

**Panhandle**

8500 N. Atlas Rd.  
Hayden, ID 83835  
208-415-5100

**North Central**

215 Tenth St.  
Lewiston, ID 83501  
208-799-3100

**Southwest**

920 Main St.  
Caldwell, ID 83605  
208-455-5300

**Central**

707 N. Armstrong Place  
Boise, ID 83704  
208-375-5211

**South Central**

1020 Washington St. North  
Twin Falls, ID 83301  
208-734-5900

**Southeastern**

1901 Alvin Ricken  
Pocatello, ID 83201  
208-233-9080

**District 7**

254 E. Street  
Idaho Falls, ID 86402  
208-522-0310



IDAHO DEPARTMENT OF  
**HEALTH & WELFARE**

# Highlights of Food Safety



*Idaho Department of Health and Welfare  
Division of Health  
Office of Epidemiology and Food Protection  
PO Box 83720  
Boise, ID 83720-0036  
Phone: 208-334-5938 ▲ Fax: 208-332-7307  
www.foodsafety.idaho.gov*



**This brochure provides highlights of the critical information contained in the Idaho Food Safety and Sanitation Manual necessary for providing safe food.**

### CRITICAL CONTROL POINTS

These are factors that must be controlled in order to serve safe food. Critical control points include:

- Personal hygiene practices
- Cooking temperatures
- Cooling procedures
- Holding temperatures



### PERSONAL HYGIENE OF A FOOD HANDLER (Handwashing and Proper Food Handling Techniques)

Bacteria are found everywhere, including our hands, nose and throat, and clothing. Some of these germs can cause “food poisoning.” Proper handwashing helps to remove these germs from our hands.

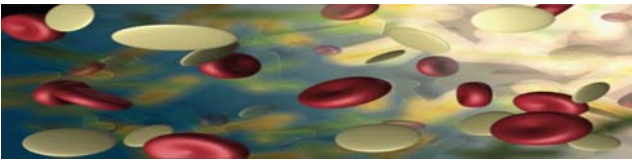
#### Hands must be washed throughout the work shift:

- After using the restroom
- After working with raw meats
- After coughing or sneezing
- After touching face or hair
- After touching dirty dishes



Using clean gloves or other utensils when touching food also helps stop germs from getting into food, BUT hands must be properly washed first.

Food workers must use gloves, utensils, or other devices to prevent bare hand contact with Ready-To-Eat Foods.



**RESPONSIBILITY**

While food safety and sanitation is everyone’s responsibility, it is ultimately the responsibility of the **person in charge/ manager** to make sure that food workers who are sick not be allowed to work with food while that person is sick.

Workers who are sick can easily spread germs through food that might make someone sick. **If a worker is diagnosed with any of the four following sicknesses, he or she must not be allowed to work in the food establishment:**

- Hepatitis A
- E. coli
- Shigellosis
- Salmonellosis

Common foodborne illness symptoms include:

- Nausea
- Vomiting
- Diarrhea
- Fever
- Jaundice
- Sore throat with fever
- And/or abdominal pain



**TEMPERATURES AND POTENTIALLY HAZARDOUS FOOD**

**It is important to recognize the relationship between maintaining the time and temperature (both holding and cooking) of potentially hazardous food in the prevention of foodborne illness.**

Foods like meats, salads, cooked rice, soups, or cooked vegetables left at temperatures between 41°F and 135°F for 4 hours or longer (adulterated foods), if consumed, can make someone sick. (Germs grow rapidly between 41°F and 135°F.)

Foods that are raw or undercooked, such as meat, poultry, eggs, and fish, if consumed, can increase your risk of “food poisoning.”

**Food temperatures and times for safe cooking:**

- Poultry 165°F
- Ground Meats 155°F
- Eggs, fish, and all other meats 145°F

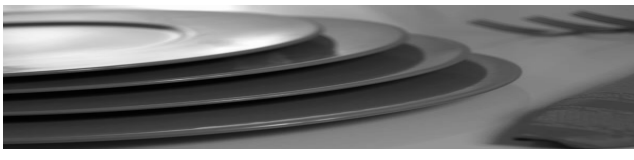
THESE TEMPERATURES MUST BE REACHED FOR A MINIMUM OF 15 SECONDS.

**Holding and cooling temperatures:**

- Hot foods must be held at or above 135°F.
- Cold foods must be held at or below 41°F.



When cooling foods, they must be cooled from 135°F to 70°F in 2 hours and from 70°F to 41°F in 4 hours.



**CROSS-CONTAMINATION**

Food workers must be careful and not allow any raw meats to come in contact with other foods. This means that raw meats must be stored below vegetables or other foods that will not be cooked in the refrigerator.

**CLEANING AND SANITIZING**

All equipment such as forks, knives, spoons, cutting boards, and counter tops must be cleaned in the following way:

- Wash (with soap and warm water)
- Rinse (with clear warm water)
- Sanitize (use manufacturer’s instructions)
- Air dry

Make sure that the source of water used remains protected from contamination by backflow or backsiphonage caused by cross connections.

**POISONOUS OR TOXIC MATERIALS**

These types of items, if accidentally added to foods, can cause immediate serious illness. Potentially poisonous or toxic items, such as cleaning agents, sanitizing agents, and first aid items, must be stored separate from foods. Spray bottles must be labeled. If in doubt, label it!



**RESPONSIBILITIES, RIGHTS, AND AUTHORITY ASSIGNED BY THE IDAHO CODE**

**Food Employee**

- The food employee has the responsibility of delivering safe, quality food to the person eating it.

**Person in Charge/ Manager**

- The person in charge has the same responsibilities as the food employee along with the responsibility of training the food employee in the knowledge contained in the Idaho Food Safety and Sanitation Manual.

**Regulatory Authority**

- The regulatory authority has the responsibility of conducting inspections to make sure that the food is safe for the people eating it.

Idaho Regulatory Authorities: 7 Regional Health Districts (Listed on back panel)



For more information on food safety, contact your regional health district.