



# Module 6 – Food Safety and Sanitation

## Target Audience

- Designated Officials/Authorized Representative
- Summer Food Service Program Administrators
- Site Supervisor
- Site Monitor

## Estimated Time Required

- 30 minutes

## Objectives

- Provide guidance to ensure proper temperatures are maintained for food served and food stored
- Provide guidance to ensure safe food handling (cross contamination, hand washing, and hygiene)
- Provide guidance on the required documentation that must be maintained to ensure proper safety and sanitation procedures

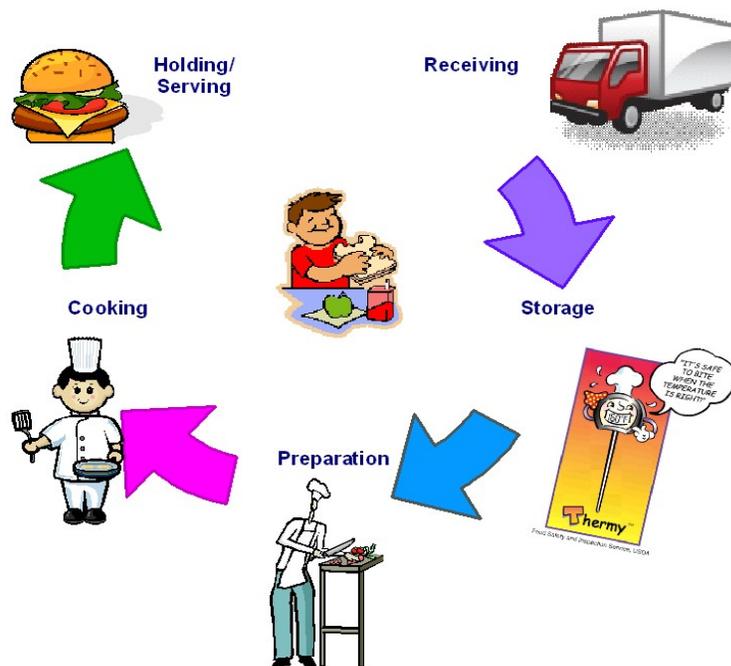
## Tasks

- Read materials
- Review Web sites and resources
- Complete and submit online quiz

# Responsibilities

It is the responsibility of the sponsor to ensure that the current health and safety requirements are followed at their site(s). **The Nevada Department of Agriculture (NDA) refers all sponsors to their local Environmental Health Department for guidance as there may be additional specific requirements regarding the type of health permits required.**

## Safe Food – From Receiving to Serving



All steps from receiving to serving must be carefully monitored to ensure food is maintained in the proper temperature ranges. This requirement is relevant to all sponsors whether you are a self-preparation or vended site.

# Basics for Handling Food Safely

Safe steps in food handling, cooking, and storage are essential to prevent foodborne illnesses.

Follow the four Guidelines to keep food safe:

**Clean** – Wash hands and surfaces often.

- Hand washing is one of the most critical aspects of good personal hygiene in food service. Clean hands are necessary to prevent contamination of food during preparation and service.
- Always wash hands frequently and properly with warm, **(at least 100 degrees F)**, running water and soap for a total of 20 seconds **(with 10-15 seconds of vigorous scrubbing)** before and after handling food. Use a separate sink to wash hands, not a sink used for food preparation or dishwashing. Always wash hands after touching hair or face, coughing, sneezing, eating or drinking, handling chemicals, or taking out the garbage.
- No bare-hand contact with ready-to-eat food. **Clean** disposable gloves must be worn and changed as necessary.

**Separate** – Do not cross-contaminate.

- Cross-contamination is a common cause of foodborne illness. Hand-to-food cross-contamination occurs when contaminated hands handle cooked or ready-to-eat foods.
- Never touch ready-to-eat foods with your bare hands; wear clean, disposable plastic gloves or use clean serving utensils (tongs, fork, spoon, etc.).
- Wash utensils and food preparation areas before and after handling each food item and before working on the next food item.

