



Cottage Food Safety



Personal Hygiene

Practicing good personal hygiene helps prevent the spread of foodborne pathogens to food. Good personal hygiene also reduces the spread of foodborne illness.

Ways to practice good personal hygiene

- Washing hands properly
- Treating cuts, wounds, and sores properly
- Eating, drinking or using tobacco in a way that does not contaminate food
- Wearing proper hair restraints
- Keeping nails well groomed and wearing jewelry properly on arms and hands
- Wearing clean clothing or uniforms



Handwashing

Proper handwashing helps prevent the spread of bacteria and viruses that can cause foodborne illness

Note: Glove Use

After washing your hands, be sure to wear food service gloves when handling foods.

Do not use bare hands to handle any foods that are ready-to-eat!

When to wash hands

- Before starting work with food, utensils, or equipment
- Before putting on food service gloves
- After using the bathroom
- After coughing, sneezing, using a tissue, using tobacco products and after eating/drinking
- After handling utensils and equipment that are soiled or that have contacted raw food
- When switching between raw foods and ready-to-eat foods
- At all other times during food preparation when hands become contaminated



How to wash hands

1. WET HANDS
2. SOAP HANDS
3. RUB HANDS (20) SECONDS
4. RINSE HANDS
5. DRY HANDS



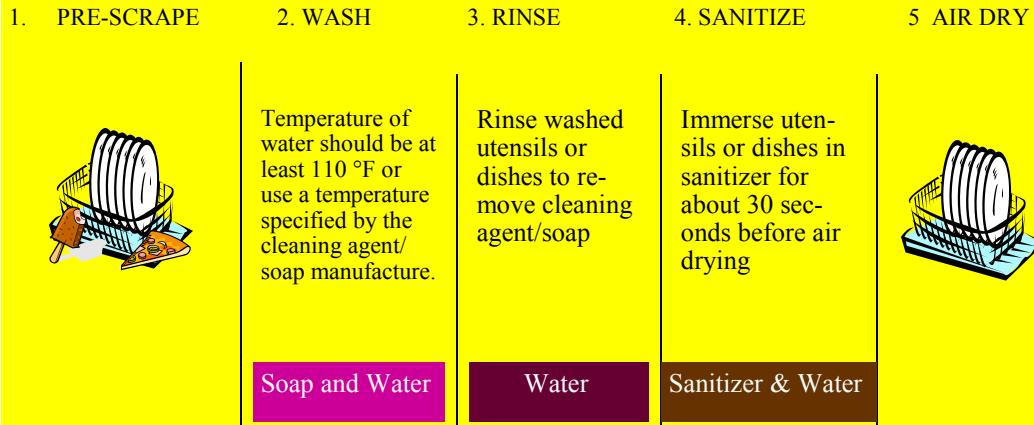
Dishwashing

Follow the 5 steps when washing dishes. Test the sanitizer concentration with test strips. Use one of the sanitizers at appropriate concentrations mentioned below during step 4 of the dishwashing process:

Iodine-12.5 to 25ppm
Quaternary ammonium- 200ppm
Chlorine-50 to 100ppm
Heat-water at least 171°F for manual dishwashing

Always follow manufacturer's use instructions for chemicals

Dishwashing Steps



Temperature Control

The temperature danger zone is below 41°F and above 135°F.

The growth of bacteria is at its prime in the temperature danger zone. Keep potentially hazardous food (time/temperature control for safety food) out of the danger zone. Hold hot foods hot and cold foods cold.



Thermometer Calibration

Calibrate thermometers in crushed ice or an ice water solution. If using an ice water solution, stir the solution with a clean utensil for about 20 seconds before placing the thermometer probe into the solution. Place the probe in the crushed ice or ice water solution. A calibrated thermometer should read around 32°F. If a dial thermometer does not read 32°F after 30 seconds of the probe being immersed in the crushed ice or ice water solution then turn the dial to 32°F while the probe is still in the solution. Repeat process until thermometer reads 32°F.

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