Premier Food Safety
Protecting people's lives for over 35 years

Premier Food Safety - Class Outline

Introduction to Food Safety

Did you know? CDC - 5 Most Common Factors

Cooking Food Safely

_____ °F - Fruits and veggies
_____ °F - Solid cuts of meat (no poultry)
_____ °F - Ground meats (no poultry)
_____ °F - Poultry (whole or ground)
_____ °F - Eggs Now _____ °F - Eggs Later

TCS - Time & Temperature Control for Safety

FAT TOM - 6 Favorable Conditions
F is for _____
A is for _____
T is for _____ (date mark if longer than 24 hrs)
T is for _____
O is for _____
M is for _____

Cooling and Thawing

2-Stage Cooling - FDA Food Code

_____ °F to ____ °F within 2 hours
_____ °F to ____ °F within 4 hours

Cooling Foods

3S's - Smaller, **S**hallow, **S**tir

3I's - Ice bath, **I**ce Wand, **I**ce Directly

C_____ R_____ O _____W_____

Proper Personal Hygiene

1. Wear hair restraints (tuck in long hair)
2. FDA approved anti-bac not a substitute
3. Nail polish and fake nails not recommended
4. Wash between tasks and after touching any item that might be dirty (ex. electronic devices).

H _____
E _____
S _____
S _____
S _____
N _____

Reportable Symptoms

Vomiting, Diarrhea, Jaundice

Key Actions

- Exclude - Call Health Dept.
- Medical Clearance - 24 hours

Cleaning and Sanitizing

Cleaning - removal of food particles from surfaces in contact with food (Washing + Rinsing = Cleaning)

Sanitizing - reduces number of pathogens on surfaces for future use

Types of cleaners – 3DA

i. _____ – general purpose; dirt and grime
ii._____ – min. deposits
iii. _____ – fats, oils
iv. _____ – baked-on

3 chemical sanitizers (ICQ)

Iodine - ____ ppm (30 sec)
Chlorine - ___ ppm (7 sec)
Quats - ____ ppm (30 sec)

Sanitize w/hot water - _____F (30 sec)

Machine dishwashers

- High-temp at least ____°F but not above ____°F
- Low-temp at least ____°F

5 steps to proper manual washing:

_____, _____, _____ _____ _____

Foodborne Illnesses and Allergies

High Risk Population Groups (IES)
I _____
E _____
S _____ that are impaired.

Contact Health Dept. ASAP if foodborne illness outbreak.

Allergies - 8 Major Allergens

- Soy (Tofu)
- Peanuts
- Tree Nuts
- Eggs
- Milk
- Fish
- Shellfish (shrimp)
- Wheat (Gluten)

Procedures that require a variance:

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____

Active Managerial Control

Step 1 _____
Step 2 _____
Step 3 _____
Step 4 _____
Step 5 _____
Step 6 _____

HACCP

Step 1 _____
Step 2 _____
Step 3 _____
Step 4 _____
Step 5 _____
Step 6 _____
Step 7 _____

Bacteria

Fridge/freezer does not kill.

6 Major Types

i. _____
ii. _____
iii. _____
iv. _____
v. _____
vi. _____

Viruses

Need a living host.

2 Types

i. _____
ii. _____

- Spread by poor personal hygiene
- Often fecal-oral route

Parasites

-4°F for 7 days or cook well

i. _____ **(pork & wild game)**
ii. _____ **(fish, sushi)**
iii. _____ **(dirty water)**

Contaminants to Food

Biological - Pathogens (virus, bacteria, parasites, fungi, toxins)
Chemical - locked up, separate , away from food & food-contact surfaces. Copper, Brass, and Tin should not mix with acidic foods

Physical Threats - "If you can see it"
Cross-Contamination - "meat 2 veggies"
Intentional Contamination - A.L.E.R.T.

Purchasing, Receiving, Storing Safe Food

What's the receiving temperature?

Ice crystals – reject the shipment
Dairy – grade ___ & pasteurized
Poultry - dark wing tips/soft, sticky flesh
Fresh fish - bright skin, red moist gills
Fresh shellfish - shell-stock ID tags
_____ days and write the date

Raw meat storage

- Poultry at bottom, ground meat above poultry, raw pork above ground beef
- Store ready-to-eat foods away from or above raw foods
- Prevent food overload

Cold food storage - TPHC – Time as a Public Health Control

■ **Cold food** start at _____°F no higher than _____°F, max of ____hours
■ **Hot food** start at _____°F no lower than _____°F, max of ____hours

Equipment and Facility Safety

Thermometer calibration

a. ____°F - crushed ice & water
b. ____°F - boiling water

Buffet stations - Only reuse cups
UL or NSF (approved by ANSI)

Cross-connection: the mixing of potable and non-potable water supply
Backflow - When pressure in the potable (drinkable) water supply drops below the non-potable (non-drinkable) water supply
The air gap must be at least ___ inch or twice the faucet diameter

Pest Control (mice, rats, roaches)

i) _____and _____ have droppings like black pellets, oily brush marks.
ii) _____ lay brown egg cases, droppings like grains of black pepper, emit a strong oily odor.