

All Agencies Conference 2016

Food Safety Training for Pantries

...because nobody wants shigellosis.

A Warm-Up !

Ten Riskiest Foods Regulated by the FDA



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Ten Riskiest Foods Regulated by the FDA



LEAFY GREENS

EGGS

TUNA

OYSTERS

POTATOES

CHEESE

ICE CREAM

TOMATOES

SPROUTS

BERRIES



The Importance of Food Safety

- We are accountable to our regulators.
- We must protect the people we serve.
- We feed a population at risk.

An Introduction to Food Safety

What is a foodborne illness?

An illness caused by eating contaminated food.

What is a foodborne disease outbreak?

The occurrence of two or more cases of the same illness.

What microorganisms cause foodborne illnesses?

Bacteria, viruses, fungi, parasites.

Foodborne Illness

General Symptoms of Food Borne Illness Include:

- *Abdominal Pain*
- *Stomach Cramps*
- *Diarrhea*
- *Vomiting*
- *Nausea*
- *Fever*

The first symptoms usually occur during the **onset time** or first 38 hours.

The duration of the symptoms can be one to seven days.

Potentially Hazardous Foods

Pathogens need **FAT TOM** to survive and grow in food:

- **F**ood
- **A**cidity
- **T**ime
- **T**emperature
- **O**xygen
- **M**oisture

Potentially Hazardous Foods (PHF) or **Time & Temperature Control for Safety Foods (TCS)** allow pathogens to grow and multiply.



ACTIVITY

See if you can identify if these are high or low risk foods:

SPAGHETTI

OMELETTE

TURKEY

APPLE

CHEESE PIZZA

JUMBO SHRIMP

PLAIN BAGEL

Bacteria are hitchhikers.



Don't Give Kids a Tarepsche!

Transparency 1

TYPES OF CONTAMINATION

Contamination is the presence of PHYSICAL, CHEMICAL, or BIOLOGICAL MATTER in our food or food environment.

Food may be contaminated:

- Before delivery
- Because of poor hygiene
- By customers



TYPES OF CONTAMINATION

- **PHYSICAL:** hair, glass, paper, plastic, scabs, rodent droppings, flies, bones from meat/ fish.
- **CHEMICAL:** pesticides sprayed on fruit or vegetables, freezer refrigerants, drugs, food additives, and chemicals from cleaning products and metal or non-food-grade cookware and storage
- **BIOLOGICAL:** bacteria, viruses, fungi, parasites.

CAUSES OF CONTAMINATION

- Cross Contamination
- Poor Personal Hygiene
- Improper Cleaning and Sanitation
- Time and Temperature Abuse...

WHAT IS THE TEMPERATURE DANGER ZONE?



PREVENTION: RECEIVING FOOD

What do you check for when receiving food?

- Correct labeling
- Proper temperature
- Proper appearance
- Delivery vehicle
- Signs of Pests
- Placement of Raw Foods

What should you do with rejected food?



PREVENTION: RECEIVING FOOD

Canned food must be labeled and not have:

Swollen ends

Leaks

Seal problems

Lids that are popped

Major dents

Rust

When in doubt, throw it out!



PREVENTION: STORING FOOD

- Put food away in a certain order: Chilled, Frozen, Dry
- Store food in original packaging
- Use FIFO
- Minimize time in the danger zone
- Prevent cross contamination



PREVENTION: STORING FOOD

A good storage area has:

- Refrigerators, freezers and dry storage at the correct temperature
- Refrigerators and freezers that are not overloaded
- A lock and key
- A well-maintained, dry, cool, clean, well-lit, ventilated dry storage
- Food six inches above the floor and four inches away from the walls
- Food separate from all cleaning chemicals and clothing closets



PREVENTION: STORING FOOD

- Check the temperature of food and storage areas with a verified thermometer.
- Store refrigerated foods at 41°F, or less.
- Store frozen foods at 0°F, or less.
- Store dry foods between 50 - 70°F.
- Store whole produce at room temperature, and cut produce at 41°F, or less.
- Document temperature readings for your refrigerators, freezers and dry storage once a week.

PREVENTION: TRANSPORTING FOOD

To transport food without temperature control, you must do the following:

- Clean the inside of the delivery vehicle regularly
- Pack food in insulated containers that can keep food at 41°F or lower if possible
- Make a note of the time at which you left the food bank
- Ensure that refrigerated food does not exceed 70°F
- Ensure that frozen food does not thaw

PREVENTION: PERSONAL HYGIENE

Actions that can contaminate food...



PREVENTION: PERSONAL HYGIENE

- **WASH YOUR HANDS**

Wash your hands frequently, especially after eating, drinking, smoking, touching your face, nose, ears, hair, handling waste, using the restroom, coughing or sneezing, handling raw foods, etc. Use hot water (100°) and wash for 15-20 seconds.

