



### Foodborne Illnesses

**Challenges to Food Safety** A foodborne illness is \_\_\_\_\_\_ A foodborne illness is considered an outbreak when: Each year \_\_\_\_\_\_ of people get sick from unsafe food. Challenges to foodservice operations include: The Cost of Foodborne Illnesses Foodborne illnesses cost the United States \_\_\_\_\_\_ of dollars each year. Some of the costs of a foodborne-illness outbreak include:

The most important costs are: \_\_\_\_\_\_.

Victims of foodborne illnesses may experience the following:
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How Foodborne Illnesses Occur
Contamination is
The three categories of contaminants are:
Biological:
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Chemical:
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Physical:
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contaminants are responsible for most foodborne illnesses.
How Food Becomes Unsafe
The five most common food-handling mistakes, or risk factors, that can cause a foodborne illness are
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Food prepared in a is considered to be a from an unsafe
source and must be avoided.

#### Practices Related to Foodborne Illness:

Time-temperature abuse	Time-temperature abuse is  ———————————————————————————————————
Cross-contamination	Cross-contamination is  It can cause a foodborne illness in many ways:
Poor personal hygiene	Poor personal hygiene can cause a foodborne illness if a food handler does any of the following actions:
Poor cleaning and sanitizing	Poor cleaning and sanitizing happens in the following ways:

#### **Food Most Likely to Become Unsafe**

TCS Food	d	
TCS food	d is	
TCS food	d items include:	
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Ready-to-Eat F	ood	
Ready-to-eat fo	ood is	
examples of re	ady-to-eat food are:	
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	ole who have a higher risk of getting a	<del></del>
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Keeping F	'ood Safe	
	ald focus on the following measures:	
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Corrective action is  The person in charge must be:    To become a Certified Food Protection Manager:    Government Agencies Responsible for the Prevention of Foodborne Illness  The government agencies that take leading roles in the prevention of foodborne illness in the United States are:    The FDA  Responsibilities of the FDA include:    The Food Code provides   The Food Code provides	Training and Monitoring
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Responsibilities of the FDA include:	•
	The FDA
•	Responsibilities of the FDA include:
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The Food Code provides	•
	The Food Code provides
The Food Code was created for	The Food Code was created for

These agencies regulate foodservice for the following groups:	
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The FDA recommends that states adopt the <i>Food Code</i> , but it cannot	it.
Other Agencies	
Other agencies that have an important role in food safety and the prevention of include:	foodborne illness
USDA:	
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CDC and PHS:	
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State and local regulatory authorities:	
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Some responsibilities of state and local regulatory authorities include:	
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# Biological, Chemical, and Physical Contaminants

One of the foodservice manager's most important roles is to of food from occurring.	p prevent any type of
Contamination is	<del>.</del>
Harmful substances can be:	
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Most contaminants cause	while others can result in
How Contamination Happens	
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The fecal-oral route of contamination is	
Contaminants are passed very easily in the following ways:	
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Biological Contamination	
Microorganisms are	·
Pathogens are	

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The FDA has singled out six pathogens and named them the The	se include:
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Symptoms of Foodborne Illness	
Most victims of foodborne illness share some common symptoms including:	
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Onset time is	•
Onset time can range from	·
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Bacteria	
Bacteria that cause foodborne illness have some basic characteristics including:	
Location:	
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The four types of pathogens that can contaminate food and cause a foodborne illness are:

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#### FAT TOM – Conditions for Bacteria to Grow

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#### Controlling FAT TOM Conditions

Controlling time and temper	erature includes:
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#### Major Bacteria That Cause Foodborne Illness

Four major bacteria that are highly contagious and can cause serve illness:


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•

#### Major Bacteria That Cause Foodborne Illness

Bacteria	Source	Food Linked with the Bacteria	Prevention Measures
Salmonella Typhi		•	•
Nontyphoidal Salmonella		•	•
Shigella spp.		•	•
Shiga toxin- producing Escherichia coli, also known as <i>E. coli</i>		•	•

# Viruses that cause foodborne illness have some basic characteristics including: Location: Sources: Destruction:

Major Viruses That Cause Foodborne Illness

Two major viruses that are highly contagious and can cause serve illness:


Major Viruses That Cause Foodborne Illness

Virus	Source	Food Linked with the Virus	Prevention Measures
Hepatitis A		•	
Norovirus		•	•

# **Parasites** Parasites share some basic characteristics including: Location: Sources: Prevention: Fungi Fungi include \_\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_\_. **Biological Toxins** Origin: Symptoms:

Prevention:

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#### **Chemical Contaminants**

keep f	ood safe from chemical contaminants, follow these guidelines:	
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ays to p	protect food and food-contact surfaces from contamination by chemica	ls include
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vsical (	Contaminants	
ysicai (	Softaninants	
keep f	ood safe from physical contaminants, follow these guidelines:	
me con	mmon objects that can get into food include:	
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Naturally occurring objects that o	can be contaminants include:
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Symptoms:	
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	<del>-</del>
Prevention:	
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Deliberate Contamina	ation of Food
People who may deliberately cor	
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Materials or contaminants that t	hese people might use to tamper with food include using:
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Attacks can occur	in the food supply chain. Attacks are usually focused on a
specific:	
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The FDA has created a tool that o	can be used to develop a food defense program based on the acronym
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Assure:			
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Look			
Look:			
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Employee	s:		
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Reports:			
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Throats			
Threat:			
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# Responding to a Foodborne-Illness Outbreak

Items managers should consider when responding to an outbreak include the following.

