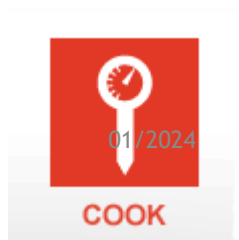
# Refrigerator Storage: Order Matters

- ▶ Raw food should be stored below food that won't be cooked (raw produce, ready to eat foods. )
  - ▶ Example:- raw meat, seafood, poultry and eggs should be stored below salad greens.
- ▶ This helps to prevent cross contamination which can cause foodborne illness.



# Defrost Safely and Cook

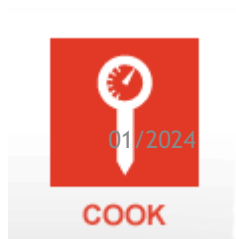
- ▶ **Never defrost food on the counter.** Instead defrost:
  - ▶ Refrigerator
  - ▶ Cold running water (within 2 hours)
  - ▶ Microwave
  - ▶ Cook from frozen
- ▶ **Cook to safe internal temperatures!**
  - ▶ Color is not a reliable indicator that food is fully cooked.
  - ▶ Food must reach a high enough temperature to kill bacteria that cause foodborne illness.
  - ▶ Use a thermometer to ensure that food has reached safe internal temperature for consumption.



# Safe Internal Cooking Temperatures

- ▶ Insert thermometer in the thickest part of the food.
- ▶ Check the temperature in more than one place.
- ▶ Clean and sanitize between uses to prevent cross contamination.

Category	Food	Temperature (°F)	Rest Time
Ground Meat	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, Roasts, Chops	145	3 minutes
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork and Ham	Fresh Pork	145	3 minutes
	Fresh Ham	145	3 minutes
	Precooked Ham (to reheat)	140	3 minutes
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg Dishes	160	None
Leftovers & Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin Fish	145	None



# Holding Food Safely



- ▶ **Hot food** should be held at **140°F** or higher after reaching safe internal temperature.
  - ▶ Hold foods in steam tables, warmers, crockpots or similar hot-holding units.
  - ▶ Check food temperatures at least once an hour.
  - ▶ Any food held below 140°F must be reheated to an internal temperature of 165°F before serving. This temperature must be reached within 2 hours.
- ▶ **Cold food** should be held at no more than **40°F**.
  - ▶ Check food temperatures at least once an hour.
  - ▶ If temperature is between 40°F and 70°F cool food rapidly (in an ice-bath) to 40°F before serving.
  - ▶ If temperature is 70°F or higher food must be thrown out.

# Reheating Leftovers

- ▶ Leftovers should be kept no more than 7 days.
- ▶ In order for leftovers to be served the food should have been cooled and stored properly.
- ▶ Leftovers should only be used once; the more times a food is reused, the greater the risk of food-borne illness.
- ▶ Leftovers should be reheated to **165°F** within 2 hours. Food should be reheated on stove top, oven, or microwave.
  - ▶ Steam tables, warmers, crock-pots, will not heat food fast enough for food to be safe.



# Chill

- ▶ Cool foods correctly:
- ▶ Cool from 140°F to 70°F in 2 hours or less. And then from 70°F to 40°F in 4 hours or less.
  - ▶ **Cool foods quickly:**
  - ▶ decrease portion size – divide large pieces of meat no heavier than 5lbs before placing in the refrigerator.
  - ▶ use shallow pans- 4 inches deep or less – do not cover food until it is **40°F or below**.
  - ▶ use an ice bath or ice paddle
- ▶ **NEVER** put a hot pot into the refrigerator or freezer.
- ▶ **Do not stack shallow covered pans on top of each other in the refrigerator-** air cannot move around stacked pans to cool food rapidly which can lead to food poisoning.



# Storing Ready to Eat Food

- ▶ Always cover or wrap food before storing it.
- ▶ Food should only be stored in containers meant to store food.
- ▶ Ready to eat foods prepped in-house must have a label including:
- ▶ Name of the food
- ▶ Day it was prepared
- ▶ Leftovers must be cooked, cooled and held correctly.
- ▶ Throw out leftover food after 7 days.



# Thank You!

Thank you for reviewing the food safety training for meal programs. To receive your certificate, you must successfully complete the corresponding quiz using the link below.

<https://www.cognitoforms.com/LongIslandCaresFoodBank/BasicFoodSafetySanitationTrainingForMealSitesQuiz>