Food Safety on the Go

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Nutrition and Health Ed. Spec.
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This material intended for staff training, not intended for program participants.
Why be concerned about food safety?

- $78 billion each year
- 48 million illnesses
- 3,000 plus deaths
- It is your job
- It can affect you
Microorganisms that cause illness

- Virus
- Bacteria
- Mold
What germs need to multiply

<table>
<thead>
<tr>
<th>Food</th>
<th>Temperature</th>
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<tbody>
<tr>
<td>Acidity</td>
<td>Oxygen</td>
</tr>
<tr>
<td>Time</td>
<td>Moisture</td>
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Perishable Foods

Any food that contains milk or milk products (in whole or in part)
Shell eggs
Meats, poultry, fish, and shellfish (shrimp, lobster, crab)
Cooked rice, pasta, beans, and vegetables including baked potatoes
Tofu and other soy protein foods
Raw seed sprouts
Untreated garlic and oil mixtures
Melon slices
Cut tomatoes
Food Safety Danger Zone

40 – 140°F  USDA

41 – 135°F  FDA

4 hour rule
Thermometers
Hazard Analysis

Think about the perishable foods you handle. As a group, list some of the perishable foods. Choose one or two from your list. Then think about all of the steps that you take to prepare that food before you serve it. Identify places in your process that you have to control for hazards and explain what you do to reduce the hazard.
Sanitizing Preparation Surfaces

Clean before you sanitize

1 tablespoon bleach per 1 gallon water (200 ppm)

Air dry

Avoid Cross contamination
Transporting Food

Clean and sanitize coolers

Use ice packs or loose ice

Cold foods time limit 6 hours

Hot foods time limit 4 hours

Use plastic or clean towels in vehicle
Personal Hygiene

- Assess your health
- Wash hands often
- Avoid nail polish, jewelry
- Use disposable gloves that fit
- Cover cuts and open sores
- Use hand sanitizers only as last resort
- Use serving utensils if possible
Regulations

FDA Food Code

State follows 1999 code

Counties and cities may adopt their own ordinances

Contact your local environmental sanitarian

We teach USDA but must follow FDA regulations
Who regulates you?

Think about all of the locations that you serve. Who regulates you for food safety in these areas? Discuss with sanitarian if available. Are there any differences between the different locations?
Questions?

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