



FOOD SAFETY TIPS



7 Germs are easily transferred from hands to food during meal preparation, accounting for 88% of outbreaks.¹ Good hand hygiene is your first line of defense in preventing foodborne illness.



12% of foodservice employees report having worked when they were sick with vomiting or diarrhea.² Sick employees can easily spread pathogens to other employees and customers. Sick workers should stay home when sick.

3

One food promptly and properly. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them. Cold temperatures slow the growth of illness-causing bacteria.³

40
140

4

Proper cooking temperatures are key to killing hazardous pathogens. Bacteria that cause food poisoning multiply quickest in the "Danger Zone" – between 40° and 140°F.* Use a food thermometer to determine a food's true internal temperature.

Avoid confusion and ensure freshness by labeling and dating stored ingredients and prepared foods. Any food item not stored in its original packaging must be labeled.*

6

Raw meat, poultry, seafood, and eggs can spread illness-causing bacteria to ready-to-eat foods. Cutting boards or utensils used with raw meats must never be re-used for ready-to-eat foods like fruits and vegetables without first thoroughly cleaning and sanitizing them after each use and before beginning a new task.⁶



7

Sanitizing reduces pathogens that may be present to safe levels. Food contact surfaces must be cleaned and sanitized after each use, or every 4 hours if in continual use.⁷

8

Failure to wear gloves by foodservice workers who prepare ready-to-eat foods is a top trending health inspection violation.⁸ Wearing gloves can reduce the spread of foodborne illness.



9

Washing fruits and vegetables helps prevent the spread of bacteria to food preparation surfaces. Even fruits and vegetables that will be peeled or skinned must still be washed.²

10

10 A knowledgeable kitchen staff is your greatest ally in protecting guests and preventing foodborne illness. Each new kitchen staff member should be regularly given instruction on proper cleaning and sanitizing protocols.¹⁰



¹⁰ http://www.fishbase.org/SpeciesCatalogue/subgenus.php?genus_fam=Parachanna_Pomacentridae

² http://www.who.int/csr/don/2009_04_01/en/

²² *Intergroup differences in the effects of the intervention on the frequency of use of the intervention were not significant.*

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¹⁸ *Journal of American Studies*, 39 (2005), 1, 1–22.

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Food Fight The Peoples Guide To Food Safety In A Dangerous World

Kathleen Armour



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