

Food Safety Training



Food Bank of
East Alabama

End hunger. Grow stronger.



Why Practice Food Safety

- The Centers for Disease Control (CDC) estimates that each year roughly 1 in 6 Americans (or 48 million people) gets sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases.
- By practicing safe food handling and storage at your agency, you can reduce the risk of foodborne illness in your clients.



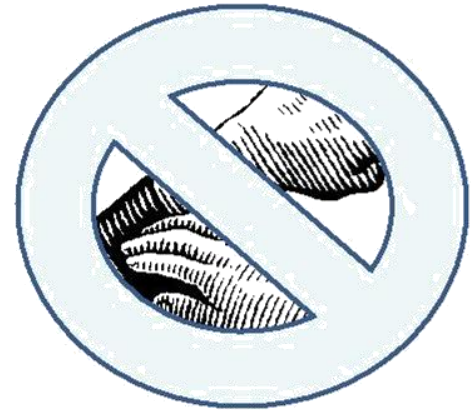
Good Personal Hygiene

- Wash hands frequently, especially after eating, drinking, smoking, touching your face, nose, ears, hair, handling waste, using the restroom, coughing or sneezing, etc.
- Use hot water, liquid soap, and disposable paper towels.
- Wash hands after handling raw foods (uncooked meat, poultry, eggs, produce, etc.) before handling cooked foods.
- Wear gloves if required.
- Wear aprons if required.



Good Personal Hygiene (Cont.)

- Do not handle food if you are ill, or have unprotected infected wounds or cuts. Infected wounds or cuts on the hands need to be covered with a bandage and glove before handling food.
- Wear hair restraints if required.
- Maintain personal cleanliness.
- Wear clean work clothes.
- Remove jewelry before handling food.
- Eat, drink, and smoke only in designated areas away from food.
- Keep your work areas clean, including all equipment



Prevent Contamination to Food

Types of common contaminants include:

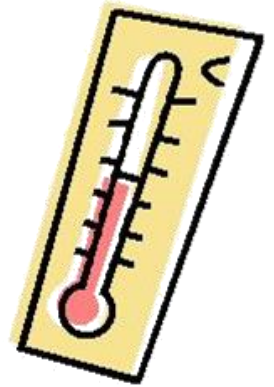
- **Physical:** Wood, metal, glass, paint chips, hair, etc. Bones in fish are also physical contaminants.
- **Chemical:** Cleaning chemicals, maintenance chemicals, pest control chemicals, etc.
- **Biological:** Bacteria, viruses, fungi, and parasites.

All contaminants have the potential to cause illness or injury.



Temperature Control

- Verify the temperature of your storage area with the correct thermometer.
- Store and transport refrigerated foods at 40°F, or less.
- Store and transport frozen foods at 0°F, or less.
- Thaw frozen foods at 40°F in a cooler, using a microwave oven, under running cold water, or while cooking. Never thaw at room temperature.
- Store whole produce at 50°F, and cut produce at 40°F, or less.
- Document temperature readings for your refrigerators and freezers twice daily.



Pest Control: Insects/Rodents

Deny pests entry to the facility:

- Seal doors, windows, and vents.
- Seal pipe holes through walls.
- Seal cracks in floors and walls.
- Examine all incoming food, supplies, and/or other materials to avoid pests.



Pest Control: Storage and Disposal

Deny pests food, water, and hiding or nesting places:

- Store food and supplies properly.
- Store items at least 6 inches off floor.
- Store items at least 4 inches away from wall.
- Dispose of food and supplies properly.
- Dispose of garbage quickly and cover indoor containers.
- Dispose of recyclables properly.



Pest Control: Cleanliness

Deny pests food, water, and hiding or nesting places:

- Clean up food spills immediately.
- Eliminate standing water.
- Store mops and brooms off the floor. Keep service/mop sinks and buckets clear of used mop water.
- Maintain clean personal storage areas (i.e. lockers).
- Cover outdoor garbage containers.



Pest Control: PCO

Work with a licensed Pest Control Operator (PCO) to eliminate pests that enter your facility:

- Make sure your PCO is licensed, certified in the state, and insured.
- Do not store pesticides at your facility.
- Call in PCO when problems develop.



Receiving, Storing, Delivering & Transporting Food

Receipt

- Use reputable suppliers.
- Inspect deliveries for: Temperature, quality, pests, etc.
- Reject deliveries that have problems.
- Make sure food containers are not damaged.
- Make sure food is properly labeled.
- Foods requiring refrigeration or freezer must be stored immediately at the correct temperature.

