

Basic Food Safety and Sanitation

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BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY



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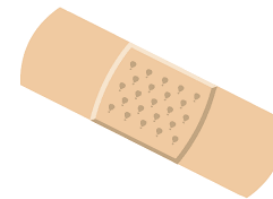
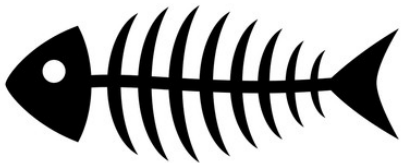
Why is Food Safety Important?

- ▶ 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?

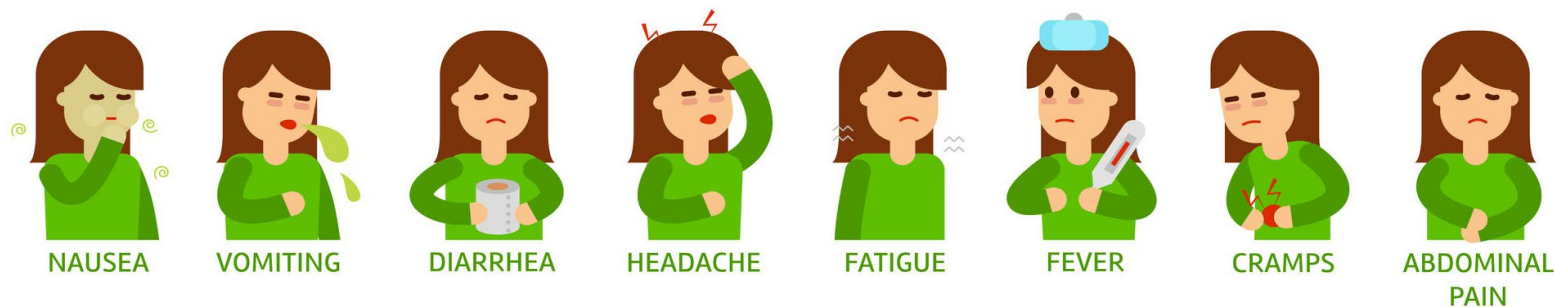
- ▶ Unsafe food is usually the result of contamination, which is the presence of harmful substances in food.
- ▶ 3 Categories of contaminants:
 - ▶ 1. **Biological**- viruses, bacteria, fungi and parasites
 - ▶ 2. **Chemical**- food service chemicals that are used incorrectly
 - ▶ 3. **Physical**- band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



Foodborne Illness

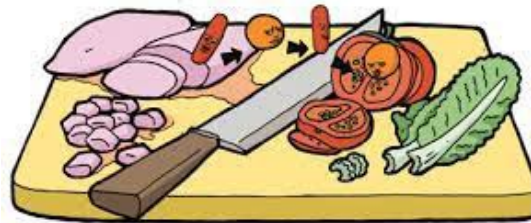
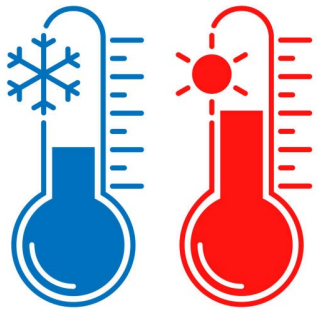
- ▶ Symptoms can begin in as little as 30 minutes and up to 7 days after ingesting contaminated food.
- ▶ **1 in 6 Americans experience food poisoning every year.**
- ▶ Children, seniors, pregnant women and those with chronic illness are most at risk.

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.



