

# Food Safety Training



Food Bank of  
**East Alabama**

End hunger. Grow stronger.



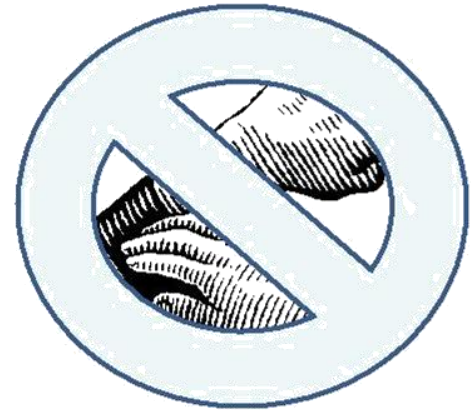
# Good Personal Hygiene

- 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:

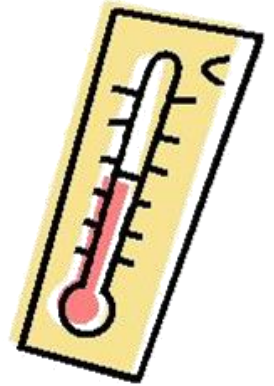
- **Physical:** Wood, metal, glass, paint chips, hair, etc. Bones in fish are also physical contaminants.
- **Chemical:** Cleaning chemicals, maintenance chemicals, pest control chemicals, etc.
- **Biological:** Bacteria, viruses, fungi, and parasites.

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



# Receiving, Storing, & Delivering 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.
- Store foods requiring refrigerated or frozen storage immediately at the correct temperature.

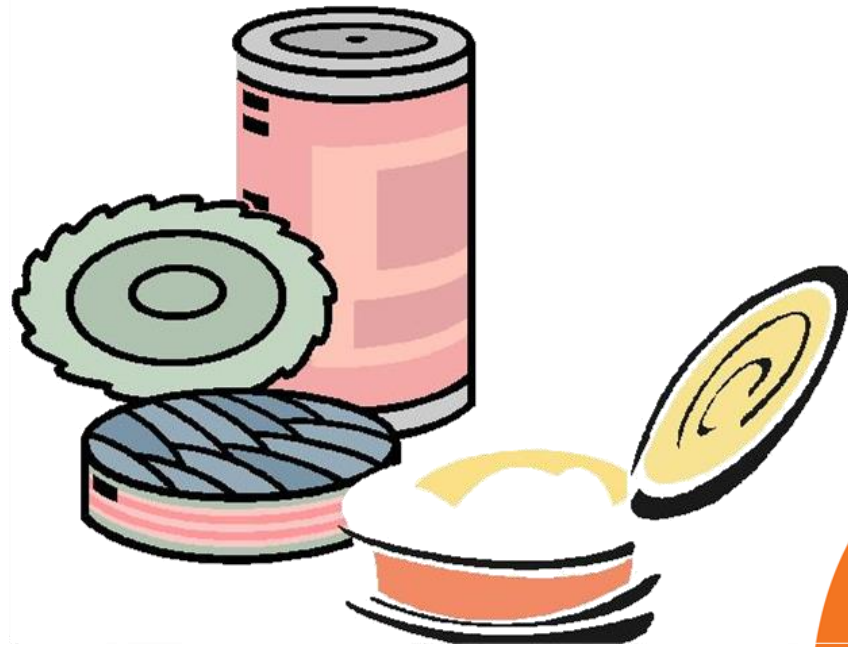


# Receiving, Storing, & Delivering Food

## Receipt

Canned food must be labeled and not have the following:

- Swollen ends
- Leaks
- Seal problems
- Broken lids
- Major dents
- Rust



***When in doubt, Throw it out!***

# Receiving, Storing, & Delivering 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 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.



# Receiving, Storing, & Delivering Food

## Delivery

Deliver at correct temperature.

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



# 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.



# 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 pantry 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](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.*



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