

# *Intermediate Food Handler's Safety Training Course*

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# **FOOD HANDLERS' CLASS COVERS**

- I. PERSONAL HYGIENE**
- II. HAND WASHING**
- III. FOOD SANITATION**
- IV. GENERAL SANITATION**
- V. PEST CONTROL**
- VI. TEMPORARY FOOD PERMIT PROCESS**

## **May I take your order?**

- Why are we here?
- What's scary about food?
- Safe Food Handling?
- Questions?

<http://www.msnbc.msn.com/id/21134540/vp/3474005#3474005>

# *Why Are We Here?*



- Because food can make you sick
  - 250 different things can make you sick:
    - Bacteria, Viruses, Parasites and Chemicals
    - 80% of the time it's bacteria
- Almost 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths happen every year in the US.

# Where Do Microbes Live?

Microbes live in the water you drink, the food you eat, and the air you breathe.

Right now, billions of microbes are swimming in your belly and mouth, and crawling on your skin!

# **I. Personal Hygiene - Definition**

*Personal Hygiene is the practice of health rules by the individual to safeguard his/her own health and the health of others. This includes: daily showers or baths, proper hand washing and wearing clean clothes.*

## **Authorized Jewelry IAW TB Med-530**

- The only authorized jewelry is a plain wedding band, emergency medical ID bracelets or necklaces.

## **Cont. PERSONAL HYGIENE**

- 1. Always use gloves when excessively handling food.**
- 2. Wash your hands before and after using or replacing gloves.**
- 3. DO NOT BLOW on the gloves.**  
**Remember, your mouth has many bacteria.**
- 4. Have extra plastic gloves available at all times. Your hands can get sweaty and gloves can get torn.**



## ***II. Hand Washing***



- You must have a place nearby to wash your hands
- You also will need these supplies:
  - Soap, paper towels, and trash can with lid.

## **Cont. Hand washing**

Wash hands, under nails, lower arms

IAW - (TB-MED 530):

- Prior to serving/preparing food
- When changing food prep tasks-raw chicken to salad
- After using restroom, eating, drinking, applying makeup, smoking, using tissue paper touching unclean body parts
- When in doubt-wash hands



# **FOLLOW THESE FOUR STEPS TO HANDWASHING**

1. WET HANDS WITH WARM, RUNNING WATER
2. ADD SOAP, RUB HANDS TOGETHER FOR AT LEAST 20 SECONDS (FRONT, BACK, BETWEEN FINGERS, AND UNDER NAILS)
3. RINSE HANDS WELL
4. DRY HANDS WITH PAPER TOWEL AND TURN WATER OFF WITH THE PAPER TOWEL

WHY DO WE TURN THE WATER OFF WITH THE PAPER TOWEL INSTEAD OF OUR HANDS ?

**THE GREATEST RISK TO FOOD ARE PEOPLE AND FOOD HANDLERS THEMSELVES.**

## Cont. Hand Washing Stations



Sewage Disposal IAW TB Med-530 CH Para 8-11

Wastewater generated in the TEMPORARY FOOD ESTABLISHMENT WILL be disposed of in a sanitary sewer system; or may be disposed of though use of a SEWAGE holding tank.

### **III. FOOD SANITATION -POTENTIALLY HAZARDOUS FOOD (PHF)**

Any food which consists in whole or in part of milk or milk products, eggs, meat, poultry, fish, shellfish, apple cider, sprouts, citrus juices, all cut melon, or other material or synthetic ingredients capable of supporting rapid and progressive growth of infectious or toxigenic microorganisms.

**The following are Potentially Hazardous Food examples:**

- Hamburgers
- Tacos
- Hotdogs
- Spaghetti
- Chili
- sandwiches
- unpasteurized juices



- Cooked Rice
- Cooked Potatoes
- Cooked Beans
- Cut Melons
- Chicken
- Sprouts
- Cooked plant food (fruits and vegetables)



## Cont. FOOD SANITATION - NON-POTENTIALLY HAZARDOUS FOOD

Foods that are typically stored without temperature control and do not support the growth of infectious/toxigenic microorganisms.