Gathering information:	
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•	-
Notifying authorities:	
•	
Segregating product:	
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•	-
Documenting information:	
•	-
•	•
Identifying staff:	
•	
•	
Cooperating with authorities:	
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•	-
Reviewing procedures:	
Food Allergens	
A food allergen is	
Allergy Symptoms	·
Depending on the person, an allergic reaction can happen just the hours later.	food is eaten or

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Anaphylaxsis is			 •
If a sustamor is boying a source	allargia raagtian	to food call	
If a customer is having a severe a	anergic reaction	to lood, call	 ·
Common Food Allorgons			
Common Food Allergens			
The big eight allergens are:			
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Preventing Allergic Reactions			
Food Labels			
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This reaction could include some of all of these symptoms:

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vice S	taff	
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ien wo	orking with a customer to place an allergen special order, service staff n	nust be able t
	dishes:	
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ntify i	ngredients:	
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ggest i	tems:	
ntify t	the allergen special order:	
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liver fo	00a: 	
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The allergen on food labels may be included as part of the:

Kitchen S	Staff	
Cross-co	ntact is	
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Cross so	ntact oxamples:	
C1055-C0	ntact examples:	
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How to A	Avoid Cross-Contact	
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# **Module 3: Safe Food Handler**

How Food Handlers Can Contaminate Food
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Situations that Can Lead to Contaminating Food
Food handlers can contaminate food when:
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With some illnesses, a person may infect other people before showing any
With other illnesses, a person may infect other people for or after
symptoms are gone.
Carriers are
Actions That Can Contaminate Food
Some common actions to avoid that can contaminate food include:
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Managing a Personal Hygiene Program
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vashing	
to Wash Hands	
should only be wash in a	
Silvala Silly be wash in a	
should <i>never</i> be washed in:	
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should <i>never</i> be washed in:	
should <i>never</i> be washed in:	- -
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should <i>never</i> be washed in:	- -

Managers can support a personal hygiene program by:

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ien t	o Wash Hands
od ha	andlers must wash their hands before:
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od ha	andlers must wash their hands after the following activities:
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rrect	ive Action
foo	d hander touches food or food-contact surfaces with unclean hands, managers mus
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nd A	ntiseptics
nd a	ntiseptics are
nd a	ntiseptics must comply with:
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To keep from contaminating hands after washing them, use a paper towel to:

Only use hand antiseptics hand	dwashing.			
Hand antiseptics must never be used in place of				
Wait for hand antiseptics to before	e touching food or equipment.			
Hand Care				
Fingernail length				
False fingernails	• •			
Nail polish	•			
Infected wounds or boils:				
If the wound or boil is located on the hand or wrist then	•			
If the wound or boil is located on the arm then	•			
If the wound or boil is located on another part				

of the body then

Avhich Gloves to Buy  Which Gloves to Buy  When buying gloves for handling food, follow these guidelines:  Inproved gloves:  Inisposable gloves:  Inisposable sizes:	Single-Use Gloves
ingle-use gloves should always be worn when handling  xceptions to wearing single-use gloves include:	
which Gloves to Buy  When buying gloves for handling food, follow these guidelines:  pproved gloves:  fulltiple sizes:  atternatives:  full to Use Gloves  When using single-use gloves, follow these guidelines to prevent contamination:	
which Gloves to Buy  When buying gloves for handling food, follow these guidelines:  pproved gloves:  fulltiple sizes:  atex alternatives:  flow to Use Gloves  When using single-use gloves, follow these guidelines to prevent contamination:	Single-use gloves should always be worn when handling
Which Gloves to Buy  When buying gloves for handling food, follow these guidelines:  pproved gloves:  Inisposable gloves:  Inisposable sizes:  Inisposable sizes:  Inisposable sizes:  Inisposable sizes:  Inisposable sizes:  Inisposable sizes:  Inisposable gloves:  Inisposable gloves	Exceptions to wearing single-use gloves include:
Which Gloves to Buy  When buying gloves for handling food, follow these guidelines:  Improved gloves:	•
When buying gloves for handling food, follow these guidelines:  pproved gloves:  pisposable gloves:  Multiple sizes:  atex alternatives:  tow to Use Gloves  When using single-use gloves, follow these guidelines to prevent contamination:	•
pproved gloves:  Inisposable g	Which Gloves to Buy
Pisposable gloves:  Aultiple sizes:  Autex alternatives:  Alow to Use Gloves  When using single-use gloves, follow these guidelines to prevent contamination:	When buying gloves for handling food, follow these guidelines:
Aultiple sizes:	Approved gloves:
In a continuous contin	•
Aultiple sizes:  atex alternatives:  low to Use Gloves  When using single-use gloves, follow these guidelines to prevent contamination:	Disposable gloves:
atex alternatives:  Iow to Use Gloves  When using single-use gloves, follow these guidelines to prevent contamination:	•
eatex alternatives:    Ow to Use Gloves   Owner of the contamination   Own	Multiple sizes:
low to Use Gloves  When using single-use gloves, follow these guidelines to prevent contamination:	•
When using single-use gloves, follow these guidelines to prevent contamination:	Latex alternatives:
When using single-use gloves, follow these guidelines to prevent contamination:	
When using single-use gloves, follow these guidelines to prevent contamination:	How to Use Gloves
•	When using single-use gloves, follow these guidelines to prevent contamination:
•	and a single use gloves, ronow these galdelines to prevent containing
•	•
lever do the following when using gloves:	•
lever do the following when using gloves:	·
	Never do the following when using gloves:
•	•