**Cook** – Cook foods to proper temperatures and observe critical control points.

- Be sure thermometers are available and use them properly. Calibrate thermometers on a regular basis. Monitor and record all temperatures on a temperature log.
- Cook foods to minimum required internal temperatures for food safety and observe critical limits.
- **After reaching the proper internal cooking temperature, hold all hot food at 135°F or above.**

### Summary Chart for Minimum Food Cooking Temperatures

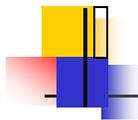
Food	Minimum Temperature	Minimum Holding Time as the Specified Temp.
Poultry; Stuffed poultry, fish, pork or beef; Stuffed Pasta; Casseroles; Foods previously cooked and cooled; Foods cooked in a microwave oven	165°	15 seconds
Raw Eggs not prepared for immediate service Fish nuggets or sticks Cubed or Salisbury steak Raw ground products containing beef, pork or fish	155°	15 seconds
Seafood, beef, pork Eggs for immediate service	145°	15 seconds
Fresh, frozen or canned fruits or vegetables that are going to hot-held on a steam table or in a hot box. Commercially prepared foods that are going to be hot-held on a steam table or in a hot box	135°	15 seconds

**Chill** – Properly cool foods, promptly refrigerate, and observe critical control points. Bacteria spread fastest at temperatures between 41°F and 135°F (temperature danger zone), so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.

- Critical limit: Hold cold foods at 41°F or below. Check and record temperatures.
- Keep frozen food in a freezer at 0°F or lower.
- Cool hot food from 135°F to 70° within two hours and from 70°F to 41°F or below within four hours. **Divide into smaller batches and use an “ice bath” to cool the food rapidly.** Do not allow any foods to cool at room temperature.

NEVER PLACE HOT FOOD IN THE REFRIGERATOR

- Refrigerate and freeze properly cooled leftovers in covered, shallow two inch deep or less containers. **Label and date all leftover or prepared food.**
- Do not thaw frozen foods at room temperature; **thaw in the refrigerator.**



## Temperature Range

Hot food must be kept at 135° or above and cold food must be kept at 41° or below to prevent harmful bacteria from growing.



## Daily Temperature Log

To keep food safe, fresh, and appetizing, food temperature must be maintained during storage, preparation, and serving.

Temperature logs should be posted on refrigerators, freezers, and dry storage areas and maintained on a daily basis.

Temperature Log forms can be found in the USDA SFSP Nutrition Guide on USDA's Web page at <http://www.fns.usda.gov/sfsp/handbooks>



# Using a Food Thermometer

Using a food thermometer is the only sure way to tell if the food has reached a high enough temperature to destroy harmful bacteria. Always check the temperature of foods to make sure that they are thoroughly cooked and foods are maintained within proper holding temperatures.

## General Thermometer Guidelines

When using thermometers:

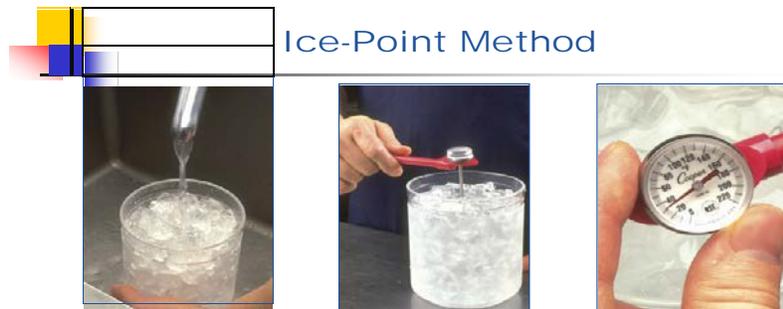
- Clean and sanitize after each use
- Calibrate them regularly
- Insert the thermometer stem or probe into the thickest part of product
- Wait for the reading to stabilize before recording temperature
- **Never use mercury or spirit-filled glass thermometers to check food temperature**

## Calibrating Thermometers

The ice-point bath is the most widely used method to calibrate thermometers. It is a very quick and convenient way to check the accuracy of your thermometers. Calibrate thermometers at least once a week. The thermometer must be recalibrated if dropped.

