



Food Sanitation Study Guide

Personal Health and Hygiene

1. The most common foodborne illness is from Norovirus. This stems from fecal and oral contamination.
2. Employees shall thoroughly wash hands and the exposed portions of their arms with soap and warm water before starting work, during work as often as is necessary to keep them clean, etc.
3. Food employees shall not wear jewelry, including medical alert bracelets on their arms and hands while preparing food, except for a plain ring such as a wedding band.
4. Food employees shall keep their hands and the exposed portions of their arms clean. Employees shall keep their fingernails clean and trimmed, filed, and maintained so that the edges and surfaces are cleanable and not rough. Unless wearing intact gloves in good repair, a food employee may not wear fingernail polish or artificial fingernails when working with exposed food.
5. Food employees may consume food only in designated dining areas and shall not use tobacco except in designated areas.
6. Food employees shall handle soiled tableware in a way that avoids contamination of their hands.
7. Food employees may apply FDA approved hand sanitizer *only after* they wash their hands.
8. Food employees must scrub hands and any exposed part of their wrists and arms for at least 10 to 15 seconds using warm water, with a total time of 20 seconds and use a single use disposable towel to dry including after drinking from cup, changing gloves or turning off faucet with clean hands.
9. Food employees on the food prep line may drink from cups with a lid and straw only.
10. Food employees with a persistent cough and runny nose should be restricted to avoid being exposed to food, equipment or utensils.
11. An employee who has an open wound on their hand must wear a waterproof bandage and a single use glove. All infected wounds must be covered.
12. Employees who handle ready to eat food, clean service ware and equipment or who put food into to-go containers for guests must wear hair and beard restraints.

13. Employees must report if they live with or care for someone who has recently been diagnosed with Hepatitis A.
14. If an employee has a cut that is open and cannot be covered, has a sore throat with a fever, Diarrhea or yellowing of the eyes or skin they must report it to management.
15. If an employee has been exposed to Norovirus within the last 48 hours they must report it to a manager.
16. Employees are required by law to comply with exclusion from work or restrictions of work activities due to illness as directed by the manager.
17. If an employee has been vomiting within the last 24 hours and has not been diagnosed by a medical practitioner, has been diagnosed with Hepatitis A, or Typhoid Fever within the last 3 months untreated, they must be excluded from the operation.
18. Washing hands between spraying dishes and removing clean utensils from the dish machine and running silverware handles up for the final run are ways to prevent recontamination of clean utensils and equipment.
19. A food handler must always wash hands after cracking a raw egg into a pan and before handling any item that may be served without being cooked.

Time and Temperature

The temperature of potentially hazardous foods (PHF) shall be 41 ° F or below or 135° F or above at all times.

1. If cooking in a microwave oven, heat to a temperature of at least 165 in all parts of the food. Allow to stand for 2 minutes after cooking to obtain temperature equilibrium.
2. Eggs should be cooked to 145 ° F or above for 15 seconds for immediate service. 155 ° or above for 15 seconds for hot holding.
3. Wild game needs to be cooked to an internal temperature of 145 F or above for 15 seconds.
4. Poultry, poultry stuffing's, stuffed meats and stuffing's containing meat shall be cooked to heat all parts of the food to at least 165 ° F with no interruptions (to prevent the bacterial disease, Salmonellosis).
5. Ground meat must be cooked to an internal temperature of 155 ° F to reduce the growth of E.coli bacteria.
6. Each mechanically refrigerated storage facility storing potentially hazardous food shall be provided with a numerically scaled indicating thermometer, accurate to plus or minus 3 degrees in the warmest part of the facility (i.e., case thermometers).
7. Potentially hazardous foods that have been cooked and then refrigerated shall be reheated rapidly to 165 ° F or higher throughout before being placed in a hot food storage facility.
8. Frozen foods shall be solid to the touch.

9. Potentially hazardous foods requiring refrigeration after preparation should rapidly be cooled to an internal temperature below 41 ° F. From 135 ° F to 70 ° F within 2 hours; and from 70 ° F to 41 ° F, or below within 4 more hours or within a total of 6 hours.
10. Upon delivery, intact shell eggs shall be received at an air temperature of 45 ° F and stored at a temperature of 41 ° F or less within 4 hours.
11. Potentially hazardous foods that have been cooked and then refrigerated shall be reheated rapidly to 165 ° F or higher throughout before being served or before being placed in a hot food storage facility.
12. A metal stem type numerically scaled indicating thermometer accurate to +/-2 ° F must be maintained to assure attainment and maintenance of proper internal cooking, holding or refrigerated temperatures of all potentially hazardous foods.

Cross Contamination

- 1 Foods shall be thawed under cold storage at 41 ° F or below.
 - a. Or under potable running water at a temperature of 70 ° F or below
 - b. Or in a microwave oven only when the food will be immediately transferred to conventional cooking facilities as part of a continuous cooking process or when the entire uninterrupted cooking process takes place in the microwave oven
 - c. Or as part of the conventional cooking process
- 2 Containers of food shall be stored a minimum of six inches above the floor in a manner that protects the food from splash and other contamination, and that permits easy cleaning of the storage area.
- 3 Raw fruits and vegetables must be thoroughly washed with potable water before being cooked or served.
- 4 Floor mounted equipment must be sealed to the floor or elevated on legs to provide at least six inch clearance.
- 5 Table top equipment must be sealed to the counter or elevated on legs to provide at least 4 inch clearance.
- 6 Air Gap: A physical break or space between a drinking (potable) water inlet and the fixture's flood-level. This air gap must be at least twice the diameter of the water inlet. An air gap is the best method used to prevent backflow.
- 7 Condiments may be reserved to gusted if they are sealed in individual portion packages or are in their original container.
- 8 Food accidently served to a wrong customer can not be reserved to the correct customer at a neighboring table.
- 9 To prevent cross contamination food handler must not mix handling raw product and ready to eat cooked foods or use tongs to serve multiple items on the cold line.
- 10 Contact surfaces can not be wiped with the same cloth that is used to handle a hot plate with food to a server for a guest.
- 11 To prevent cross contamination a wet wiping cloth used to clean tables should not be stored on any food equipment or storage container.