The following are NON-Potentially Hazardous Food examples:

- cookies
- breads
- cakes
- potato chips
- popcorn
- cotton candy
- candy bars
- pasteurized juice
- brewed coffee and tea



# **Cont. Food Sanitation - Foodborne Illness Factors**

## **FACTORS WHICH CONTRIBUTE TO FOODBORNE ILLNESS :**

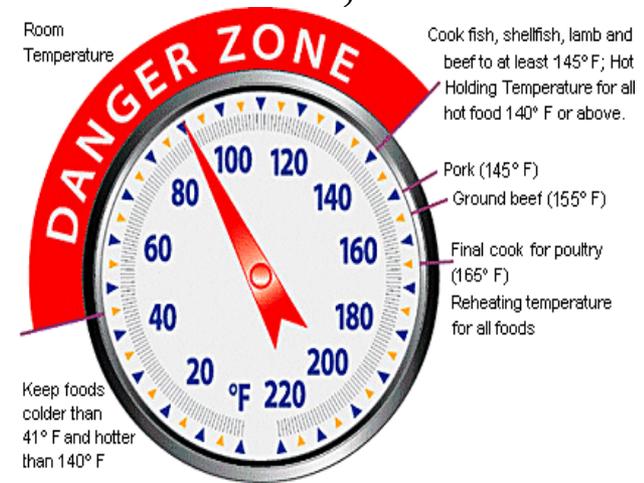
**1. FAILURE TO PROPERLY REFRIGERATE FOODS**

**2. ALLOWING FOODS TO REMAIN AT UNSAFE TEMPERATURES FOR MORE THAN 4 HOURS**

**3. PREPARING FOODS A DAY OR MORE PRIOR TO SERVING**

**4. INFECTED EMPLOYEES**

**5. IF YOU HAVE A CUT, NOTIFY YOUR SUPERIOR IMMEDIATELY, SEEK MEDICAL ATTENTION . DO NOT HANDLE FOOD OR FOOD SURFACES. MAY DO KP DUTIES.**



## Cont. Food Sanitation - Growth for bacteria

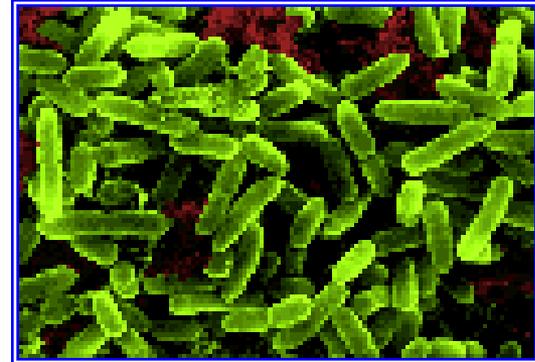
FOR GROWTH, ORGANISMS NEED :

•WARMTH

•MOISTURE

•FOOD

•TIME



•KEY FACTOR IN PREVENTION IS  
TIME AND TEMPERATURE CONTROL



# ***Cont. Food Sanitation - Salmonella***

## FACTORS THAT CONTRIBUTE TO OUTBREAKS

1. FOOD KEPT AT ROOM TEMPERATURE FOR MORE THAN THE EXTENDED PERIOD OF TIME – 4 HOURS
2. CROSS-CONTAMINATION
3. INADEQUATE COOKING
4. INADEQUATE COOLING OF HOT FOOD ITEMS



# Food Sanitation - Foodborne Diseases

## FOODBORNE DISEASES AND BACTERIA ASSOCIATED WITH THEM

1. Bacillus cereus (ENTEROTOXIN)--BEEF, PORK CHICKEN, VANILLA SAUCE
2. Bacillus cereus (EMETIC TOXIN)--FRIED RICE, PORK
3. Brucella / Trichinella spiralis--CHEESE, RAW MILK, PORK
4. CALICIVIRUSES--SHELLFISH, SALADS, ICE
5. Campylobacter jejuni--POULTRY, RAW MILK
6. Clostridium botulinum (BOTULISM)--CANNED VEGETABLES, FRUITS, FISH,  
SALTED FISH, BOTTLED GARLIC
7. Clostridium perfringens (ENTEROTOXIN)--BEEF, POULTRY, GRAVY
8. E. Coli (enterotoxin)--BEEF (HAMBURGER), RAW MILK, ROAST BEEF,  
SALAMI, SALAD DRESSING
9. Salmonella--POULTRY, PORK, EGGS, DAIRY PRODUCTS INCLUDING ICE  
CREAM, VEGETABLES, FRUITS
10. Shigella--EGG SALAD, VEGETABLES
11. Staphylococcus--HAM, POULTRY, CREAM-FILLED PASTRIES, POTATO AND  
EGG SALAD, MUSHROOMS