#### When to Change Gloves

Food handlers must change single-use gloves at all of these times:	
•	
•	
•	
Page Hand Contact with Deady to Est Food	
Bare-Hand Contact with Ready-to-Eat Food	
•	
Do not handle food with bare hands.	
If an operation serves a high-risk population, <i>never</i> handle food	with bare hands.
It is acceptable to handle ready-to-eat food with bare hands in these situations	:
•	
•	
Some regulatory authorities allow contact with jurisdiction allows this, manager must have specific in place	
must also be trained in and and	
Personal Hygiene Practices	
•	
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•	
Personal Cleanliness	
Tersonal eleanniess	
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Work Attire	
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# Eating, Drinking, Smoking, and Chewing Gum or Tobacco

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<i>lever</i> eat, dri	nk, smoke, and	chew gum or to	obacco when:	
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ontaminatio	n drink from a c ı of:		ner if they har	ainer carefully to pre
ontaminatio	n drink from a c	covered contair	ner if they har  	

#### Work Attire Guidelines

Hair Restraints	Do not:
Clean Clothing	•
Clean Clothing	
Aprons	Never
Jewelry	Food handlers cannot wear any of the following:

# Policies for Reporting Health Issues

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•			

Some regulatory authorities may ask for proof that food handlers were told to let managers know when they are sick. Proof can be provided in the following ways:

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•
When food handlers are sick, managers may need to restrict them from working with exposed
,, and
Sometimes managers may even need to exclude sick employees from coming into the operation if they have these symptoms:
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Food handlers must also tell managers when they have been diagnosed with an illness from one of thes pathogens:
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Food handlers must tell managers if they live with someone who has been diagnosed with any of these illnesses, except
If a food handler is diagnosed with an illness from any of these pathogens, managers must report the illness to the
Watching for Staff Illnesses
Managers should watch food handlers for signs of illness including:
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•
•
•
Restricting or Excluding Staff for Medical Conditions
•

**Reporting Illness** 

#### **How to Handle Medical Conditions**

If	Then	
The food handler has an infected wound or boil that is not properly covered.	Restrict	
The food handler has a sore throat with a fever.	Restrict	
	Exclude	- - -
The food handler has persistent sneezing, coughing, or a runny nose that causes discharges from the	Restrict	
eyes, nose, or mouth.  The food handler has at least one of	Eveludo	
these symptoms from an infectious condition:	Exclude	- -
<ul><li> Vomiting</li><li> Diarrhea</li><li> Jaundice (yellow skin or eyes)</li></ul>	Vomiting and diarrhea:	_
		<del>-</del> -
	Jaundice:	_
		- -
The food handler is vomiting or has diarrhea and has been diagnosed with an illness caused	Exclude	
by one of these pathogens:  Norovirus	Report	_
<ul><li>Shigella spp.</li><li>Nontyphoidal Salmonella</li><li>Shiga toxin-producing E. coli</li></ul>	•	
(STEC) The food handler has been	•	
diagnosed with an illness caused by one of these pathogens:		
<ul><li>Hepatitis A</li><li>Salmonella Typhi</li></ul>		

# **Module 4: Introduction to the Flow of Food**



# Hazards in the Flow of Food

The flow of food is		·
It begins when you the food and	ends when you	it.
Managers are responsible for the safety of the of food.	during the flow	
Cross-Contamination		
•		
•		
•		
Guidelines for Preventing Cross-Contamination	Between Food	
	•	
Use separate equipment for raw and ready- to-eat food		
	•	
	•	
Clean and sanitize before and after tasks		
Prep raw and ready-to-eat food at different times	•	
unes	•	
Buy prepared food	•	<del>-</del>
	•	<del>-</del>
Time-Temperature Control		
Most foodborne illnesses happen because TCS	food has been	abused.

This is call the	•	
pathogens grow in this range. Most pathoge		
Food is being temperature abused whenever the second secon		
The longer food stays in the temperature da	anger zone, the more time pathogens h	ave to
To keep food safe, the time range for hours or more, t		food is held in this
Avoiding Time-Temperature Abuse	inow it out.	
Monitoring	•	
Tools	•	
Recording	•	
Time and temperature control	•	
Corrective actions	•	
Monitoring Time and Tempe To keep food safe, control the amount of tir		

Three typ	es are commor	nly used in op	perations:		
1				-	
2				-	
3				-	
Bimetallio	Stemmed The	ermometer			
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	stemmed ther				
Calibratio	stemmed ther	rmometers sh	nould have	these featur	
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Calibratio  — Easy-to-re — Dimple:	stemmed ther n nut:	rmometers sh	nould have	these featur	

## Types of Probes

Immersion probes	•
Surface probes	•
Penetration probes	•
Air probes	•

r probes			•	
rared (Laser) Thermon	neters			
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llow these guidelines w	hen using infrared	thermo	meters:	
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anufacturer's directions	ç·			
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Other Temperature-Recording Devices
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General Thermometer Guidelines
·
Cleaning and sanitizing:
•
•
•
Calibration:
•
Calibrate thermometers at these times:
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Keep in mind:
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Accuracy:
Thermometers used to measure the temperature of food must be accurate to within
Thermometers used to measure air temperature in food-storage equipment must be accurate to within .
Glass thermometers:
• •
Checking temperatures:
When checking the temperature of food do the following:
Allow at least seconds after inserting the bimetallic stemmed thermometer stem into the food.
Calibrating Thermometers
Boiling-point method: involves adjusting the thermometer to the temperature at which water boils
Ice-point method: involves adjusting the thermometer to the temperature at which water freezes
The ice-point method is and
The steps include:
1
2

