SAFE FOOD, SAFE YOU!

What is HACCP? Hazard Analysis Critical Control Points

- HACCP (pronounced “hah-sip”) is a food safety and self-inspection system that looks at the “flow of potentially hazardous food” from receiving to serving. It identifies points along this flow of food where hazards can be reduced or eliminated to keep food safe.

Holding Temperatures for Hot and Cold Foods

- Cold foods at 40°F (4°C or below).
- Hot foods at 135°F (60°C) or above.

Proper hand washing helps to prevent foodborne illness and cross contamination.

How to wash hands

- Wet hands with warm water
- Apply soap from dispenser
- Lather hands and wrists with soap for at least 20 seconds (“Happy Birthday” twice)
- Clean thoroughly underneath and around fingernails utilizing a nail brush. Wash between fingers.
- Rinse hands thoroughly with warm water.
- Dry hands with disposable paper towels. NEVER use an apron or kitchen towel to dry hands!
- Turn off faucet with paper towel - not with clean hands

When to wash hands

- Upon entering the kitchen
- After using the restroom
- After touching your hair, face, nose or any other part of your body
- After coughing, sneezing and blowing your nose
- After handling cases/boxes of product
- After handling raw meat, poultry, seafood and produce
- When changing your gloves, before putting a clean pair on
- Before handling different types of food
- After handling dirty equipment
- After cleaning, handling chemicals, and handling trash

Proper glove usage helps to prevent foodborne illness and cross contamination.

- Use gloves when handling ready to eat foods without utensils.
- Grab disposable glove from box by the cuff.
- Holding onto the cuff, pull glove over hand without touching any other part with your hands. Make sure that glove fits hand properly.

Proper apron usage helps to prevent foodborne illness and cross contamination.

A clean prep apron should be used in the preparation of food items before the service of the meal and a clean service apron should be used while serving food. NEVER use your apron to dry your hands after washing. All aprons should be removed before leaving the kitchen and:

- To remove trash to dumpster or recycling.
- To use the restroom.
- To go on break or eat lunch.
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Proper sanitizing helps to prevent foodborne illness and cross contamination.

- In a three compartment sink, the first sink contains a detergent solution for washing; the second sink contains clear water for rinsing; and the third sink contains clear water plus a sanitizing agent. All items should be left to air dry.
- Always wipe down counters with sanitizer solution and keep free of debris (i.e. no aluminum foil, plastic wrap, etc.).
- Clean and sanitize food-contact surfaces (such as equipment or utensils) that touch food before they come in contact with food and after.
- Always wipe off tops of cans before opening.

PERSONAL SAFETY- Safe You!

Preventing cuts
Please practice good knife handling techniques:

- Cut away from body; when transporting, knives are carried blade down at side of leg; knives are not left unattended; knives should never be physically passed from one person to another - set the knife down and let them pick it up.
- Safety Gloves should ALWAYS be worn when using a knife or other sharp utensil (i.e. pizza cutter). The glove should be worn on the hand not holding the knife or utensil.

Preventing slips, trips or falls
A school cafeteria has a lot of activity. With all of this movement taking place, you need to be careful not to slip, trip or fall. Avoid accidents by:

- Practicing safe walking skills
  When walking on wet or slippery surfaces, shorten your stride and walk with your toes pointed slightly outward to increase your base of support (duck walk).
- Clean up spills right away.
- Move slowly and be more cautious on smooth or slippery surfaces.
- Wear the right shoes.
- Be aware of your surroundings and pay attention where you are going.
- Always let people know you are behind them by calling out “behind you”.

Preventing burns
In the food service industry, burns are a common injury. Help keep your self safe from burns by doing the following:

- ALWAYS use oven mitts, burn sleeves (aka Tucker Mitts) and/or pads when handling hot utensils or pans. NEVER use your apron to handle hot items.
- Be aware of the hot frames of cooking equipment, such as ranges, steam tables, warming cabinets and ovens.
- A person carrying a hot item is to be given the “right of way” and needs to warn others by calling out “hot food”!
- Tell someone when you set hot pans in the dish area or put them in a pre-designated area.

I acknowledge that I have reviewed and understand this information:

____________________________________________  __________________________   ____________
Name/Title                                       School                                      Date

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