### Calibrating Thermometers

**Ice-Point Method**



The image illustrates the three steps of the ice-point method for calibrating a thermometer. Step 1 shows water being poured into a container of crushed ice. Step 2 shows a thermometer being submerged in the ice-water mixture. Step 3 shows a close-up of the thermometer's dial being rotated to the 32°F mark.

**Step 1**  
Fill container with crushed ice and water, stir mixture well.

**Step 2**  
Submerge sensing area of stem or probe for 30 seconds. Do not let stem or probe touch the container bottom or sides.

**Step 3**  
Hold calibration nut and rotate thermometer head until it reads 32°F (0°C)

## Temperature-Measuring Devices

### Common Types of Thermometers



Bimetallic Stemmed Thermometer



Thermocouple



Infrared Thermometer

Photos courtesy of Cooper-Atkins Corporation

**Bimetallic Stemmed Thermometers** – Measures temperatures through the metal stem. Foods must be thick enough to insert the stem up to the dimple.

**Thermocouple and Thermistor Thermometers** – Measure temperatures through a metal probe. Temperatures displayed digitally. Sensing area is located in the tip. Good for measuring thin foods such as hamburger patties.

**Infrared Thermometers** – Measures temperatures of food and equipment surfaces only.

The USDA SFSP Nutrition Guidance Manual has a chart of food safety rules and a Food Safety Check List located on the USDA's Web page at <http://www.fns.usda.gov/cnd/summer/library/handbooks.html>.

Serving it Safe training resource, Food Safety Checklist, is located on National Food Services Management (NFSMI) Web site at <http://www.nfsmi.org/documentlibraryfiles/PDF/20100204085529.pdf>.

## Food Safety with Sharing Table or Goody Box

Sponsors may designate a “sharing table” or “goody box” where children may return whole, unopened, or prepackaged items that they choose not to eat. These food items are then available to other children who may want additional helpings. If you are using a sharing table or goody box, ensure proper food temperatures are maintained at all times. **Unwrapped fruits and vegetables with edible skins (apple, peach, pear, nectarine, etc. mat NOT be placed on a share table.**

**Be sure to check with local environmental health department to make sure this procedure complies with your county’s enforced rules.**

## Food Safety and Transporting Meals

If you are transporting food to outdoor sites, consider using refrigerated trucks and/or warmers. Proper temperature maintenance is necessary and must be observed if food is to be transported. Review temperatures taken prior to delivery and consider the time until meals will be served when accepting delivered meals.

Food temperatures and time of day must be taken and recorded:

- Before leaving the vendor’s or sponsor’s central kitchen
- Upon arriving at the site
- Prior to service

Transport cold meals in clean ice chests or clean insulated food carriers with ice or ice packets, or refrigerated trucks. **Please contact your local health department for further guidance.**

- Transport hot meals in clean hot packs or clean insulated food carriers.
- Ensure meals are not delivered more than one hour prior to the approved serving time of meal.

## Resources

National Food Service Management Institute, Food Safety for Summer Food Service Programs  
<http://www.nfsmi.org/ResourceOverview.aspx?id=73>

The Food Code, U.S. Department of Health and Human Services, Food and Drug Administration, 2013  
<http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/ucm374275.htm>

USDA Food Safety Education  
[http://www.fsis.usda.gov/Food\\_Safety\\_Education/index.asp](http://www.fsis.usda.gov/Food_Safety_Education/index.asp)

USDA and the Partnership for Food Safety Education  
<http://www.befoodsafe.org>

U.S. Department of Health and Human Services  
<http://www.foodsafety.gov/>

As defined in § 225.16 (a), Sponsors are required to submit, annually, to the State agency a copy of their letter advising the appropriate health department of their intention to provide a SFSP food service during a specific time period and at specific sites.

Your summer food Staff at the Department of Agriculture, Food and Nutrition Division is the best resource for questions you may have about SFSP requirements.

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