

southeast missouri



help more. reach more. feed more.

# Disclaimer

- This presentation is NOT a Safe Food Handling Certification course.
- This training is designed to help volunteers know more about Safe Food Handling practices.
- Reach out to the Programs Coordinator if you have any questions.

# Why is Food Safety important?

- It is important for feeding programs to know basic food safety to ensure neighbors receive food safely.
- To ensure the safety and integrity of the food distributed within the Food Bank's service area:
  - Food Bank staff and Partner Agencies must be trained in food safety
  - Food Bank facilities and Partner Agencies are regularly audited and monitored for compliance

# Topics Covered in Food Safety

- BASIC FOOD SAFETY
- PERSONAL HYGIENE
- CROSSCONTAMINATION & ALLERGENS
- CONTROLLING TIME AND TEMPERATURE
- CONTROLLING WILD RODENT INFESTATIONS

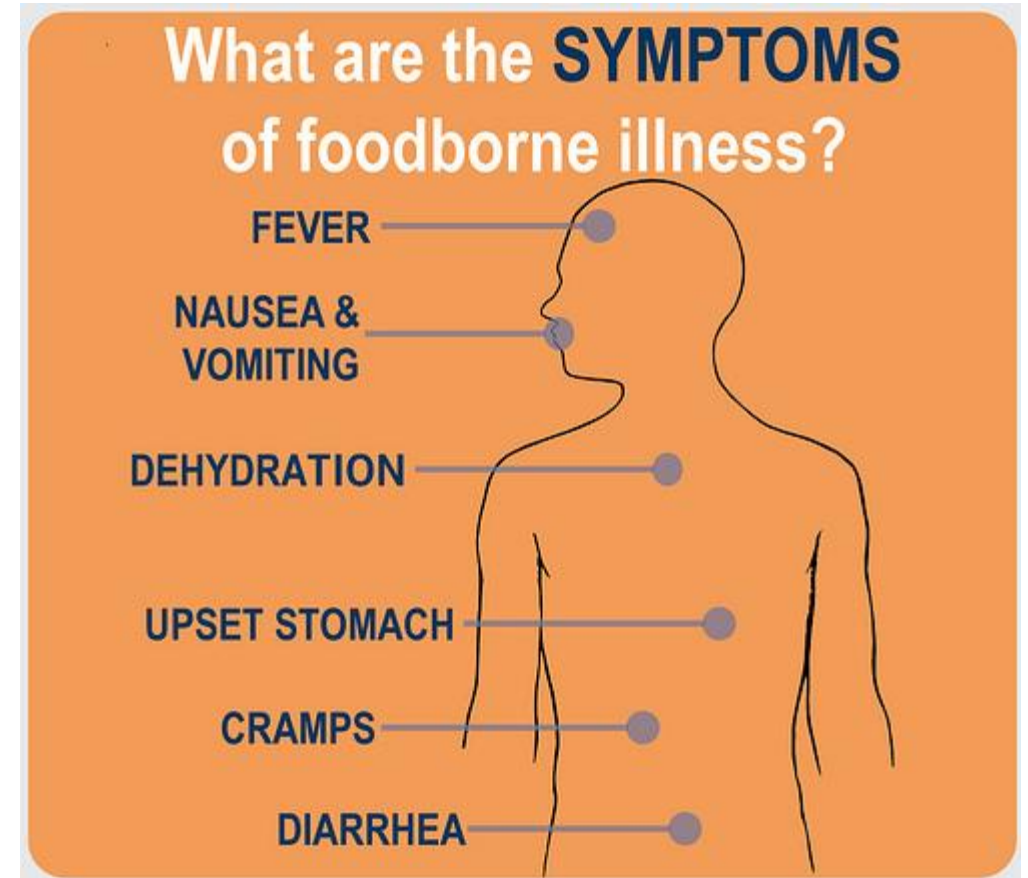
# Basic Food Safety

How does food become unsafe?

- Unsafe food is usually the result of contamination or other hazards.
- The three main are:
  1. Biological – viruses, bacteria, fungi, and parasites
  2. Chemical – food service chemicals that are used incorrectly
  3. Physical – bandages, glass, dirt, etc.

# Foodborne Illness

- Symptoms can begin in as little as 30 minutes and up to 7 days after ingesting contaminated food.
- **Children, seniors, pregnant women, and those with chronic illness** are the most vulnerable populations at risk.



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

# Personal Hygiene

- Proper handwashing is critical to preventing the spread of pathogens and avoiding food contamination.
- The whole process should take at least 20 seconds, recite the “Happy Birthday to you...” song!
- Always washing your hands after:
  - Using the restroom
  - Coughing, sneezing, blowing your nose
  - Eating, drinking, smoking
  - Taking out the trash
  - Touching your hair, face, and or body
  - Before putting on gloves
  - After touching dirty equipment or surface
- Keep fingernails short and clean.



