

southeast missouri



help more. reach more. feed more.

Food Safety Training

- It is the right of our participants to receive a safe product that will not cause harm or illness.
- It is our responsibility to practice safe food handling techniques.
- Today's training will help minimize the risks of foodborne illness.

Most Common Food Allergens

- Milk
- Soy
- Eggs
- Peanuts
- Wheat
- Fish, such as bass, flounder, and cod
- Tree nuts, such as almonds, walnuts, and pecans
- Crustacean shellfish, such as crab, lobster, and shrimp



How Food Becomes Unsafe

- Unsafe temperatures
- Personal hygiene
 - Wash your hands properly, apply enough soap to build up a good lather, scrub 10 to 15 seconds with warm water
- Hazards from the environment
 - Biological hazards- Bacteria, viruses, fungi, and parasites
 - Physical hazards- band aids, glass, brittle plastic
 - Chemical hazards- cleaners, sanitizers, and pesticides

Storing Food Safely

- Store food only in designated food-storage areas.
 - Make sure food isn't being stored beside chemicals, pesticides, or gasoline. Foods, such as cereal, can have chemicals leach into them if stored too closely together.
- Store food at least 6 inches off the floor and away from walls.
- Store in a temperature-controlled area (ideally between 50-70 degrees, but no higher than 85 degrees per USDA recommendations).



Understanding Product Dating

- Sell-by date
 - This is a quality date.
 - It tells how long to display product for sale.
 - The product is still safe to eat past this date.
- Best-by or best if used by date
 - This is a quality date.
 - Tells consumers the date by when the product should be eaten for best flavor/quality.
 - The product is still safe to eat past this date.
- Use-by or expiration date
 - This is the last date recommended for the product while at peak quality.
 - The product is still safe to eat past this date.
 - It is only a safety date when used on infant formula.



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This information was found on the USDA's website. [Click here](#) to learn more.

Rotating Food in Storage

- It is important to make sure that the oldest food is being used first.
- Food rotation should be based on either the expiration date or delivery date of the food.
- If using first-expired, first-out (FEFO) method
 - Check the use-by or expiration date
 - Store food that expires first in the front and food that expires later in the back.
 - Use food stored in front first.
- If using first-in, first-out (FIFO) storage method
 - Check the delivery date.
 - Store food with the earliest delivery in front of food with later dates.
 - Use the food stored in front first.

Evaluating the Condition of Food

- Never assume a product has already been inspected and is safe for use.
- It is everyone's shared responsibility to inspect food for safety.
- Foodborne botulism
 - The CDC states, "This can happen by eating foods that have been contaminated with botulinum toxin".
 - This can happen by eating or tasting foods from bulging, leaking, or damaged containers.



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Spotting Pests

- Insects and rodents carry pathogens that can cause illness.
- It's important to look for signs of pests, which include but are not limited to:
 - Droppings
 - Nests
 - Damage to product or packages



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References

- ServSafe Food Handler Guide for Food Banking
- USDA