12 Water from spraying dirty dishes that reaches food being prepped is cross contamination.

Receiving and Storage

20. Use of home prepared or hermetically sealed food such as home canning which has been processed in a place other than a wholesale food-processing establishment is prohibited due to the risk of botulism which can be fatal.
21. Shell stock and shucked shellfish shall be kept in the container in which they were received until used. Each tag affixed to a container of certified shell stock along with its accompanying invoice and each shucked shellfish invoice shall be retained for a period of **90 days**, and be available for inspections by the health department.
22. Unless its identity is unmistakable, bulk food such as cooking oil, syrup, salt, sugar or flour not stored in the product container or packaged in which it was obtained, shall be sorted in a container identifying the food by common name.
23. Refrigerated, ready-to-eat potentially hazardous food prepared and held in a food establishment for more than 24 hours shall be clearly marked to indicate the date or day by which the food shall be consumed on the premises, sold, or discarded, and maintained at 41°F or less for a maximum of 7 days. The day of preparation shall be counted as Day 1.
24. Food must be stored at least 6 inches from the floor, unless it is cased in a waterproof container on a clean floor that is not exposed to moisture. The exception is food in packages on pallets while awaiting placement into inventory.
25. Only TCS Food is required to be stored in coolers or freezers.
26. Chemicals may be stored near food as long as they are stored below food and with sufficient spacing.
27. Food must be stored in containers that have never been used to store chemicals.
28. Once washed, raw fruits and vegetables must be stored separately from those that have not been washed.
29. Utensils used for TCS Foods can be stored in food with the handle above the rim or in its own container of water that is at least 135 F and cleaned at least every 4 hours.
30. Tuna Salad and melons prepared to use over the next two days are required to have a label with a use by date.
31. Items in dry storage cannot be touching the walls.
32. An unexpired prepared can food, like beans, must be used within six days of opening.
33. Recalled food awaiting to be picked up from a vendor should be stored in a segregated area away from food, clean utensils and single service items with a clear label indicating it should not be used or discarded.
34. TCS foo can be stored at a temperature of 41 degrees of lower for 7 days.
35. FIFO is the method of using First in First Out in food storage.
36. Moisture and spills in the dry storage area is a food safety concern because it enables bacterial growth, attracts pests and can contaminate food.
37. Medicine for employee use, such as ibuprofen or prescription needed for employees should be labeled and stored in the managers office inside a cabinet for first aid supplies.
38. Shielded bulbs are not necessary in areas that store food in unopened packages, if they cannot be affected by broken glass and packages can be cleaned of debris from broken bulbs before packages opened.

39. Single service items must be kept in their original protective packaging until use, must be handled in a manner that does not contaminate food or lip contact surface and can be stored less than 6 inches from ground if in a closed, sealed package and on a dollie, pallet or rack.

Cleaning and Sanitizing

1. All equipment, tableware and utensils must be air dried.
2. Spoons, knives, forks should be handled by the handles only. Do not handle the inside surfaces of glasses, cups, plates and bowls.
3. The proper procedure for manual cleaning and sanitizing in a three-compartment sink are:
 1. Prewash
 2. Wash
 3. Rinse
 4. Sanitize
 5. Air Dry

Automatic Dishwashing Machines:

- i. Single-tank, stationary-rack, dual temperature machine
- ii. Wash temp. 150 ° F; final rinse temperature 180 ° F
- iii. Single-tank, stationary-rack, single temperature
- iv. Wash temp. 165 ° F,; final rinse temperature 165 ° F

The approved methods for sanitizing are:

1. Immersion for at least one-half minute in hot water at a temperature of at least 171 ° F; or
2. Immersion for at least one minute in a solution containing at least 50 parts per million (ppm) chlorine and having a temperature of a least 75 ° F; or
3. Immersion for at least one minute in a solution containing at least 12.5 ppm iodine and having a temperature of at least 68 ° F.
4. Immersion for at least 30 seconds in a solution containing 200 ppm quats and having a temperature of at least 75 ° F.

1. Containers of poisonous or toxic materials such as cleaning aid and sanitizers, insecticides must be properly labeled. Cleaning products and insecticides must be physically separated from each other and should not be stored near food or equipment or utensils for food except for detergents or sanitizers at dishwashing stations. Any containers used for smaller portions must be properly labeled for easy identification of contents.
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Crisis Management

40. . Food contaminated in fire, flood, power outage or similar event that might result in the contamination of food, or that might prevent potentially hazardous food from being held at required temperatures requires contact with the regulatory authority. Food if mishandled can become contaminated with filth, pathogenic microorganisms and toxic chemicals from a number of sources.

General

Continual training is important and must be followed by supervision to make sure recommended practices are followed.

Consumer Advisory. If a food service establishment offers any rare or under-cooked animal food, such as meat, poultry, eggs or seafood (including shellfish) in a ready-to-eat form or offers any ready-to-eat food containing animal food as a raw ingredient the consumer must be informed via placard, label statement, etc.