#### Be Health Wise: WASH YOUR HANDS...

- 1. Wet Hands
- 2. Use Soap
- 3. Scrub Vigorously for 20 Seconds
- 4. Rinse with Warm Water
- 5. Dry
- 6. Use Towel to Turn Faucet Off









Germs spread quickly and easily; therefore, sick food workers may not work with food or food-contact surfaces.

Notify the person in charge, and stay away from food if you have:



- **Symptoms** of illness (diarrhea, vomiting, or jaundice)
- **Diagnosed** illness (such as E. coli, Shigellosis, Hepatitis A, or Salmonella)
- . Infected, uncovered wounds
- **Discharges** from the eyes, nose, or mouth



Germs spread quickly and easily; therefore, bare hands may not come in contact with Ready-to-eat foods.

Use utensils, barriers, or gloves to keep bare hands from coming in contact with Ready-to-eat foods.



Copyright © International Association for Food Protection

#### Appropriate utensils and barriers include:

- . Tongs
- . Spoons
- Forks
- . Gloves
- Napkins
- Wax paper



Germs spread quickly and easily; therefore, employees must wash their hands:



Copyright © International Association for Food Protection

- Before beginning work
- Before working with food
- After going to the restroom
- After touching face and hair
- After eating or smoking
- After handling dirty dishes, dirty work stations, chemicals, or garbage
- After handling raw meats

#### Germs spread quickly and easily; therefore, avoid cross contamination:

Cross contamination is the spreading of bacteria from raw meat to other foods.

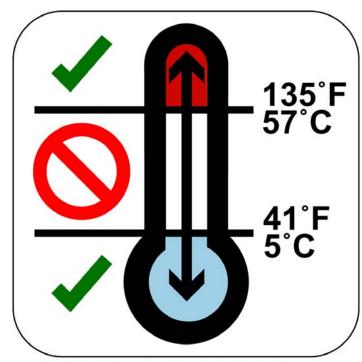


Copyright © International Association for Food Protection

#### **Avoid Cross contamination by:**

- Separating raw meat by placing it away or below other foods
- Washing and Sanitizing equipment after using it on or with raw meat
- Washing your hands after touching raw meat

Bacteria grow rapidly in the Danger Zone (41°F - 135°F); therefore, keep potentially hazardous food out of the Danger Zone.



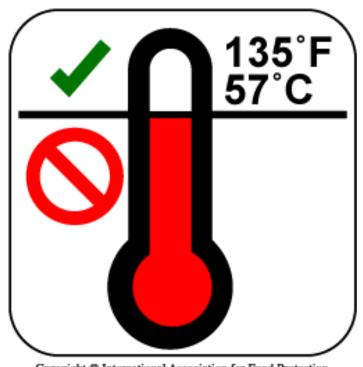
Copyright © International Association for Food Protection

#### Potentially hazardous foods include:

- Meat, poultry, fish, seafood, eggs
- Ground meats
- Cooked starches (potatoes, rice, pasta)
- Dairy products
- Soy products
- Cooked vegetables



Bacteria grow rapidly in the Danger Zone (41°F - 135°F); therefore, keep potentially hazardous food out of the Danger Zone by holding hot food at or above 135°F.

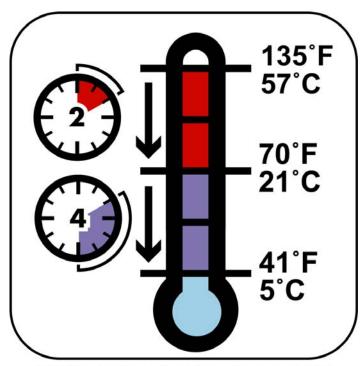


The food in this unit must be held at or above 135°F

135°F

Copyright © International Association for Food Protection

Bacteria grow rapidly in the Danger Zone (41°F - 135°F); therefore, keep potentially hazardous food out of the Danger Zone by cooling hot foods rapidly.



Copyright © International Association for Food Protection

Cool foods rapidly using one of these methods:

1. Shallow pan cooling:

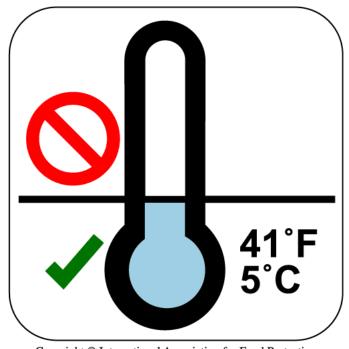
Refrigerate food at 41°F or below in an uncovered 2 inch deep layered pan

2. Two-tier time and temperature cooling:

Cool from 135°F to 70°F within 2 hours Cool from 70°F to 41°F within 4 hours



Bacteria grow rapidly in the Danger Zone (41°F - 135°F); therefore, keep potentially hazardous food out of the Danger Zone by holding cold foods at or below 41°F.



Copyright © International Association for Food Protection

The food in this unit must be held at or below 41°F





Germs spread quickly and easily; therefore, bare hands may not come in contact with Ready-to-eat foods.

#### Ready-to-eat foods include:

- Sandwiches
- Deli meats
- Cooked Meats
- Produce/Salads
- Garnishes
- Uncooked foods that will not be thoroughly heated or cooked before serving

Touching Food? Use scoops, spoons, tongs, napkins, or gloves