# **Cont. Food Sanitation - Avoiding Foodborne Illness**

## **A FEW EASY WAYS TO AVOID FOODBORNE ILLNESS**

- 1. RAPIDLY COOL HOT FOODS**
- 2. KEEP FOODS AT RECOMMENDED TEMPERATURES**
- 3. PREPARE FOOD IN SMALL BATCHES**
- 4. COOK FOODS TO RECOMMENDED TEMPERATURES**
- 5. PRACTICE GOOD PERSONAL HYGIENE**

## Cont. Food Sanitation - Food Temperatures

### TEMPERATURE DANGER ZONE

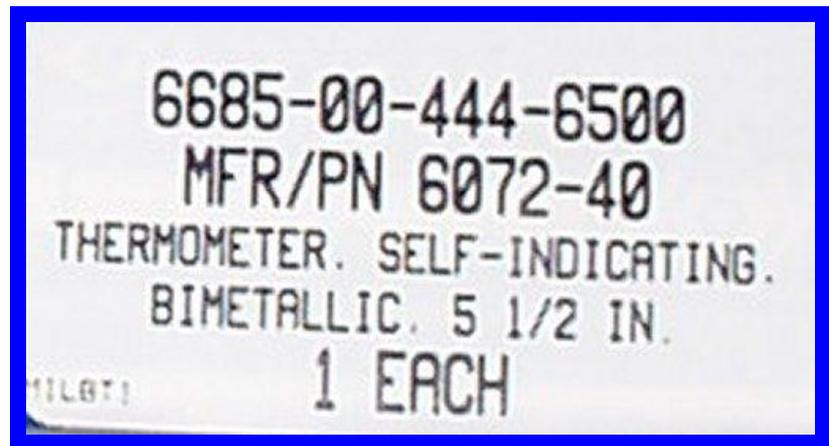
**\*\* 41° - 140° F \*\***

**PHFs THAT HAVE BEEN MAINTAINED AT UNSAFE PRODUCT TEMPERATURES (I.E., TEMPERATURE DANGER ZONE) FOR GREATER THAN FOUR HOURS CUMULATIVE TIME (FROM PREPARATION TO SERVING) WILL BE CONSIDERED ADULTERATED AND WILL BE DISCARDED AS FOOD WASTE.**

# Cont. Food Sanitation - Food Thermometers

## USING A FOOD THERMOMETER

1. SANITIZE THERMOMETERS BEFORE AND AFTER EACH USE
2. TAKE THE TEMPERATURE IN THE THICKEST PART OF THE FOOD ITEM
3. ALLOW 15 SECONDS AFTER THE INDICATOR STOPS MOVING
4. RECALIBRATE AT LEAST DAILY



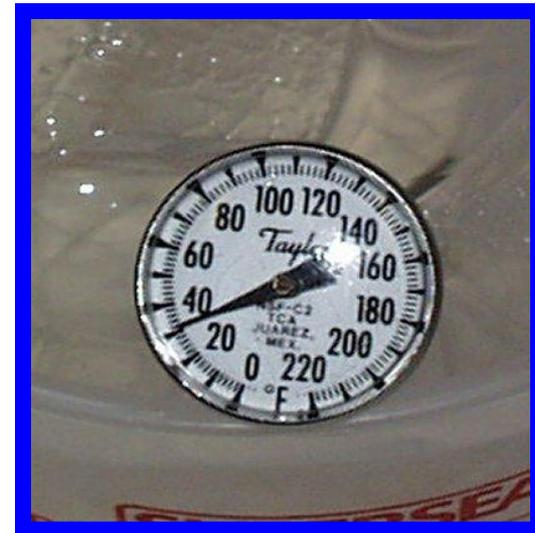
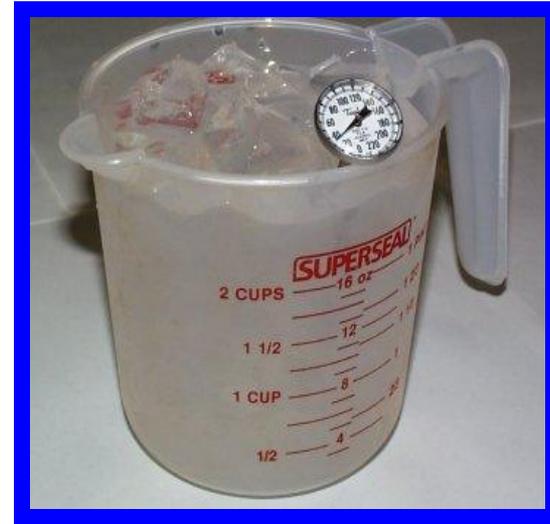
# Cont. Food Sanitation - Calibrating Thermometers