Handwashing



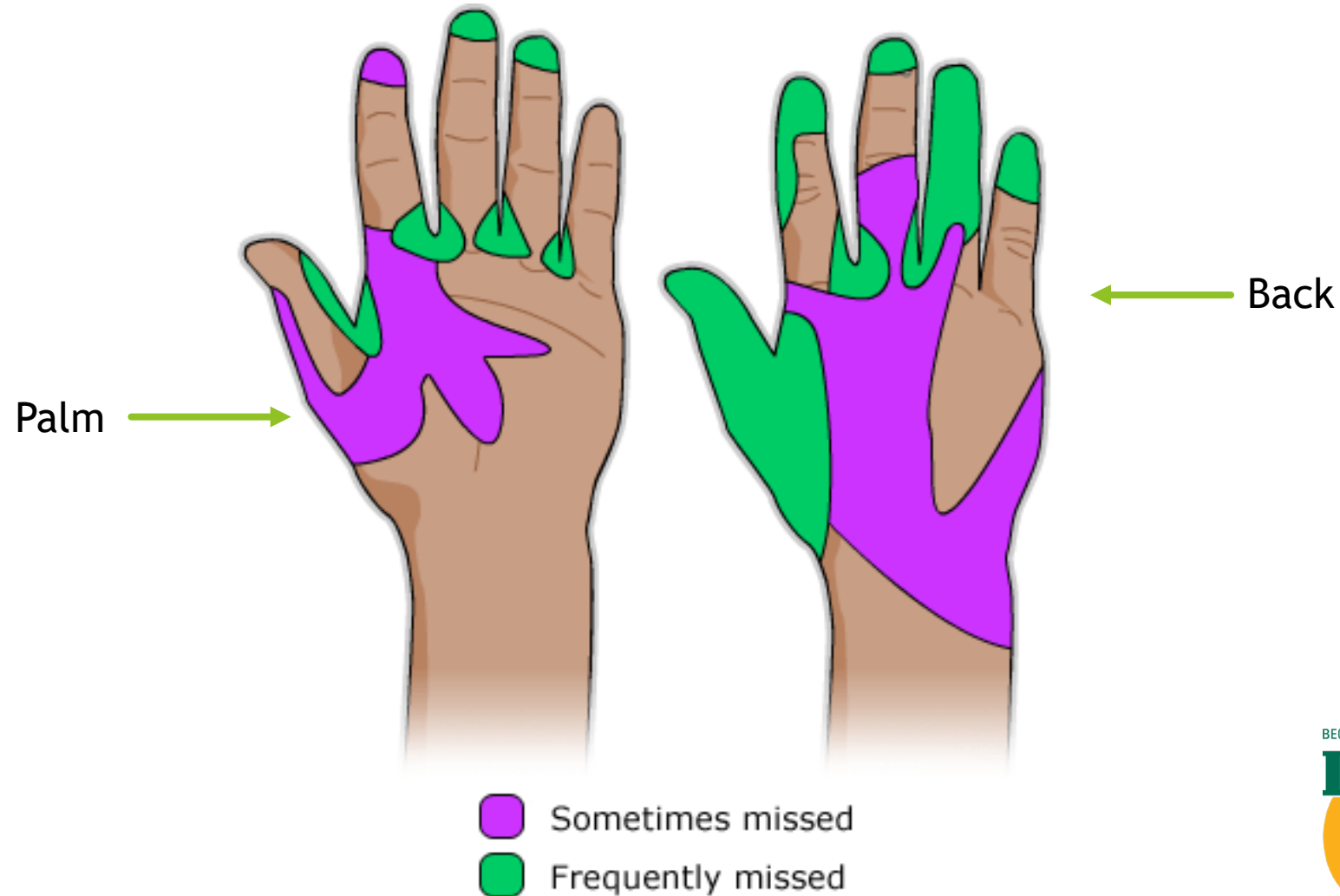
- ▶ Proper handwashing is critical in preventing the spread of pathogens
- ▶ The whole process should take at least **20 seconds**.
- ▶ Should only be done in sinks designated for hand washing.
- ▶ Handwashing sinks should not be used for washing dishes or prepping food.
- ▶ **One study found that consumers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

Proper Handwashing



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

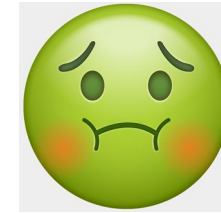
Note: LIC provides free soap dispensers and soap to our HPNAP agencies



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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



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



Keep or Discard?



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.