# **Module 5: Purchasing, Receiving, Storage**



# General Purchasing and Receiving Principles

You cannot make	food	Make sure only	food is brought into
the operation.			
Two ways to ensure the	safety and quality of	the food used in the operation	include:
1			
2			
Purchasing			
Before any deliveries are	e accepted, make sur	e that the food purchased is	·
Follow these guidelines	when purchasing foo	d.	
Approved, reputable sup	opliers:		
•			
•			
•			<del></del>
			<del></del>
Make sure inspection re	ports review the follo	owing areas:	
•			
•			
•			<del></del>
•			
Many operations establi	sh supplier lists base	d on their company:	
•			
•			
•			

Only		_ should be included on these lists.
Deliveries:		
•		
Passiving and Inspecting		<del></del>
Receiving and Inspecting		
Managers must take action to ensure	that the receiving and i	inspection is smooth and safe by:
•		
The process starts with a		of the delivery truck.
Check it for signs of	and	. Inspect the overall
of the vehicle. If		
Continue with a visual inspection of		Make sure they have been received at
		ems must be stored as as
	· ·	 and
items.		
Key Drop Deliveries		
A key drop delivery is		
	a manager or food hand	der arrives at the operation and must meet
the following conditions:		
•		
•		
•		
•		<del></del>
<b>■</b>		

Rejecting Items	
•	
•	
•	
•	
•	
•	
•	
Recalls	
•	
•	
•	
•	
•	
•	
	11.
Follow these guidelines when notified of a red	call:
•	
•	
•	
Temperature	
Use to check f	ood temperatures during receiving.
Checking the Temperature of Various Types o	f Food:
Meat, poultry, and fish	
,,	-
Reduced-oxygen packaging (ROP), MAP,	•
vacuum-packed, and sous vide food	
Other packaged food	
other packaged rood	•

#### Delivery temperatures:

Food	Receiving Criteria
Cold TCS food	•
Live shellfish (oysters, mussels, clams, and scallops)	•
Shucked shellfish	•
Milk	•
Shell eggs	•
Hot TCS food	•
Frozen food	•

•		
•		

•

#### Damage:

Packaging

Reject items with:

•			
•			
•			
•			
•			
•			

or	
not accept cases or packages that appear to have been	with.
uid:	
•	
	<del></del>
sts:	
•	
tes:	
•	
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•	
e-by date or expiration date is	
e-by date of expiration date is	
ll-by date is	
ll-by date is	
st-by date isst-by date is	
ll-by date is	
st-by date isst-by date is	
st-by date is  cuments	
Il-by date isst-by date is	
st-by date is  cuments	
st-by date is	
Il-by date isst-by date is	

Food Quality		
Poor food quality can be a sign that food has been		abused and
may be unsafe. Work with suppliers to define specific		
the food items typically received.		
Reject food if it has any of the following problems:		
Appearance:		
•		
•		
Texture:		
•		
Odor:		
•		
Always reject any items that does not meet company standards fo	or	·
Storing		
Labeling		
•		
Labeling Food for Use On-Site		
•		
•		
Labeling Food That Is Packaged On-site for Retail Sale		
Food packaged in the operation that is being sold to customers fo	r use at home, mus	t be
:		

The label must include the following information:

•		-	
•		-	
•		-	
The labeling requirements do not apply to			
Date Marking			
•		-	
• Topic and the second of the latest and the latest		- -	
Ready-to-eat TCS food must be marked if held for longer th	nan	_ nours.	
The label must indicate when the food must be		or	
Ready-to-eat TCS food can be stored for only	_ days if it is held at		or
lower. After that date, the food must be	·		
The count begins on the day that the food was	or a comme	ercial container wa	IS
·			
•		-	
•		_	
•		_	
•		-	
When combining food with different use-by dates in a dish	the discard date of	the dish should he	e hase
on the use-by date of any food items invol		the dish should be	, bus
Temperatures			
Pathogens can grow when food is not stored at the correct	·	·	
Follow these guidelines to keep food safe:			
•			
•		_	
•		- -	
•		-	
•		-	

#### Rotation

Food must be rotated in storage to	·
Food items must be rotated so that those with the earlies items with later dates.	t use-by or expiration dates are used
FIFO stands for	
FIFO is used to rotate the following items during storage:	
•	-
•	-
One way to use the FIFO method includes:	
1	
2	
3	
4	
Preventing Cross-Contamination	
Food must be stored in ways that prevent	·
Follow these guidelines during storage:	
Supplies:	
•	
•	
Containers:	
•	·
•	

Cleaning:
Keep all storage areas and
Clean the following items on a regular basis:
•
•
•
•
Clean up and promptly to keep them from contaminating other foo
Follow these additional guidelines:
•
•
•
Storage Order
Safe food storage starts with or food. After that, how food is
stored depends on the of food and options for storage.
•
•
•
Exception:
Storage Location
Food should be stored in a, location away from dust and other
contaminants.
Never store food in these areas:
•
•
•
•

Damaged, Spoiled, or Incorrectly Stored Food
If there is expired, damaged, spoiled, or incorrectly stored food that has become unsafe,it.
This includes food that is
If the food must be stored until it can be returned to the vendor, avoid contaminating the food stored near it by:
•

