



SUMMIT COUNTY PUBLIC HEALTH

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www.scph.org

Food-borne Pathogenic Microorganisms

- Bacteria and viruses cause most food-borne illnesses
- Factors affecting pathogen growth: food (high in protein), acidity, time, temperature (41°F - 135°F), oxygen, moisture (water activity level)
- Time-temperature control for safety (TCS) foods aka potentially hazardous foods (PHF): moist, protein-rich foods that when temperatures are suitable can support pathogen growth
- Pathogens can live but usually not reproduce on non-hazardous foods such as crackers

Observe Good Hygiene Practices

- People are the most likely source of pathogens
- Wear clean clothing and hair restraints
- Do not wipe hands on cloth towels, aprons, or clothes
- Keep fingernails trimmed, neat, and clean
- Keep personal food and drinks covered and in appropriate areas that cannot contaminate food and clean equipment
- Cover open cuts or sores with a finger cot and/or single-use glove

Proper Glove Use

- Thoroughly wash hands before putting on gloves and in between changing gloves
- Change gloves when changing tasks or if gloves become contaminated (eg. taking money), or if there is a break in food production
- Do not save and reuse disposable gloves
- Once gloves have been taken off, discard them and put on a new pair
- Change gloves at least once every four hours if in continually use (i.e. sandwich line)



NO Bare Hand Contact with Ready-To-Eat Foods!

Use: Deli tissue, single-use gloves, spatulas, forks, dispensing equipment, tongs, ice scoops, etc.

Proper Handwashing

- Wash hands only in the designated handwashing sink
- Wet hands with hot (100°F) water
- Apply soap and rub hands together for 20 s
- Rinse hands thoroughly under running water
- Dry hands using single use paper towels and use paper towel to turn off faucet
- (optional) apply hand sanitizer



When to Wash Your Hands

- Using the restroom – double hand washing is required
- Coughing, sneezing, blowing or touching nose
- Touching head, hair, mouth, clothes, apron, cuts, or sores
- Smoking, eating, or drinking
- Touching raw poultry, meats, or fish
- Touching trash, floors, etc.
- Touching dirty dishes, equipment, or utensils
- Touching chemicals, animals, money, etc.
- Between loading and unloading dishwasher

Preventing Cross-Contamination

- Use different cutting boards for raw meats, cooked meats, and vegetables
- Store foods according to required safe cooking temperatures: ready-to-eat (RTE) foods on top (vegetables, fruits, fully cooked food), then seafood, steak, pork chops, ground meats (beef, pork), and stuffed meats and poultry on bottom
- All RTE foods should be marked with the date and time and discarded after 7 days from the date of preparation
- Rotate stored food products so the oldest food is used first
- Swollen/bulged and severely dented cans should be discarded
- Keep food stored in a dry, clean location 6 inches off of the floor
- Mop water should be disposed of in toilets or utility (mop) sinks only
- Lids on dumpsters should remain closed, garbage should be removed regularly, and containers and garbage area maintained clean
- Outer openings (doors and windows) should have screens, be kept closed, or provide another means to prevent the entry of pests

Cleaning and Sanitizing of Dishes, Utensils, and Kitchen Ware

Manual

- Clean sink, sanitize if needed
- Proper cleaning and sanitizing procedure:
 - Scrape off any excess food on item and remove date mark stickers
 - Wash thoroughly with dish soap
 - Rinse with clear water
 - Sanitize in approved sanitizer
 - Use test strips to check for proper concentration
 - Allow to air dry before putting away (do NOT cloth dry)

Mechanical

- Clean warewashing unit, sanitize if needed
- Proper cleaning and sanitizing procedure:
 - Scrape off any excess food on item and remove date mark stickers
 - Wash with detergent (dish soap)
 - water temperature of 150°F for hot water sanitizer methods
 - water temperature of 120°F for chemical sanitizer methods
 - Rinse with clear water
 - Sanitize
 - Water temperature 180°F for hot water sanitizer methods
 - Water temperature 120°F for chemical sanitizer methods (Use test strips to check for proper concentration)
 - Allow to air dry before putting away (do NOT cloth dry)



Cleaning and Sanitizing of Food-Contact Surfaces



www.mycinemastore.com

- Clean and sanitize food-contact surfaces
- Use proper sanitizer concentrations (do NOT add soap)
 - 50-100 ppm for chlorine (bleach)
 - 200 ppm for quaternary ammonia compounds
- Use test strips to check for proper sanitizer concentration
- Properly label working containers of chemicals (eg. spray bottles) and store away from food products
- Reusable wiping cloths should be kept in a sanitizing solution
- Sanitizing solutions with wiping rags should be changed at least every 4 hours

Time and Temperature Control for Time/Temperature Control for Safety Foods

- Cold-holding at or below 41°F
- Hot-holding at or above 135°F
- Internal Cooking Temperatures
 - 135°F (fruits, vegetables, grains, legumes, commercially cooked foods)
 - 145°F (fish, shellfish, steaks/chops of beef or pork, veal, shell eggs)
 - 155°F (ground meats, injected meats, ground seafood)
 - 165°F (raw poultry, stuffed meat or seafood or poultry or pasta)



Symptoms of Food-borne Illness

- Vomiting
- Diarrhea
- Fever and Sore Throat
- Jaundice (Hepatitis A)
- Lesion/Infected wound



DO NOT HANDLE FOOD, CLEAN EQUIPMENT, or CLEAN UTENSILS IF YOU HAVE ANY SYMPTOMS OR A CONFIRMED FOODBORNE ILLNESS

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Equipment Needed in Food Service Facilities

- Sanitizer and appropriate test strips to check concentration
- Probe-style thermometer to check food temperatures
- Thermometers in each cold-holding unit

Proper Thawing

- In refrigerator at or below 41°F
- Under cold running water at or below 70°F
- As part of the cooking process (eg. Frozen chicken wing straight into the fryer)
- In the microwave followed by immediate cooking

Cooling (6 hours or less total)

- 135°F to 70°F within 2 hours
- 70°F to 41°F within 4 hours
- Small portions
- Ice bath with stirring procedure
- Shallow pans
- Use ice as an ingredient
- Chill stick/ice wand
- Do not cover until completely cooled