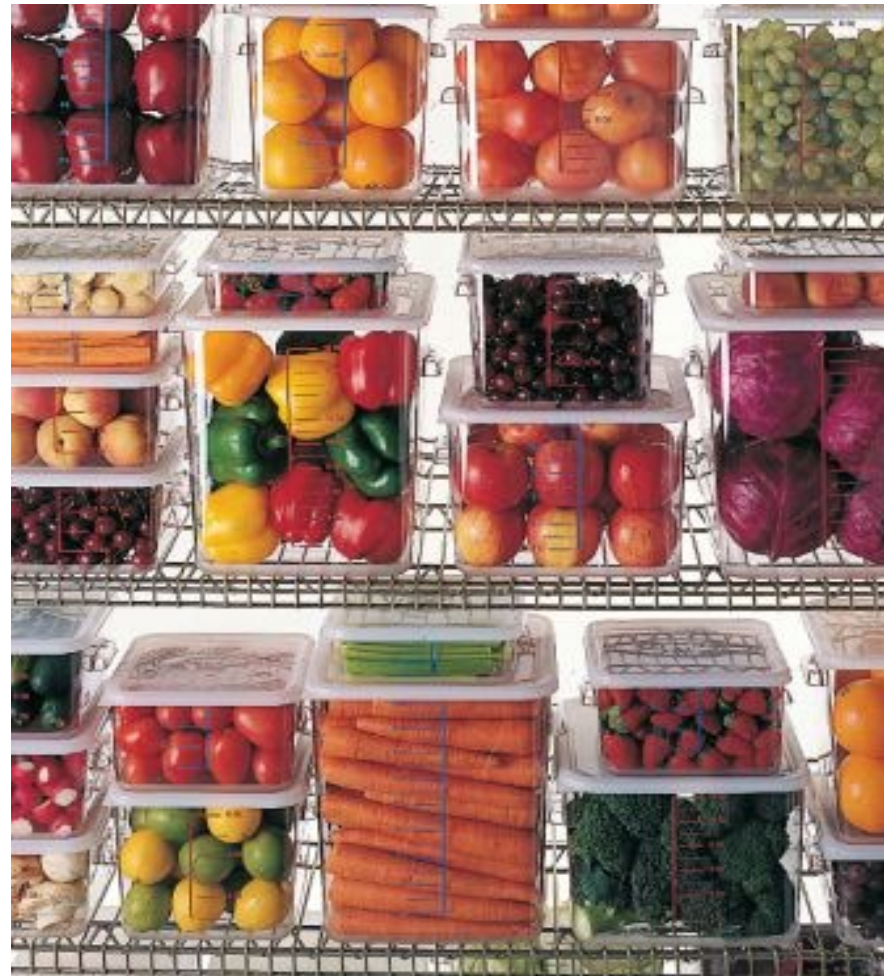


Evaluating Produce

- ▶ 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)



Storing and Repacking Food



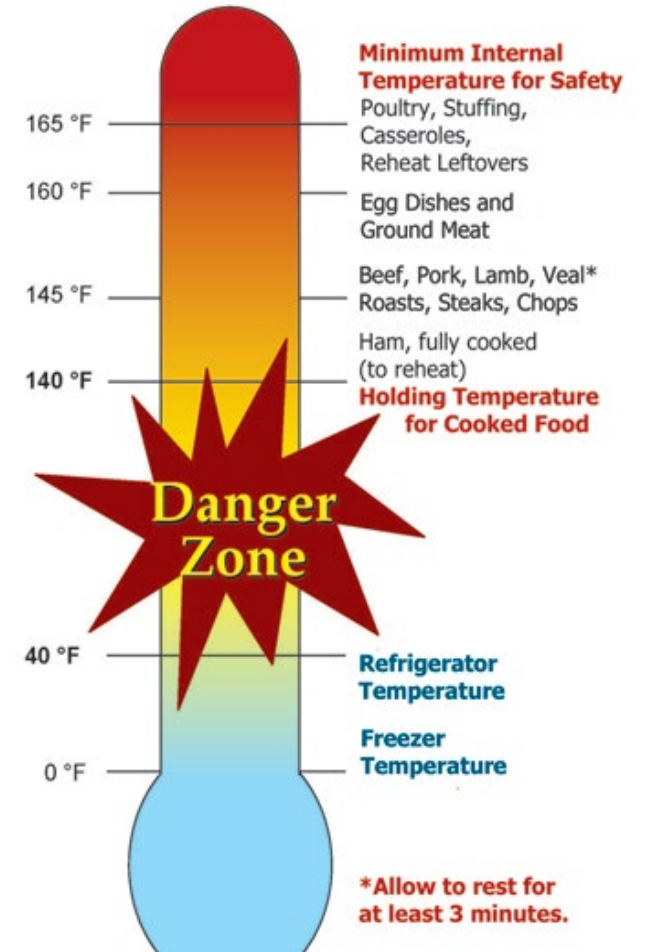
Feeling the Heat?