- **PROPER WORK ATTIRE**

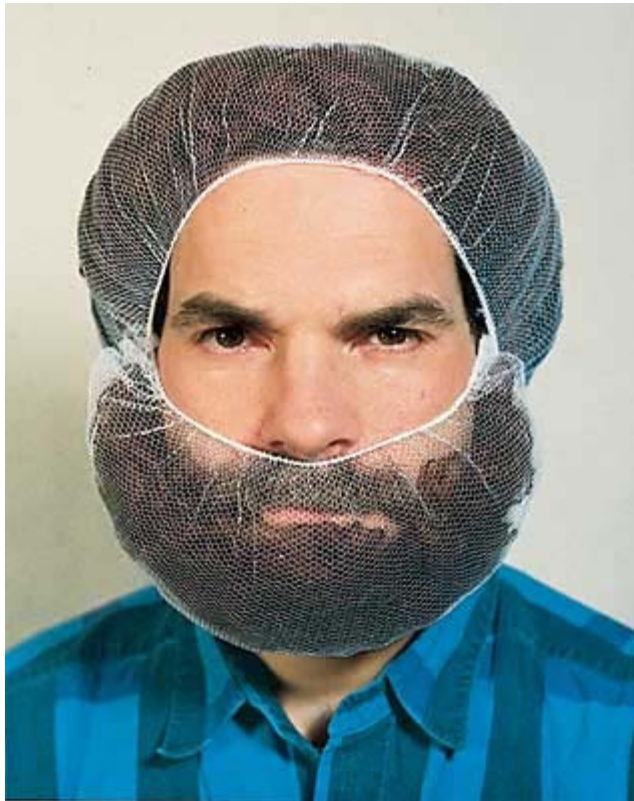
Wear gloves or aprons if available, clean clothing, appropriate shoes and a hat or hair restraint. Remove jewelry before handling food.

- **PERSONAL CLEANLINESS**

Bathe regularly, keep short fingernails, do not handle food if you are ill, or have infected wounds or cuts. Infected wounds or cuts on the hands need to be covered with a bandage and glove before handling food. Eat, drink, and smoke only in designated areas away from food.

PREVENTION: PERSONAL HYGIENE

And, if burly, wear a beard restraint...



PREVENTION: CLEANING/ SANITIZING

- Clean and sanitize food handling equipment after every use. Always inspect prior to use.
- Sanitize hand-contact surfaces such as taps or door handles.
- Use cleaning and sanitation chemicals according to label instructions. Use Personal Protection Equipment (PPE).
- Make sure all cleaners are in their original container.
- Store chemicals and cleaning equipment separate from food and utensils.

PREVENTION: PEST CONTROL

Pests like dimly-lit, moist, warm locations with food and water. Signs of pest include:

RODENTS

- Sightings of live or dead bodies
- Droppings/ smear marks against walls
- Glow in the dark urine
- Damaged packaging
- Gnawed plugs, electrical wires and wood
- Scratching, gnawing noises, weird smells

INSECTS

- Sightings of adults, eggs, maggots or pupae
- Droppings from cockroaches or flies
- Unusual smells, especially from roaches



PREVENTION: PEST CONTROL

Removing these conditions minimizes the risk of infestation:

- Report defects in the building
- Seal access points and openings
- Protect the bottom of wooden doors with metal kick plates
- Keep doors and windows closed or use screens
- Inspect all deliveries closely
- Maintain a well planned cleaning schedule
- Never leave food outside
- Store food in pest-proof containers off the floor and away from walls
- Rotate stock
- Maintain drains and water taps
- Remove vegetation from around the premises
- Make regular inspections

PREVENTION: RECALLS

- A recall is an industry and regulatory response to food which is unsafe for consumption, because of adulteration (contamination) and/or misbranding (mislabeling).
- As part of the food industry, food banks are required to react to recalls by identifying and removing recalled product from inventory. Tracing and accounting for all recalled product is also necessary.

SCENARIO 1: RECEIVING

After leaving the food bank, you notice that you've received bulk chicken instead of retail packaged chicken and you know your families will not want to take a 20 pound bag of meat. Your co-volunteer also asks if you can stop by the Subway on the way home to grab something to eat.



SCENARIO 2: STORING

You go into the church basement to update your temperature logs and you notice that one of the refrigerators is at 43°F. You open it and notice that the Egg Beaters you received from the food bank, that were frozen, are now all stored in the fridge.



SCENARIO 3: DISTRIBUTION

You are short handed on your distribution day. However, your clients are not quick to notice since they are so happy to receive food. Several of them give you hugs and handshakes as you hand out each box of food. You've also left the produce and bread out on a table so they can have client's choice.



OUR COMMITMENT

- SHARE OUR KNOWLEDGE
- ACT PROACTIVELY
- BE READY FOR FOOD BANK AUDITS



FOR MORE INFORMATION...

For more information on food safety:

<http://www.servsafe.com/foodsafety>

OR contact your local health department



Thank you for Everything you do!