## **Module 6: Preparation**



#### **General Preparation Practices**

Prevent pathogens from spreading and growing by making good food-p	prep choices including:
Equipment:	
•	
Quantity:	
•	
Storage:	
•	
Additives:	
•	
•	
•	
•	
Presentation:	
•	
•	
•	
Do not use the following to misrepresent the appearance of food:	
•	
•	
•	
Corrective actions:	
Food that has become unsafe must be thrown out unless it can be safe	ly

•	
Thawing	
Never thaw food at	
Methods and Guidelines for Thawing TCS Foo Refrigeration	•
Running Water	•
Microwave	•
Cooking	•
Thawing ROP Fish  ROP fish should remain until read on the label, the fish must be removed.  If stated on the label, the fish must be removed.  If you are packaging fish using a reduced-oxygen.	gen packaging method, the fish must:

All food—especially ready-to-eat food—must be thrown out in the following situations:

## Prepping Specific Food

Produce

Cross-contamination:
•
Washing:
•
•
•
Soaking or Storing:
•
Fresh-cut produce:
•
Raw seed sprouts:
•
Eggs and Egg Mixtures
Pooled eggs:
•
•
Pasteurized eggs:
•
High-risk Populations:
•
•
Salads Containing TCS Food
•

Ice	
Consumption:	
•	
Cooling food:	
•	
Containers and scoops:	
•	
•	
•	
•	
Preparation Practices That Have Special Requirements	
A variance is	
When applying for a variance, the regulatory authority may require managers to subm	nit a -
A variance is required if an operation plans to prep food in any of the following ways:	
•	
•	
•	
•	
•	
•	
•	
•	

•	<del></del>	
•		
•	<del></del>	
Records must show that you:		
•		
•	<del></del>	
•		
•		
Cooking Food  The only way to reduce pathogens in food to safe levels is to cook it t	o its correct	
Once reached, food must be held for a	of	·
While cooking reduces pathogens in food, it does not destroy may have produced.	or	they
How to Check Temperatures		
The guidelines to follow when checking temperatures include:		
•		
	<del></del>	

A HACCP plan may be required when applying for a variance:

#### **Cooking Requirements for Specific Food**

165°F (74°C) for <1 second (Instantaneous)	•
155°F (68°C) for 17 seconds	
145°F (63°C) for 15 seconds	•
145°F (63°C) for 4 minutes	•
135°F (57°C) (no minimum time)	•

Cooking	TCS	Food ii	n the	Microwave	Oven
COUNTITU	1 (3)	oou ii	I LIIC	IVIICIOVVUVE	OVEII

Meat, seafood,	poultry,	and eggs	that are o	cooked in a	a microwav	e oven	must be	cooked	to
	•								

Follow these guidelines when cooking TCS food in a microwave oven:

•

#### Partial Cooking during Preparation

Partial cooking is	
Follow these steps when partially cooking meat, seafood, poultry, eggs, or dishitems:	es containing these
1	
2	
3	
4	
5	
The local regulatory authority will require	that explain
how partially cooked food will be prepped and stored.	
These procedures must be approved by the regulatory authority and describe	the following:
•	-
•	_
•	
	-
•	-
Consumer Advisories	
Disclosure:	
•	
•	
	-
•	-
Reminder:	
•	-
•	-

•				
•				
Operations That Mainly Serve Hi	-			
Operations that mainly serve a high	gh-risk populatio	n, cannot serve the follo	wing items:	
•				
•				
•				
Cooling and Reheating	g Food			
Temperature Requirements for C	Cooling Food			
Cool TCS food from	to	or lower within	hours.	
First, cool food from	to	within	_ hours.	
Then cool it from	_ to	or lower in the next		_ hours.
If food has not cooled to cooled again.	within	hours, it mus	t be	and then
If food can be cooled from remaining time to cool it to			an	hours, use the
However, the total cooling time c	annot be longer t	:han hou	rs.	
Cooling Food				
Factors That Affect Cooling				
•				
•				
•				
Methods for Cooling Food				
•				
•				

Children's Menus

•			
•			
Storing Food for Further Cooling			
•			
•			
Reheating Food			
Food reheated for immediate service:			
Heat food that will be served immediately, to and and		 correctly.	
Food reheated for hot holding:			
Heat TCS food for hot holding to an internal temperature of	fc	or	seconds.
Make sure the food reaches this temperature within	hours from st	art to finisl	٦.
Reheat commercially processed and packaged ready-to-eat foo	d to an internal f	temperatu	re of at least

### **Module 7: Service**



### **Holding Food**

ood that is being held for service is at risk for	and
Cuidolines for Holding Food	
Guidelines for Holding Food	
•	-
•	-
Food covers and sneeze guards:	
•	_
•	-
emperature:	
Hold hot TCS food at or higher.	
Hold cold TCS food at or lower.	
Thermometer:	
•	-
•	-
•	-
Гime:	
Check food temperatures at least every hours.	
hrow out food that is not or lower or	_ or higher.
ou can also check the temperature every hours. This will leav	e time for
•	
	-
•	-

## **Holding Food without Temperature Control** If an operation primarily serves a \_\_\_\_\_\_ - \_\_\_\_\_\_, TCS food cannot be held without temperature control. Examples of when food might be held without temperature control: Before using time as a method of control, check with the local \_\_\_\_\_ for specific requirements. Cold Food Cold ready-to-eat TCS food can be held without temperature control for up to \_\_\_\_\_ hours if these conditions are met: Alternatives for holding cold ready-to-eat TCS food without temperature control: Produce that becomes TCS when cut, chopped, or sliced and hermetically sealed containers of food that

•

become TCS when opened:

#### Hot Food

Hot ready-to-eat TCS food can be held without tem conditions are met:	perature control for up to hours if the
•	
•	
•	
Serving Food	
Kitchen Staff Guidelines	
Bare-hand contact with food:	
Food handlers must wear	whenever handling
Food can also be handled with:	
•	
•	
•	
Clean and sanitized utensils:	
•	
•	
Serving utensils:	
•	
•	
•	

Take-home containers can be refilled if they meet these conditions: The container must also meet these conditions: Take-home beverages containers can also be refilled as long as the beverage is not a \_\_\_\_\_\_ **Service Staff Guidelines** Service staff should use these guidelines when serving food:

Refilling take-home containers:

# Preset Tableware To prevent contamination of tableware on dining tables \_\_\_\_\_ or \_\_\_\_ the items. Table settings do not need to be wrapped or covered if extra or unused settings meet these requirements: Re-serving Food Menu items: Condiments: Bread or rolls: Garnishes:

5

Prepackaged food:

#### **Self-service Areas**

Follow these guidelines to prevent contamination and time-temperature abuse	in self-service areas:
Protection:	
•	
•	
•	
Labels:	
•	
Temperature:	
Keep hot food hot at or higher.	
Keep cold food cold at or lower.	
Raw and ready-to-eat food:	
Typically, raw, unpackaged meat, poultry, and seafood cannot be offered for se these items are an exception:	lf-service. However,
•	
•	
•	
Refills:	
•	
•	
•	
Utensils:	
•	
•	
Ice	

abeling B	ulk Food
•	
•	
•	
ulk unpa	ckaged food does not need to be labeled if it meets these conditions:
•	
•	
•	
•	
off-Site Se	ervice
ood cont	ainers:
•	
•	
abels:	
abels for	off-site service should include:
•	
• _	
•	

Delivery	vehicles:	
• .		
Internal	temperature:	
•		
•		
Utilities:		
otilities:		
•		
•		
Storage		
•		
Vanding	g Machines	
	operators should protect food from contamination and time-temperat,	ure abuse during
To keep	vended food safe, follow these guidelines:	
•		
•		
•		
•		
•		
•		
•		

#### **Module 8: Food Safety Management Systems**



## **Overview of Food Safety Management Systems** A food safety management system is \_\_\_\_\_\_ It does this by actively controlling \_\_\_\_\_ and \_\_\_\_ throughout the flow of food. Examples of different types of food safety programs include: **Active Managerial Control** The five common risk factors for foodborne illness are: Active managerial control is \_\_\_\_\_\_ Active managerial control is \_\_\_\_\_\_ rather than \_\_\_\_\_\_. Managers must risks and for them. According to the Food and Drug Administration (FDA), to achieve active managerial control, managers

can use simple tools such as:

Active managerial control can also be achieved through more complex solutions		) program
Managers should practice active managerial control throughout the		
This includes anticipating potential foodborne illness risk factors and then them.		or
Monitoring the entire flow of food will keep customers and operation	from	·
Managers must provide their staff with the proper		
Important steps to take when implementing active managerial control in an ope	eration inclu	ıde:
1. Identify Risks:		
2. Monitor:		
3. Corrective Action:		
4. Management Oversight:		
5. Training:		
6. Re-evaluation:		
The FDA's Public Health Interventions		
Public health interventions are	·	
Public health interventions are designed to	·	
Demonstration of knowledge:		
Staff health controls:		-
Controlling hands as a vehicle of contamination:		
Time and temperature parameters for controlling pathogens:		
Consumer advisories:		

#### НАССР

One type of system that can achieve active managerial con	
A Hazard Analysis Critical Control Point (HACCP) system is l	based on identifying significant
,, or	, hazards at specific points within a
product's flow.	
Once hazards are identified, they can be	,, or
to safe levels.	
An effective HACCP system must be based on a	<del>.</del>
This plan must be specific to each facility's:	
•	
•	
•	
•	

### **Module 9: Safe Facilities and Pest Management**



## Interior Requirements for a Safe Operation It is important to recognize that you may need to consult your local.

•	,	hay need to consult your local hanges to your operation.		
Floors, Walls, and	d Ceilings			
When choosing flooring, wall, and ceiling materials, pick those that are easier.			and	
Once installed, flo	·			
Replace	or	ceiling tiles or flooring. F	Repair all	in walls.
Coving is				
Coving should be				·
This also protects	s the wall from			
Floors should hav	/e			
Equipment Select	tion			
Foodservice equi	pment must meet ce	ertain if	it will come in contact	ct with food.
Food equipment	must be:			
•				
When purchasing	g equipment, look fo	r:		
•				
•				
Installing and Ma	aintaining Equipment	<u>-</u>		
• • • • • • • • • • • • • • • • • • •	g _qa.pciic	•		
•				

Stationary equipment should be installed as follows:
Floor-mounted equipment:
•
•
Tabletop equipment
•
Once you have installed equipment, make sure it is maintained regularly by
Set up a maintenance schedule with your or
Check equipment to be sure it is working correctly.
Dishwashing Machines
When selecting and installing dishwashers consider the following guidelines:
Installation:
•
•
Supplies:
•
Settings:
Purchase dishwashers that have the ability to measure the following:
•
•
Information about the correct settings should be on the machine.
Cleaning:
•