- ▶ A pantry is offering one-pound packages of frozen sausage today. Maria, the volunteer in charge of the frozen food sets 20 packages out on the distribution table at 9am. At 1:30pm, the pantry closes, and she puts the remaining 2 packages back in the freezer.
 - ▶ Will the 2 packages be safe to eat?
 - ▶ Why or why not?

Four Hour Rule: if a PHF is held in temp. danger zone for more than 4 hours- throw it away.

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.”



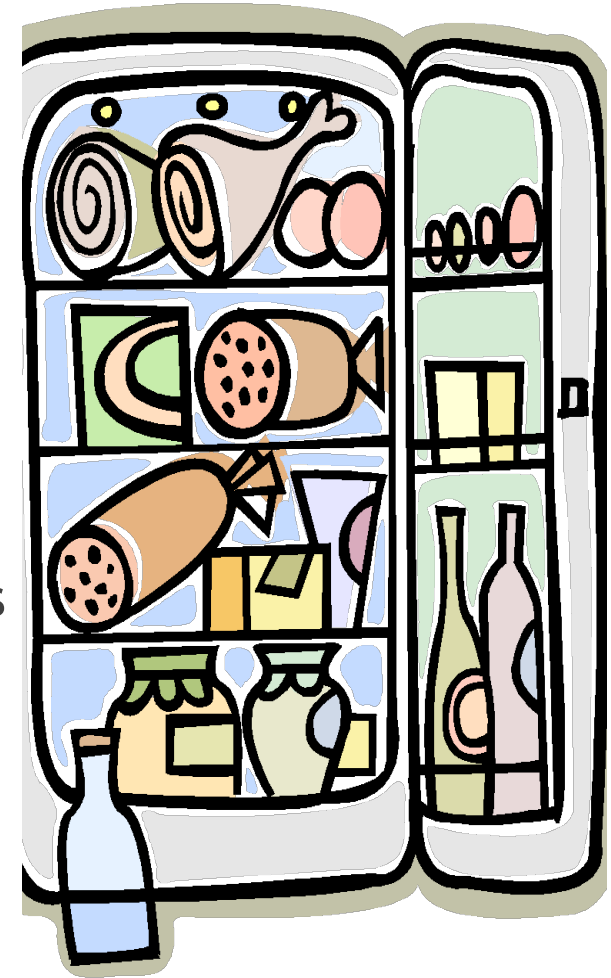
Refrigerated Food Storage

- ▶ 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. Go to Agency Support and click on Nutrition and Food Safety Resources.



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.



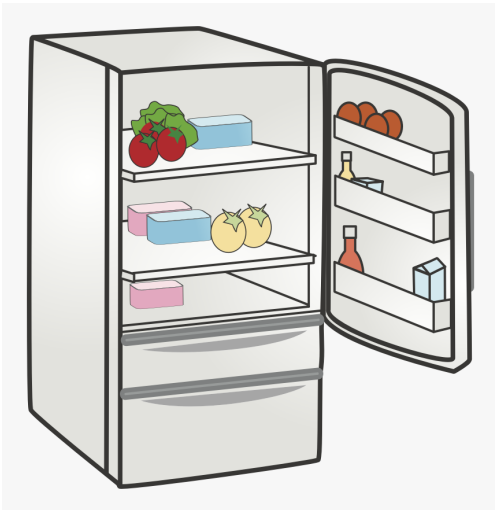
Freezing

- ▶ 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**



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What's Wrong With This Picture?



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.