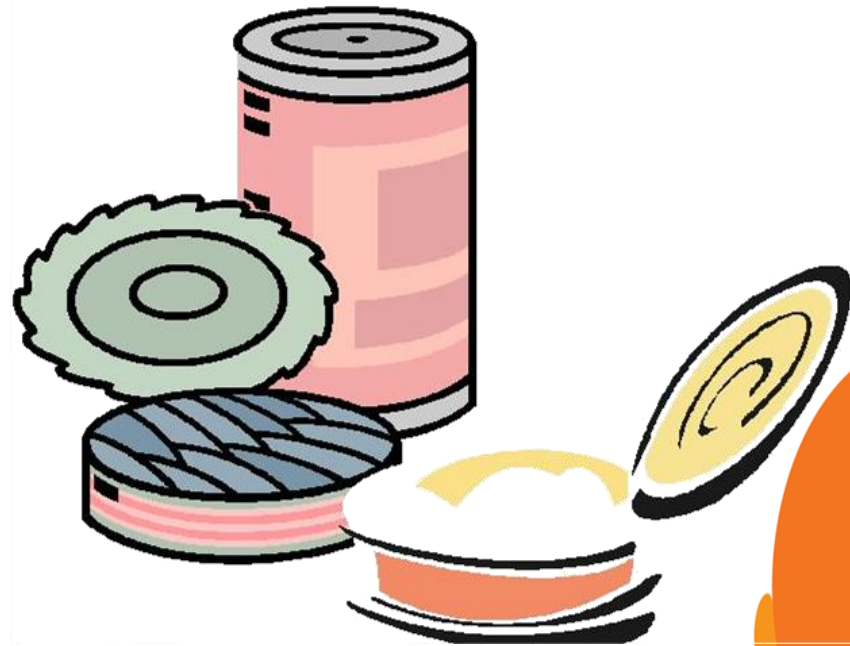


Receiving, Storing, Delivering & Transporting Food

Receipt - Canned Foods

Canned food is acceptable up to 5 years past the "best if used by" date. Canned food must not have the following:

- Swollen or bulging ends
- Leaks
- Seal problems
- Broken lids
- Major dents or dents on the seam
- Dents that prevent standing or stacking of cans
- Rust
- Expired dates on baby food and infant formula



When in doubt, Throw it out!

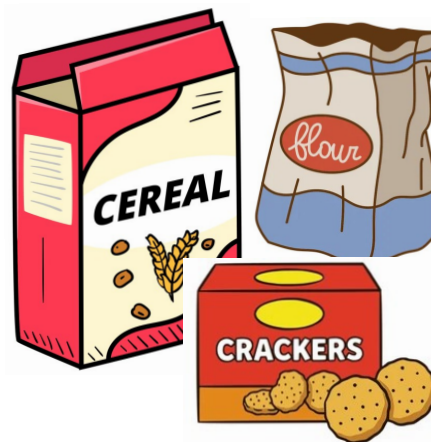
Receiving, Storing, Delivering & Transporting Food

Receipt - Dry Foods

Dry food is acceptable up to 1 year past the "best if used by" date.
Torn boxes are acceptable where the inner packaging is intact.

Dry food must not have the following:

- Torn boxes where the inner packaging is also torn or the items are loose
- Opened/taped packages such as sugar or flour
- Expired baby food or infant formula



Receiving, Storing, Delivering & Transporting Food

Receipt - Other Foods

Condiments are acceptable up to 1 year past the "best if used by" date.

Beverages are acceptable up to 6 months past the "best if used by" date.



Unacceptable items include:

- Opened items or items with popped safety seals
- Leaking beverages
- Alcoholic beverages
- Home canned items
- Expired baby food or infant formula
- Frozen foods that are leaking or show signs of thawing
- Frozen or refrigerated foods that are outside of safe temperature or have been left outside of refrigeration for more than 2 hours

Receiving, Storing, Delivering & Transporting Food

Storage

- Store food and supplies in a clean area.
- Store food at the proper temperature.
- Store food away from sanitation, chemicals, and potential physical contaminants.
- Store food in this order from top to bottom:
[ready-to-eat-foods, seafood, whole beef and pork, ground meat and fish, and whole and ground poultry to avoid cross-contamination]



Receiving, Storing, Delivering & Transporting Food

Storage

- Separate raw and cooked foods.
- Rotate food to ensure that the oldest food is used first. First in, First out (FIFO).
- Check the shelf life of food.
- Do not distribute baby food after it has expired.
- Store USDA, non-USDA, and TANF separately.



For detailed information on dates and product storage, visit:

www.fmi.org/industry-topics/consumer-affairs/food-keeper-food-storage-database

Receiving, Storing, Delivering & Transporting Food

Delivery

Deliver at correct temperature.

- Keep properly labeled, if required.
- Keep covered.