Three-Compartment Sinks	
•	
•Handwashing Stations	
Handwashing stations are required:	
•	_ _
Handwashing sinks must be used only for	and not for any other purpose.
To prevent cross-contamination, make sure	are present on
handwashing sinks or that there is an	
and food and food-contact surfaces.	
Make sure handwashing stations work correctly and	d are and
Handwashing stations must be	at all times. They cannot be
by portable equipment of st	
Requirements at a H	landwashing Station
Hot-and cold-running water	•
Soap	•

A way to dry hands

Garbage container

Signage

#### **Utilities and Building Systems**

Utilities include:	
•	
•	
•	
•	
•	<del></del>
Building systems include:	
•	
•	
•	
•	
Water and Plumbing	
There are	for water in the U.S. that are enforced by each
regulatory authority.	,
Potable water is  Potable water may come from the following s	
rotable water may come from the following s	ources.
•	
•	
•	
If an operation has an on-site septic system, r	make sure it is properly and
Installation and maintenance:	
•	
•	
A cross-connection is	·
Backflow can be the result of	·································
	<del>-</del>
Backflow is also called	

Two examples of backsiphonage:		
1		
2		
Backflow prevention:		
The best way to prevent backflow is to avoid creating a		
Some ways to prevent backflow include:		
•		
•		
Backflow prevention devices must be checked periodically by a _ technician. This work must be and	. Always follow local	
An air gap is		_
The only sure way to prevent backflow is to create an		
A sink that is correctly designed and installed usually has	air gaps.	
The two air gaps at a sink are:		
1		
2		
Grease condensation:		
•		
•		
•		
•		

#### Lighting

Lighting intensity or how bright or _	-	operation is usually mo	easured in units called
Replace any bulbs that have			
Make sure lightbulbs are the			
All lights should have	<del>-</del>	lightbulbs	s or
These products prevent:			·
Ventilation			
Ventilation improves the	inside an oper	ation.	
Ventilation removes		, and	_ from cooking lines.
Ventilation eliminates	and		
If ventilation systems are not wo	orking correctly,	and	will build up
To prevent this, ventilation systemanufacturer's recommendation		and	according to the
Garbage			
Garbage can attract		2	, and
if not handled	correctly.		

Follow these guidelines to control contamination when handling garbage:			
Garbage removal:			
•			
•			
Cleaning of containers:			
•			
•			
•			
Indoor containers:			
•			
•			
•			
Designated storage areas:			
•			
•			
Outdoor containers:			
•			
•			
•			
•			
Maintaining the Facility			
To prevent problems in the facility, do the following:			
•			
•			
•			

# Emergencies That Affect the Facility Some of the most common crises that can affect the safety of the food served are:

some of the most common crises that can affect the safety of the for	ou serveu are.
•	
•	
•	
•	
An imminent health hazard is	
Other threats that should also be considered include:	<del></del>
Temperature control:	
•	
Physical security:	
•	
•	
•	
Drinkable water supply:	
•	
	<del></del>
•	
•	
•	
Spoiled or contaminated food must be	, along with food in packaging
that is not Corrective actions could include:	
•	
•	
•	
Regardless of how the problem is corrected, managers need approve before continuing service	al from the local

•	_
•	-
•	-
Pest Management	
Rodents, insects, and other pests can damage,,	_, and
The greatest danger comes from their ability to spread diseases, including	
Pest Prevention	
Follow three basic rules to keep your operation pest-free:	
1	
2	
3	
Deny shelter:	
•	-
•	-
•	-
•	-
•	-
•	-
•	-
•	-
•	-
Deny access:	
Delly decess.	
•	-
•	-
•	-
•	-
•	-

Service may be allowed after water/electrical interruptions if the operation:

D+	C
rest	Control



#### **Module 10: Cleaning and Sanitizing**

## **Cleaning and Sanitizing** Cleaning is \_\_\_\_\_ Sanitizing is Cleaners Cleaners must be \_\_\_\_\_\_ to employees during all hours of operation. Types of cleaners include: Ask your \_\_\_\_\_ to help you pick cleaners that meet your needs. To use cleaners correctly, follow these guidelines: Sanitizers Food-contact surfaces must be sanitized after they have been \_\_\_\_\_ and \_\_\_\_\_\_ or \_\_\_\_\_ . This can be done by using \_\_\_\_\_ or \_\_\_\_\_ or \_\_\_\_\_. Heat Sanitizing One way to sanitize items is to soak them in \_\_\_\_\_\_\_. For this method to work, the water must be at least \_\_\_\_\_\_ seconds. Another way to sanitize items with heat is to run them through a \_\_\_\_\_\_ - \_\_\_\_\_ dishwasher. **Chemical Sanitizing** Tableware, utensils, and equipment can be sanitized by soaking them in a \_\_\_\_\_ sanitizing solution. Or you can \_\_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_\_ them with sanitizing solution.

Three common types of chemical sanitizers are _	, and
	, also called
Chemical sanitizers are regulated by	
Sanitizers must be	to employees during all hours of operation.
In some cases, you can use	blends to sanitize. Operations
that have sinks	often use these. If these blends are used, use it once to
, then use it a second time to	·
Sanitizer Effectiveness	
Several factors influence the effectiveness of che	emical sanitizers including:
•	
•	
•	
•	
•	
Concentration:	
Sanitizer solution is a mix of	and
Too little sanitizer may make the solution	and
Too much sanitizer may make the solution too _	and
Sanitizer can also leave a bad taste on items or _	<del>.</del>
Concentration is measured in	or
To check the concentration of a sanitizer solutio	n, use a
Test kits are usually available from:	
•	
•	
Test kits should be at all	times and easy to employees.