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

# 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

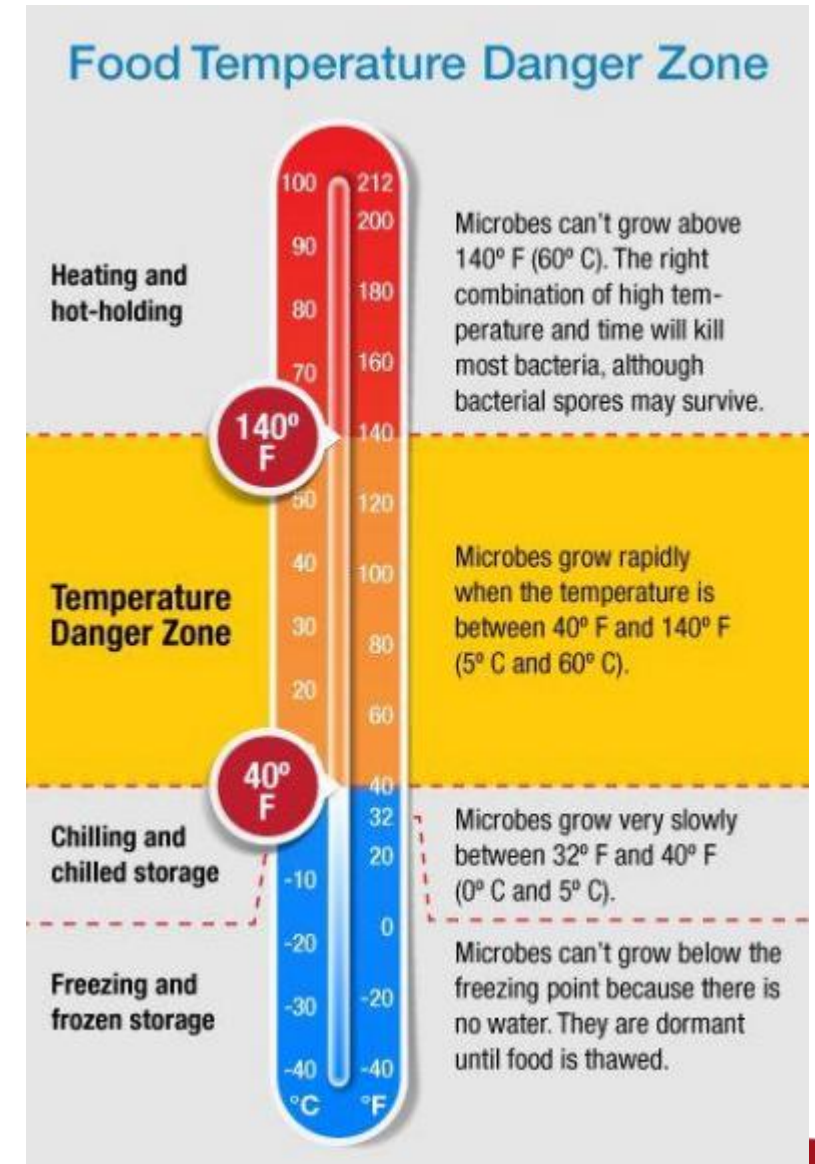


# Potentially Hazardous Foods

- Potentially Hazardous Foods are more likely to cause Foodborne Illness than other foods
- Potentially Hazardous Foods are generally:
  - High in protein
  - Moist
  - Have little to no acidity
- Includes some foods that are processed or already prepared.
- Examples include, but are not limited to: Milk/dairy products, cut leafy greens, fish, poultry, meats, shell eggs, etc.

# Temperature

- Food held at improper temperatures are a risk factor for foodborne illness.
- The **Danger Zone** for bacterial growth is 41°-135°F
- When potentially hazardous foods are held in the danger zone, bacteria can multiply rapidly to unsafe levels.
- *Keep hot foods hot*
- *Keep cold foods cold*
- **DO NOT** overload coolers or freezers!



# Keeping Cold Foods Cold

- It is recommended to store frozen/cold items in a temperature-controlled, cool environment indoors or in the shade if outdoors.
- If it is still hard to the touch, the items are safe to distribute.
- Look for signs of significant thawing (still hard in the center and very cold overall, but starting to get soft around the sides); the items either need to be placed in a freezer/cooler right away, or they will need to be discarded.
- **When in doubt, throw it out!**

# Storing Food Safely

- Store food only in designated food-storage areas.
  - Make sure food isn't being stored beside chemicals, pesticides, or gasoline. Foods like 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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# 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.
- Discard deeply dented cans. A sharp dent on the top or side seam can damage the seam and allow bacteria to enter the can.'
- Discard heavily rusted cans. Rusted cans can have tiny holes in them, allowing bacteria to enter.
- Discard bulging/swollen cans. This is a sign of potential gas buildup. This can cause botulism, which is life-threatening.