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



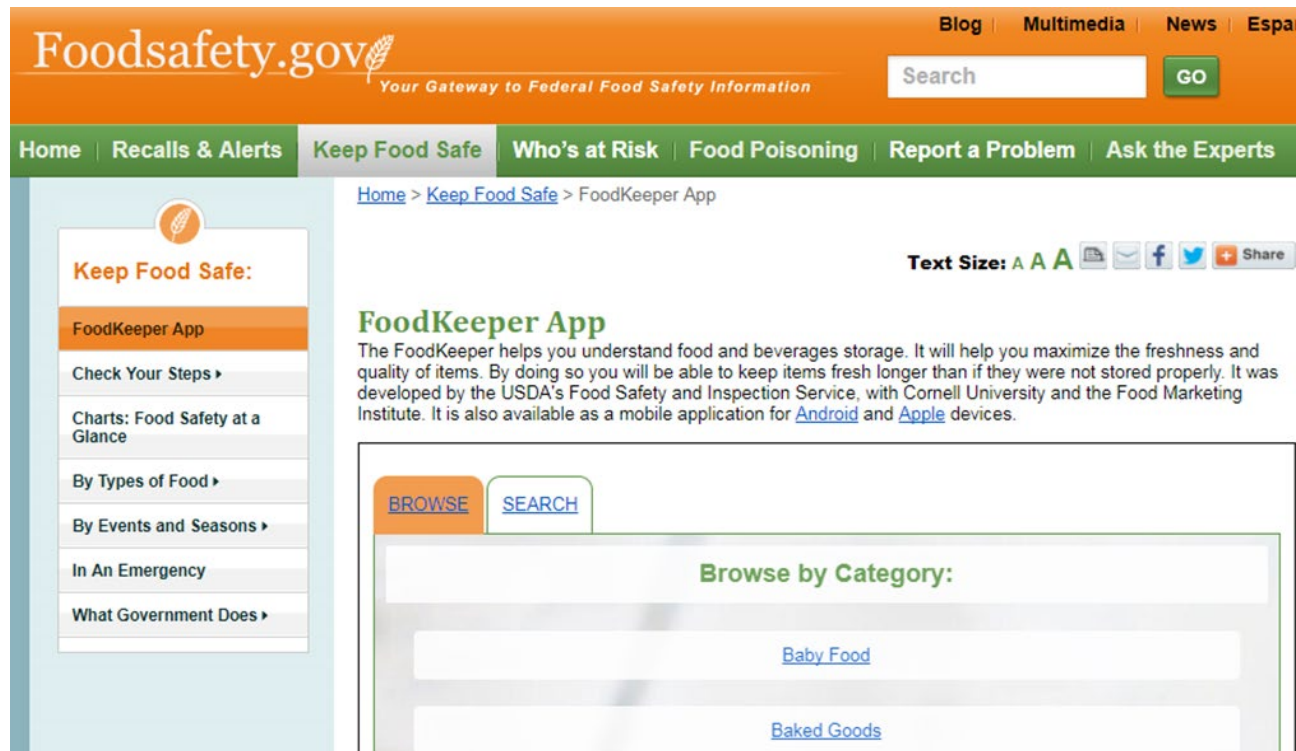
1 year



5 weeks

Foodkeeper App

www.foodsafety.gov



The screenshot shows the FoodKeeper App page on the FoodSafety.gov website. The page has an orange header with the FoodSafety.gov logo and navigation links for Blog, Multimedia, News, and Español. Below the header is a green navigation bar with links for 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, By Types of Food, By Events and Seasons, In An Emergency, and What Government Does. The main content area has a breadcrumb trail: Home > Keep Food Safe > FoodKeeper App. Below this is a 'Text Size' section with links for A, A, and A, and a 'Share' button. The main heading is 'FoodKeeper App', followed by a paragraph describing the app's purpose: '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.' Below the text is a 'Browse by Category' section with a 'BROWSE' button and a 'SEARCH' button. The categories listed are 'Baby Food' and 'Baked Goods'.

FoodSafety.gov
Your Gateway to Federal Food Safety Information

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Search GO

Home | Recalls & Alerts | Keep Food Safe | Who's at Risk | Food Poisoning | Report a Problem | Ask the Experts

Home > Keep Food Safe > FoodKeeper App

Text Size: A A A [Print] [Email] [Facebook] [Twitter] [Share]

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



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



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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

Nutrition Facts	
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



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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



Thank You!

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

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