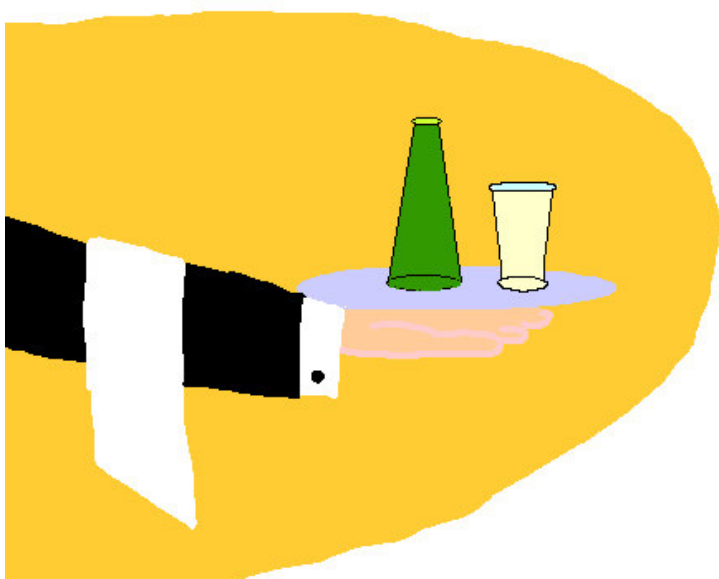


MACOMB COUNTY HEALTH DEPARTMENT

ENVIRONMENTAL HEALTH SERVICES DIVISION

SERVING SAFE FOOD



A GUIDE FOR FOOD SERVICE ESTABLISHMENTS

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Introduction

The information presented in this publication is provided to assist food service operators in the preparation and service of food that is free from contamination and to prevent foodborne illness.

Food that is mishandled can become contaminated by a variety of physical, chemical or biological contaminants. Contaminated food can cause serious consequences to consumers, especially the very young, the very old, pregnant women, and people with weakened immune systems.

This publication is not intended as a substitute for reading and understanding the requirements of the Food Law, Act 92 and the FDA Food Code.

Foodborne Illness

Foodborne Illness is caused by food that is contaminated with illness causing organisms. These organisms can be bacteria, viruses, parasites or fungus.

Foodborne illness symptoms include nausea, vomiting, diarrhea, and fever. Age and poor health put certain individuals at higher risk for foodborne illness.

Food may be contaminated even if it smells good, looks good, and tastes good. Bacteria may be present on the food product when you purchase it because it once was part of the live animal or due to the conditions it was grown and harvested in. Illness causing organisms can also be introduced onto the food in your establishment from cross-contamination, from contaminated hands or contaminated equipment. This is why it is very important to practice good sanitation, good personal hygiene and maintain proper food temperatures.

Receiving

- › Purchase only from approved suppliers.
- › Schedule deliveries during slow periods.
- › Put perishable foods away promptly.
- › Check for damage:
 - Cans that are dented, leaking, swollen, bulging, or rusted must be discarded or returned for credit.
 - Packaging is not torn, dirty or wet.
- › Check Temperatures:
 - Frozen foods are received frozen. Do not accept if product appears to have been thawed and refrozen.
 - Refrigerated foods are 41 ° F or below.

Storing

REFRIGERATION:

- › Units must maintain food product at 41 ° F or below.
- › All units have a thermometer located in the warmest part of the unit.
- › Raw meat, fish and poultry is located on the bottom shelves and separate from other types of foods to prevent cross-contamination from dripping/leaking blood and juices.
- › All food is wrapped or in covered containers.
- › Date mark ready-to-eat, potentially hazardous food with a discard date if the food is held longer than 24 hours. Ready-to-eat foods must be used or discarded within 7 days of preparation or package opening.
- › Do not overload unit or line the shelves. This restricts air circulation and reduces the cooling efficiency of the unit.

FREEZER:

- › Units maintain food product at 0° F or below.
- › Do not overload unit or line the shelves. This restricts air circulation and reduces the cooling efficiency of the unit.
- › All foods is wrapped or in covered containers

DRY STORAGE:

- › All food product is stored at least 6 inches off the floor.
- › Do not store food, utensils, or single-use items under exposed sewer, water or condensate lines. These lines may leak and contaminate food.
- › All food is stored in original packaging or in covered containers.
- › Toxic substances (cleaners, pesticides) and personal items are stored physically separate to prevent possible contamination of food product.
- › Storage areas are well lighted and kept clean to prevent insect and rodent problems.

Personal Hygiene

HANDWASHING:

Contamination of food from unclean hands is a leading cause of foodborne illness.

- › Wash hands with soap and warm water. Wash between fingers and under fingernails. Dry hands with paper towels or air dryer.
- › Always wash hands:
 - Before handling food or utensils
 - After using the restroom
 - After handling raw meat, fish or poultry
 - After touching areas of the body such as nose, hair, mouth
 - After eating or smoking

- After handling garbage or soiled utensils
- After any activity in which hands may become contaminated
- Use disposable plastic gloves when handling ready-to-eat foods.
- The use of gloves and hand sanitizer is not a substitute for hand washing

BATHING:

Many types of bacteria are present on hair and skin. Daily bathing and shampooing will keep the number of bacteria low and reduce the potential for contaminating food.