Receiving, Storing, Delivering & Transporting Food

Transportation

Loading and Transporting Food Safely

Keep food at safe temperatures in unrefrigerated vehicles.



Cover cold food with thermal blankets or use coolers with ice packs



Keep drive times to 30 minutes or less



Check food temperatures after arriving at the destination

Prevent contamination:



DON'T store raw food over ready-to-eat food



DON'T store allergens over other products



DON'T store chemicals with food products

- Food must remain below 41 degrees Fahrenheit during transportation
- Food should not be left outside of refrigeration for more than 2 hours.
 - 1 hour when the outside temperature is 90 degrees Fahrenheit or more.
- Passive refrigeration devices are necessary when picking up frozen or refrigerated food.
 - e.g., cooler with ice packs, freezer blanket
- Clean vehicles and refrigeration devices regularly and when spills occur.
- Vehicles used to transport garbage, waste, or animals cannot be used for transporting food.
- If your agency is too far from the food bank to safely transport food, we can provide delivery to your agency at a modest fee.



©2014 National Restaurant Association Educational Foundation. All rights reserved. ServSafe® and the ServSafe logo are trademarks of the National Restaurant Association® and the other design are trademarks of the National Restaurant Association. Feeding America, All rights reserved. Feeding America is a 501 (c)(3) nonprofit recognized by the IRS.

Foodborne Illnesses in the U.S.

The Centers for Disease Control (CDC) (2022) estimates:

- “ Each year, roughly 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases.”
- The large majority of these cases are mild and cause symptoms for only a day or two.
- Be sure to adhere to all recalls and/or other food safety concerns as they arise.



For up to date recall information, visit:

foodbankofeastalabama.com/agency-partners/product-recall-information/

Foodborne Illnesses in the U.S.

In 2022, the Center for Disease Control (CDC) also reported that:

Salmonella is the #1 pathogen contributing to domestically acquired foodborne illnesses resulting in Hospitalization.

- The number of people infected by Salmonella has stayed level, but Vibrio and Yersinia have increased dramatically.

These illnesses are preventable and you can help.



Discussion

- How does food become unsafe?
- Are there certain populations that are “more at risk” to the effects of unsafe food than others?
- What is a foodborne illness or injury?
- Have you or a family member ever become the victim of a foodborne illness or injury?
- What can you do to protect the safety of the food you handle?



More Food Safety Resources

- Thank you for reviewing and implementing a food safety program at your facility. Please sign the food safety form and return.
- For more information on food safety for the food handler or manager, please refer to <https://www.servsafe.com/ServSafe-Food-Handler> or contact your local health department.



References

1. Centers for Disease Control and Prevention (2013-2015)

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6315a3.htm?s_cid=mm6315a3_w

2. ServSafe Food Handler Guide (2014) updated with 2013 FDA Code.
National Restaurant Association Educational Foundation.



**Food Bank of
East Alabama**



Expiration Dates



COLD FOOD STORAGE GUIDE

CATEGORY	FOOD	REFRIGERATOR (40°F or below)	FREEZER (0°F or below)
SALADS	egg, chicken, ham, tuna and macaroni salads	3 to 5 days	Does not freeze well
HOT DOGS	opened package	1 week	1 to 2 months
	unopened package	2 weeks	1 to 2 months
SANDWICH MEATS	opened package or deli sliced	3 to 5 days	1 to 2 months
	unopened package	2 weeks	1 to 2 months
BACON & SAUSAGE	bacon	7 days	1 month
	sausage raw—from chicken, turkey, pork, or beef	1 to 2 days	1 to 2 months
HAMBURGER & OTHER GROUND MEATS	hamburger, ground beef, turkey, veal, pork, lamb, and mixtures of them	1 to 2 days	3 to 4 months
FRESH BEEF, VEAL, LAMB, & PORK	steaks	3 to 5 days	6 to 12 months
	chops	3 to 5 days	4 to 6 months
	roasts	3 to 5 days	4 to 12 months
FRESH POULTRY	chicken or turkey, whole	1 to 2 days	1 year
	chicken or turkey, pieces	1 to 2 days	9 months
SOUPS & STEWS	vegetable or meat added	3 to 4 days	2 to 3 months
LEFTOVERS	cooked meat or poultry	3 to 4 days	2 to 6 months
	chicken nuggets or patties	3 to 4 days	1 to 3 months
	pizza	3 to 4 days	1 to 2 months

*Chart from <http://www.foodsafety.gov/keep/charts/stoagetimes.html>

- Educate clients on expiration dates.
- View the Food Keeper for detailed information on dates and product storage.
 - <http://www.fmi.org/industry-topics/consumer-affairs/food-keeper-food-storage-database>