## FOOD THERMOMETERS

### CALIBRATING A FOOD THERMOMETER

1. FILL A GLASS WITH 50% ICE AND 50% WATER
2. INSERT THERMOMETER AND WAIT UNTIL DIAL STOPS

THERMOMETER SHOULD READ 32° F. IF NOT, ADJUST TO MAKE IT READ 32 °F.



# **Cont. Food Sanitation - Thawing**

## ACCEPTABLE METHODS OF THAWING FOOD

- REFRIGERATION
- COOKING
- MICROWAVE OVEN
- RUNNING WATER: PROVIDED TEMPERATURE IS **70° F OR BELOW** AND SUFFICIENT AGITATION FOR AN OVERFLOW

***If using running water, sanitize sink before and after use.***

## **Cont. Food Sanitation - Hot Foods**

### **HOLDING HOT FOODS SAFELY**

- MAINTAIN FOOD AT **140 °F OR ABOVE** (TAKE INTERNAL PRODUCT TEMPERATURE)
- STIR FREQUENTLY
- COVER OR PROTECT CONTAINER
- **DO NOT** HEAT FOODS IN HOT HOLDING UNITS
- FOOD SHOULD BE OVER **(140 °F PRIOR TO PLACING IN UNITS)**

## Cont. Food Sanitation - Cold Foods

### HOLDING COLD FOODS SAFELY

- MAINTAIN FOOD TEMPERATURE AT **40 °F OR BELOW**
- COVER OR PROTECT CONTAINERS



- **DO NOT** CHILL FOOD IN HOLDING UNITS
- TAKE THE INTERNAL TEMPERATURE OF FOOD ITEMS TO ENSURE UNIT IS HOLDING FOOD AT PROPER TEMPERATURE

## **Cont. Food Sanitation - Frozen Foods**

### **STORING FROZEN FOODS IN COOLERS**

- MAINTAIN FOOD TEMPERATURE AT **32°F OR BELOW KEEP MEATS COVERED WITH ICE**
- STORE FROZEN FOOD IMMEDIATELY UPON DELIVERY IN A COOLER
- **DO NOT** USE COOLERS TO COOL HOT FOODS
- ALWAYS LABEL AND DATE PRODUCTS AFTER OPENING
- **DO NOT TRANSPORT FROZEN FOOD OR REFRIGATORIED FOOD ITEMS THE TRUNK OF YOUR VECHILES. PLACE THESE ITEMS IN A CLEAN SANITIZED COOLER, FOR TRANPORTION.**

# **Food Sanitation - Serving Food**

## **SERVING FOOD IN A SANITARY MANNER**

- **HANDLE SERVING UTENSILS BY HANDLES**
- **DO NOT TOUCH FOOD CONTACT SURFACES OF PLATES, BOWLS, ETC.**
- **ALWAYS USE UTENSILS WHEN HANDLING FOOD OR ICE**

# **Food Sanitation - Garbage Handling**

## **GARBAGE HANDLING RULES**

- **USE APPROPRIATE CONTAINERS AND CLEAN FREQUENTLY**
- **REMOVE AND DISPOSE OF GARBAGE FREQUENTLY**
- **KEEP CONTAINERS COVERED WHEN NOT IN USE**