The following can reduce a sanitizer solution's effectiveness:
•
•
•
Change the solution when:
•
•
Check the concentration
Temperature:
•
•
Contact time:
Contact time is
Water hardness:
Water hardness can affect how well a sanitizer
Water hardness is determined by the amount of in your water.
Find out what your water hardness is from your Then work with you
to identify the correct amount of sanitizer to use for your water.
pH:
•
•

General Guidelines for the Effective Use of Chlorine, Iodine, and Quats

	Chlo	orine	Iodine	Quats
Water temperature				
Water pH				
Water hardness				
Sanitizer concentration				
Sanitizer contact time				
How and When to	Clean and Sanitize			
Surfaces that do not touch food only need to be and to prevent the accumulation of dirt. However, any surface that touches food must be, and				
Cleaning and Saniti	zing Surfaces			
If surfaces have not immediately.	been cleaned and sa	nitized properly, take	2	
To clean and sanitiz	ze a surface follow the	ese steps:		
1				
•				
2		<del></del>		
3				
•				

l	
•	_
•	_
•	_
j	
When to Clean and Sanitize	
All food-contact surfaces need to be cleaned and sanitized at the	ese times:
•	_
•	_
•	_
•	_
Cleaning and Sanitizing Stationary Equipment	
quipment manufacturers will usually provide	for cleaning and sanitizing stationary
equipment.	
follow these steps when cleaning and sanitizing stationary equip	oment:
·· <u> </u>	
2	
B	
·	<del></del>
i	
j	
<sup>7</sup>	
Clean-in-Place Equipment	
лешт-т-гисе ециртет	

Dishwashing	
and machine.	are often cleaned and sanitized in a dishwashing
Larger items such as pots and pans are often sink.	cleaned by hand in a
Store the items so they do not become	·
Machine Dishwashing	
Dishwashing machines sanitize by using eithe solution.	er or a
High-Temperature Machines	
	to clean and sanitize. If the water is not hot stremely hot water can also food onto the
The temperature of the final sanitizing rinse r	must be at least
For stationary-rack, single-temperature mach	nines, it much be at least
The dishwasher must have a built-in This is where the water spr	that checks the water temperature at the rays into the
Chemical-Sanitizing Machines	
Chemical-sanitizing machines can clean and s	sanitize items at much temperatures.
Follow the dishwasher manufacturer's	·
Dishwasher Operation	
Operate your dishwasher according to the	and keep it in
Follow these guidelines when operating your	dishwashing machine:
Keeping the machine clean:	
•	
•	

Preparing items for cleaning:	
•	
•	
•	
Loading dish racks:	
•	
•	
•	
Drying items:	
•	
•	
•	
Monitoring:	
•	
•	_
•	_
•	_
•	_
Manual Dishwashing	_
Operations often use a three-compartment sink to clean and sanitize	items.
Preparing a Three-Compartment Sink	
The steps to set up a three-compartment sink correctly include:	
1	
2	
3	
4	

Cleaning and Sanitizing in a Three-Compartment Sink

The steps to clean and sanitize items in a three-compartment sink include:
1
2
3
4
5
Storing Tableware and Equipment
Once utensils, tableware, and equipment have been cleaned and sanitized, they must be stored in a wa that will protect them from
Follow these guidelines:
Storage:
•
Storage surfaces:
•
Glasses and flatware:
•
•
Trays and carts:
•
•
Stationary equipment:
•

## Cleaning and Sanitizing in the Operation

## Wiping Cloths

Wiping cloths are often used in operations to wipe up	and to wipe down
·	
The two types of wiping cloths are:	
1	
2	
Never use cloths that are meant for wiping food spills for any other	
Wet cloths:	
•	
•	
Dry cloths:	
•	
•	
Cleaning the Premises	
Nonfood-contact surfaces are	·
Examples of nonfood-contact surfaces include	·
Nonfood-contact surfaces do not need to be regularly. This prevents,,	
residue from building up. Not only will this prevent the growth of	
also prevent	
Cleaning up after People Who Get Sick	
•	
•	<del></del>
•	<del></del>
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•	
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### **Using and Storing Cleaning Tools and Supplies**

Your staff needs many	and '	to keep the operation clean. However,
these items can contaminate correctly.	and	if they are not used and stored
Storing Cleaning Tools and Supplies		
Cleaning tools must be stored so that	at they do not contaminate	and
It is a best practice to store these ite	ems in a	away from food.
Cleaning tools should also be stored stored in. The storage area should h		o the area they are
•		
To prevent contamination, never cle		
Never dump mop water or other liq	uid waste into	or
When storing cleaning tools, consid	er the following:	
•		
•		
If chemicals or cleaning tools have r immediately.	not been used or stored correc	ctly, take
Using Foodservice Chemicals		
Many of the chemicals used in an option the wrong way. One		pecially if they are or
To reduce your risk, follow these gu	idelines:	
Use:		
•		
		<del></del>
•		<del></del>

Storage:
•
•
•
•
•
•
Labels:
•
•
•
Developing a Cleaning Program
To develop an effective cleaning program for your operation, focus on three things:
1
2
3
Creating a Master Cleaning Schedule
Create a master cleaning schedule with the following information.
What should be cleaned:
•
•
Who should clean it:
with should clean it.
•
When it should be cleaned:
•
•
How it should be cleaned:
•

•	
•	
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aining Youi	Staff to Follow the Program
•	
•	
lanitarina t	he Cleaning Program
ionitoring t	ie Cleaning Frogram
o make sure	e the cleaning program is working do the following:
•	
•	
•	