



chapter 1

Providing Safe Food

Challenges to Food Safety

A foodborne illness is a disease transmitted to people through food.

An illness is considered an outbreak when:

- Two or more people have the same symptoms after eating the same food
- An investigation is conducted by state and local regulatory authorities
- The outbreak is confirmed by laboratory analysis

Challenges to Food Safety

Challenges include:

- Time and money
- Language and culture
- Literacy and education
- Pathogens
- Unapproved suppliers
- High-risk customers
- Staff turnover



How Food Becomes Unsafe

Five risk factors for foodborne illness:

1. Purchasing food from unsafe sources
2. Failing to cook food correctly
3. Holding food at incorrect temperatures
4. Using contaminated equipment
5. Practicing poor personal hygiene

How Food Becomes Unsafe



Time-temperature abuse



Cross-contamination



Poor personal hygiene



Poor cleaning and sanitizing

How Food Becomes Unsafe

Poor cleaning and sanitizing:

- Equipment and utensils are not washed, rinsed, and sanitized between uses
- Food contact surfaces are wiped clean instead of being washed, rinsed, and sanitized
- Wiping cloths are not stored in a sanitizer solution between uses
- Sanitizer solution was not prepared correctly



Food Most Likely to Become Unsafe

TCS food:



Food Most Likely to Become Unsafe

TCS food:



Ready-to-Eat Food

Ready-to-eat food is food that can be eaten without further:

- Preparation
- Washing
- Cooking

Ready-to-eat food includes:

- Cooked food
- Washed fruit and vegetables
- Deli meat
- Bakery items
- Sugar, spices, and seasonings

Populations at High Risk for Foodborne Illnesses

These people have a higher risk of getting a foodborne illness:

- Elderly people
- Preschool-age children
- People with compromised immune systems



Keeping Food Safe

Focus on these measures:

- Controlling time and temperature
- Preventing cross-contamination
- Practicing personal hygiene
- Purchasing from approved, reputable suppliers
- Cleaning and sanitizing



Keeping Food Safe

Training and monitoring:

- Train staff to follow food safety procedures
- Provide initial and ongoing training
- Provide all staff with general food safety knowledge
- Provide job specific food safety training
- Retrain staff regularly
- Monitor staff to make sure they are following procedures
- Document training



Keeping Food Safe

Government agencies:

- The Food and Drug Administration (FDA)
- U.S. Department of Agriculture (USDA)
- Centers for Disease Control and Prevention (CDC)
- U.S. Public Health Service (PHS)
- State and local regulatory authorities