## **IV. GENERAL SANITATION**

**100 PPM CHLORINE SOLUTION**

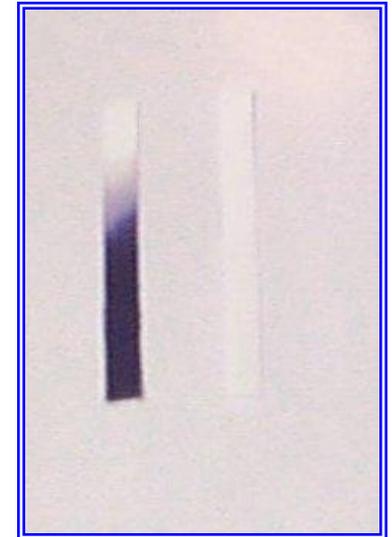
### **WIPING CLOTHS:**

**1 TABLESPOON (TBSP) BLEACH PER 2 GALLONS OF WATER, OR**

**1 TEASPOON (tsp.) BLEACH PER 1 QUART OF WATER**

### **THREE COMPARTMENT SINK:**

**2 TABLESPOON (TBSP) BLEACH PER 4 GALLONS OF WATER**



# **General Sanitation - 3 Compartment Sink**

- **USE ONE TO WASH DISHES, ONE TO RINSE, AND ONE TO SANITIZE. WHEN USING BLEACH WATER SHOULD BE AT 75 DEGREE AND 100PPM**
- **AIR DRY COMPLETELY**
- **STORE CUPS AND BOWLS INVERTED**
- **WHEN SANITIZING ITEMS MUST BE IMMERSED FOR A MINIMUM OF 30 SECONDS**

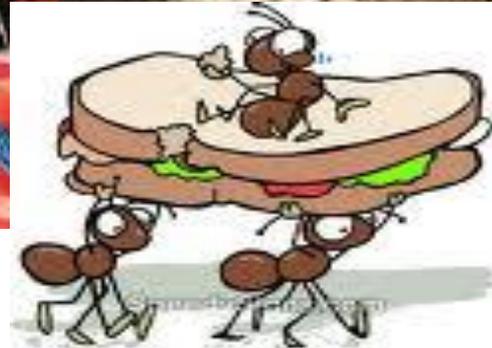


# V. PEST CONTROL

## Pest Management – Flies & Ants

FACT :

**THE HOUSE FLY CAN HARBOR  
MORE THAN 100 KINDS OF  
PATHOGENS AND MAY TRANSMIT  
65 HUMAN AND ANIMAL DISEASE  
ORGANISMS.**



# **Cont. Pest Management – Flies & Ants**

## **IAW TB-Med 530 Ch 8-4: States**

### **8-4 General Structural requirements**

- a. The walls and ceiling of all FOOD preparation, storage, and handling areas of **TEMPORARY FOOD ESTABLISHMENTS WILL** be constructed of wood, canvas, or other material and fine mesh fly screen (16 mesh per inch or greater) to effectively protect the FOOD service area from the weather and other elements, such as dust, debris, and insect entry . Facilities wherein all FOOD and BEVERAGE is prepackaged at a fixed **APPROVED FOOD ESTABLISHMENT** may be exempt from complete enclosure.
- b. All openings into the **TEMPORARY FOOD ESTABLISHMENTS WILL** be equipped with Tight-fitting closures, air curtains, or other **APPROVED** methods to restrict entry of flying Insects.



# Things not to do.



<http://www.schooltube.com/video/833ce678da2483d56b9d/Food-Safety-Music-Dont-Get-Sicky-Wit-It-Animation>

## **VI. TEMPORARY FOOD PERMIT PROCESS**

Go to <http://www.crdamc.amedd.army.mil/default.asp>

1. Select Preventive Medicine on the left side, You will see a box pop up, next select Environmental Health.
2. For New food Booth Permits, just select New Food Booth Application written in blue, or Application for Permission to Operate a Temporary Food Establishment.
3. Permit application must be submitted to Environmental Health services at least 10 Working days prior to the event to allow for adequate time for review and processing. We will provide an approved permit to the point of contact listed on the application form. The approved permit must be visible during the event.

## **TEMPORARY FOOD FACILITY REMINDS**

**These Temporary Food Permits process procedures only apply to FT Hood.**

Use sanitizing solution to wipe counter tops and tables before using.

Wipe up spills quickly with sanitizing solution.

Use bag-lined covered garbage cans. EMPY FREQUENTLY!

Have a thermometer that reads from zero to 220 degrees Fahrenheit to monitor food Temperatures.

Wear gloves and hair restraints when prepping, cooking or handling food.

**Only authorized jewelry:** plain wedding band, medical alert bracelet, or medical alert necklace.

Use single service items such as individually wrapped utensils.

Warn customers of items containing peanuts, peanut butter, peanut oil, or any peanut Products.

## **Cont. TEMPORARY FOOD FACILITY REMINDS**

Always prepare food on site. Ask us if you have questions.

Setup your sale site on concrete or pavement and not on grass.

Have volunteer's food safety certificates on site for review.

Have event permit prominently displayed.



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