CLOTHING:

Soiled clothing is not only offensive to patrons but also a harborage surface for bacteria. Wear only clean clothing to work and refrain from wiping hands and utensils on clothing.

ILLNESS:

- Employees with symptoms of vomiting, diarrhea, fever, jaundice or sore throat must be removed from food handling duties.
- Employees diagnosed with or exposed to any of the following are required to report this information to the owner or manager:
 - Salmonella Typhi
 - Shigella
 - E. coli 0157:H7
 - Hepatitis A
 - Norovirus
- Surfaces contaminated by vomiting accidents must be sanitized using a chlorine based sanitizer only.

CUTS/BURNS/ABRASIONS:

- Cuts, burns or abrasions on hands must be bandaged and covered with a disposable plastic glove.
- Cuts, burns or abrasions on exposed arms must be bandaged.

Food Preparation and Service

In this section the term “potentially hazardous food” will be used often. Potentially hazardous food is any food item that can support the rapid growth of foodborne illness causing organisms.

Potentially hazardous foods provide one of more of the following conditions which illness causing organisms need to survive:

Food (protein)
Correct Acidity Level
Moisture

Some examples of potentially hazardous foods are: meat, fish, poultry, cooked rice & pasta, baked potatoes, milk, eggs, and cut melon.

TEMPERATURE:

Illness causing organisms multiply rapidly at temperatures between 41° and 140° Fahrenheit (danger zone). Potentially hazardous foods left too long in the danger zone can become unsafe to consume.

Use a metal stem food thermometer to check the internal temperatures of food. Check thermometer calibration frequently.

Thawing

Foods thaw from the outside in therefore thawing potentially hazardous food at room temperature allows the outer portion to reach temperatures in which bacteria can rapidly grow while the inner portion remains frozen.

Frozen potentially hazardous food may only be thawed:

1. In the refrigerator or,
2. Under cold running water or,
3. In a microwave and immediately cooked or,
4. As part of the cooking process

Preparation

- Marinate potentially hazardous foods in the refrigerator not on the counter.
- When making large quantities, work with small portions that can be prepared in a short period of time.

Cooking

The following are minimum internal cooking temperatures.

Poultry, Ground Poultry and Stuffed Meat/Pasta
165° F
Ground Meat, Fish or Pork
155°F
Roast Beef - Rare
130° F and held at 130° F for 2 hours before serving
All other Potentially Hazardous Food
145° F
Microwave - All Potentially Hazardous Food
165° F

Reheating

All potentially hazardous food shall be reheated to a minimum of 165° F within 2 hours. Do not use hot holding units to reheat food.

Cooling

Not all bacteria are destroyed by cooking. Improper cooling will allow surviving bacteria to multiply and cause illness. Potentially hazardous foods must be cooled from:

140° F to 70°F within 2 hours
and from
70° F to 41° F or below within 4 hours

Assist the cooling process by:

- Dividing the food product into smaller portions
- Using an ice water bath and stir frequently
- Placing food in shallow metal containers

Hot Holding

Hot hold all potentially hazardous foods at 140° F or higher.

Cold Holding

Cold hold all potentially hazardous foods at 41° F or below.

Preventing Cross-Contamination

Illness causing organisms can be passed from one food to another by contaminated surfaces, utensils and hands and by the dripping or leaking of blood or other juices from raw meats.

- Properly wash, rinse and sanitize counters, cutting boards, and utensils after using for raw meat, fish or poultry.
- Store raw meat, fish, and poultry on bottom shelves and separate from other types of food.
- Wash hands often and especially after handling raw meat, fish or poultry.

Cleaning and Sanitizing

Three (3) Compartment Sink:

- › Clean and sanitize sink compartments and drainboards before using.
- › Pre-soak or pre-rinse utensils and dishware
- › Wash in first compartment with hot, soapy water
- › Rinse in middle compartment with clean, warm water
- › Submerge in sanitizer solution in last compartment for at least one (1) minute.
- › Air dry

Automatic Dishmachine:

- › Follow manufacturer operating instructions.
- › Pre-soak or pre-rinse utensils and dishware
- › Monitor sanitizing rinse:
 - High temperature machines—final rinse must reach 180° F.
 - Chemical machines—proper sanitizer concentration maintained
- › Air dry

Clean In Place Equipment:

- › Wash with hot, soapy water
- › Rinse with clean, warm water
- › Sanitize

SANITIZER CONCENTRATION

3 Compartment Sink and Automatic Dishmachine:

- › Chlorine - 50 ppm
- › Quaternary Ammonium - 200 ppm
- › Iodine - 12.5 ppm

Clean In Place Equipment:

Follow the manufacturers label instructions for concentration and contact time.

Check sanitizer concentration with appropriate test strips.

Emergency Procedures

In the event of electrical or water interruption, fire, flood, or sewage backup, follow the “Emergency Action Plan” guidelines developed through the Michigan Department of Agriculture and distributed by local health departments. A copy can be downloaded from the MDA website at: www.michigan.gov/mda/0,1607,7-125-1568---,00.html



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