

SAFE FOOD SAFE FOOD SAFE FOOD SAFE FOOD SAFE FOOD

Personal Hygiene

- * **Frequent and thorough handwashing** is essential to prevent the spread of harmful germs to the food you prepare, the surfaces food is prepared on, the people you work with and serve food to.
- * **Avoid working when ill** (eg. vomiting, diarrhea, fever, excess sneezing or coughing).
- * **Wear clean clothing**, uniforms, aprons, and **keep hair confined** at all times.
- * **Wear gloves:**
Cuts, blisters and open sores should be bandaged and gloves worn over them. Gloves should be changed as often as you should wash your hands.

How to Wash Your Hands

1. **WET** your hands with warm water.
2. Apply liquid **SOAP**.
3. **SCRUB** hands together for at least 20 seconds washing the front and back of the hands, and in between the fingers.
4. **RINSE** hands with warm water.
5. **DRY** hands with paper towel
6. Turn water off with the paper towel



Wash Your Hands After:

- Coughing**, sneezing, or using a handkerchief
- Leaving the garbage area** or touching any dirty surface
- Engaging in any work**
- After eating**, drinking or smoking
- Nose touching**, scratching or touching any part of the body (eg. face, mouth, hair, licking fingers)
- Handling raw foods** (meats, eggs, fresh produce), and prior to handling or preparing ready to eat foods

After using the washroom

New tasks other than handling food or changing food items

Disposing of mop water

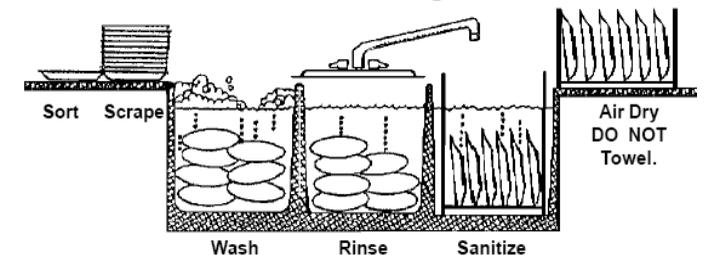
Scraping or cleaning food or soil from pots, utensils and equipment

* Wash hands more frequently when someone at your home is sick.

Sanitize Food Contact Surfaces

- * Sanitize surfaces following contamination with raw products and before preparing a new food item.
- * Use an approved sanitizer or disinfectant (eg. Household bleach: 1 ounce bleach to 1 gallon water for 1 minute. Spray bottle: 1 teaspoon bleach to 1 litre water).
- * It is recommended that you have sanitizer test strips to ensure proper concentrations.
Chlorine = 100ppm Quat = 200ppm
- * Keep bleach free from soap (soap neutralizes bleach).
- * Manual dishwashing involves 5 basic steps:

Manual Dishwashing Procedure



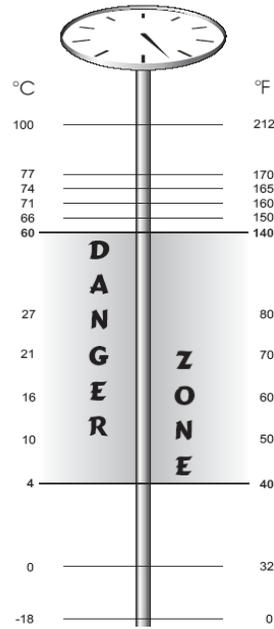
* Commercial dishwashers use either a chemical sanitizer or a high temperature (82°C/180°F) final rinse.

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Food Protection

- * All foods received, stored, prepared and served to the public must be from an approved source.
- * Bacteria that cause spoilage and disease grow rapidly in temperatures between 4°C (40°F) to 60°C (140°F). This is the **DANGER ZONE**.
- * Improper cooling is the #1 cause of food borne illness.



To Prevent This:

- * **KEEP HOT FOODS HOT!**
Maintain hot cooked foods at 60°C (140°F) and hotter, and reheat cooked foods to 74°C (165°F) within 1 hour.
- * Reheat cooked foods only once.
- * Do not use hot holding units to reheat food.
- * **KEEP COLD FOODS COLD!**
Store in refrigerator at 4°C (40°F) or colder, or in the freezer at -18°C (0°F).
- * Keep working thermometers in all refrigerators.

- * Keep ready to eat foods (eg. lettuce) stored separately from raw products and contaminated surfaces (eg. raw meat preparation area).
- * Foods that contain meat, fish, eggs, dairy products, and other potentially hazardous foods should not be left in the danger zone for more than 2 hours.
- * Store potentially hazardous foods in refrigerator until just before food preparation and serving, and return to refrigerator immediately after use.
- * Verify and record internal temperatures of food using a probe thermometer when cooling and cooking foods.
- * Use the “First In First Out” method of storing food.
- * Quickly cool cooked foods, cover and refrigerate. Do not stack pans.

Label all cooked, cooled and prepared food with date, time and person of preparation.

Cut large pieces of cooked meat into smaller pieces for quicker and safer cooling.

Safe Thawing Methods for Frozen Foods

1. Thaw in **REFRIGERATOR**. Raw meat should be in a container on the bottom shelf. (This is the safest method).
2. Under **COLD RUNNING** water, do not leave food in a container with cool water.
3. In the **MICROWAVE OVEN**, if the product will be cooked immediately.
3. During the **COOKING PROCESS**, for small items such as hamburger patties, chicken nuggets, etc.

Following these procedures will help ensure the food safety and the good reputation of your business.

For further information, please contact:

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