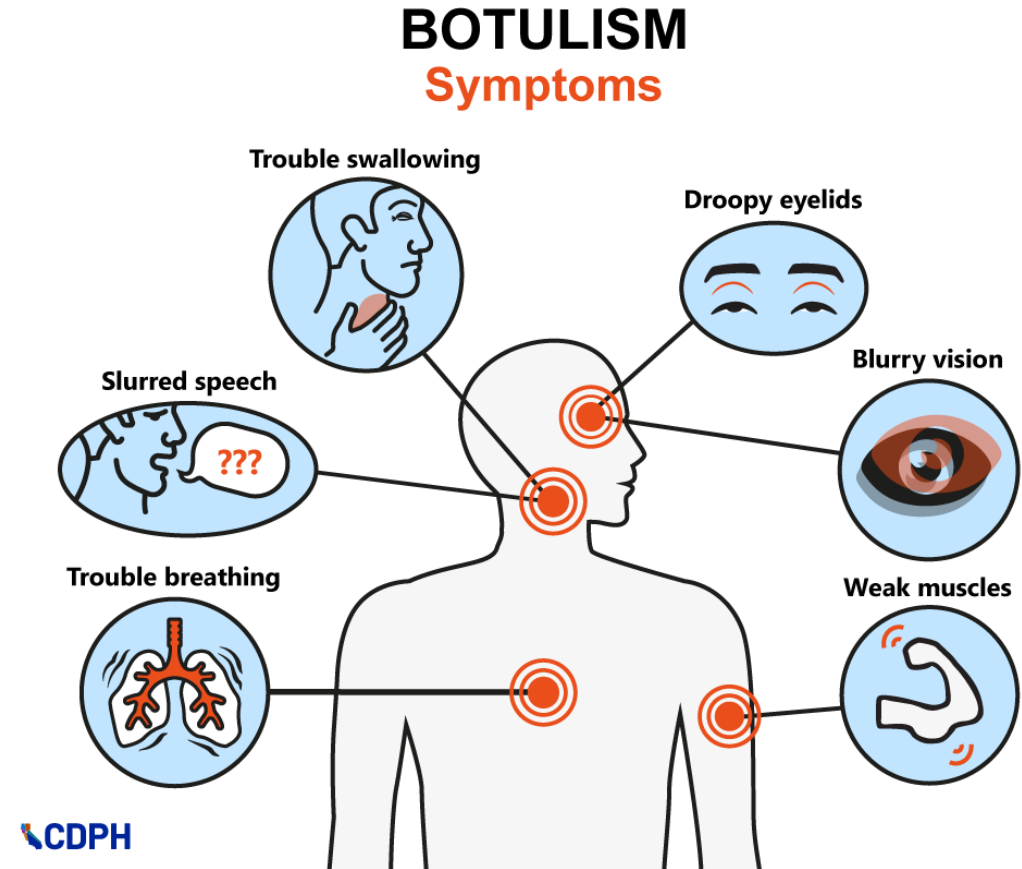


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# Dangers of Botulism

- 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.
- Symptoms develop in 12 to 48 hours. The toxin attacks the nervous system and can result in death due to suffocation, as the nerves are no longer able to stimulate breathing.
- Symptoms include but are not limited to:
  - Slurred speech
  - Muscle weakness
  - Tachycardia/Respiratory paralysis
  - Nausea and vomiting
  - Dry mouth & difficulty swallowing



# 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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# Best Practices for Infestations

- Rodents and pests are attracted to food and water sources. To deter activity:
  - Clean up spilled food immediately
  - Dispose of trash on a frequent and regular basis
  - Keep garbage in thick plastic or metal containers with tight lids.
  - Clean trash bins with soap and water frequently

Keep Your Kitchen a Pest-Free Environment

## 7 Tips To Prevent Infestation



1. Keep bins covered at all times and ensure they are emptied regularly. 
2. Clean up any spills and crumbs, whether they are on counters or the floor. 
3. Keep food stored correctly in sealed containers at the proper temperature. Never leave it on bench-tops. 
4. Keep windows and doors closed. If they must be open then be sure to install a screen. 
5. Look for any holes, cracks or crevices in the kitchen and seal them up. 
6. To control flying insects such as wasps and flies, hang up an insecticidal strips or use an electric insect trap. Dispose of / clean these traps on a regular basis. 
7. Trash bins, sinks, floors and kitchen equipment should be cleaned properly before leaving overnight. 

 If, unfortunately, you're in the midst of an infestation then hiring a professional pest control company should be the first thing you do.

# References

- ServSafe Food Handler Guide for Food Banking
- USDA