



EXTENSION PROGRAMS

Agriculture and Forestry
Community Leadership
Economic Development
Environmental Sciences
Family and Consumer Sciences
4-H Youth Development
Natural Resources

Food Safety Update

Food Safety Is All of Our Business

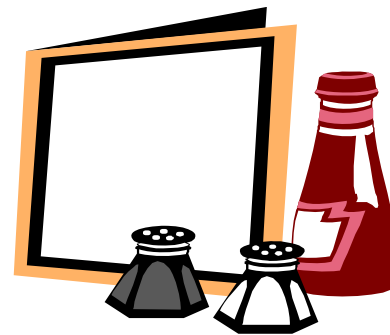
Are You Preventing Cross-Contamination?

Cross-contamination occurs when microorganisms (such as bacteria) are transferred from one surface or food to another. One example of this would be using the same cutting board to chop vegetables that you just cut up a chicken on. Check out these ways to prevent cross-contamination:

- We should all wash our hands before preparing food and frequently when working with raw foods. Never touch raw foods and then ready-to-eat foods without washing your hands first.
- Keep raw or contaminated foods from touching or dripping fluids onto cooked or ready-to-eat foods.
- Clean and sanitize food-contact surfaces (such as equipment or utensils) that touch contaminated food before they come into contact with cooked or ready-to-eat foods.
- Clean and sanitize cleaning cloths between each use.

Avoid the Temperature Danger Zone

The temperature danger zone ranges from 40° F to 140° F. This is the range of temperatures in which foodborne microorganisms grow well. Follow the 2 hour rule, and make certain food does not stay in this danger zone for more than 2 hours.



Safety & Sanitation . . .

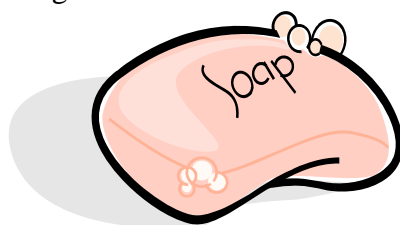
Regularly wash hands with hot soapy water for at least 20 seconds. Dry hands with a clean paper towel.



Hand Washing 101

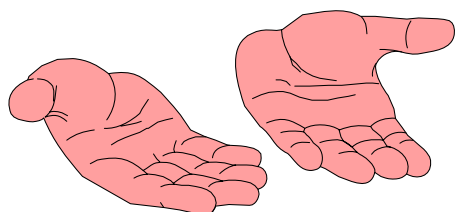
We have all washed our hands for years, so we often take it for granted. Even though this may seem like a simple task, many people fail to wash their hands properly or as often as needed. These six easy steps will ensure your hands are washed thoroughly:

1. Wet your hands with hot running water.
2. Apply soap. Be sure to apply enough to build up a good lather.
3. Rub hands together for at least 20 seconds. Don't forget the backs of your hands as well as your palms, and lather beyond your wrists.
4. Clean under fingernails and between fingers. A nailbrush is recommended.
5. Rinse hands thoroughly under running water. Turn off the faucet using a single-use paper towel if possible.
6. Dry hands with a single-use paper towel or warm-air hand dryer. Never wipe your hands dry on your apron or a cleaning cloth.



What about Hand Sanitizers?

Hand sanitizers are liquids used to lower the number of microorganisms on the surface of the skin. They may be used after handwashing, but should never be used in place of proper handwashing. If you use a hand sanitizer, allow it to dry before touching food or food-preparation equipment.



Always Wash Your Hands After . . .

- ❖ Using the restroom
- ❖ Handling raw foods
- ❖ Touching the hair, face, or body

- ❖ Sneezing or coughing
- ❖ Smoking, eating, drinking, or chewing gum or tobacco
- ❖ Using any cleaning or sanitizing chemical
- ❖ Taking out garbage or trash
- ❖ Touching clothing or aprons
- ❖ Touching unsanitized equipment, work surfaces, or wash cloths

Hygiene Hints:

- ◆ Keep fingernails short and clean.
- ◆ Do not wear false nails or nail polish.
- ◆ Cover hand cuts or sores with a clean bandage and a glove or finger cot.
- ◆ Keep hair clean since oily hair can harbor bacteria.
- ◆ Wear clean clothes.
- ◆ Remove jewelry prior to preparing or serving food.
- ◆ Keep hair properly restrained.

References:

ServSafe Coursebook from the National Restaurant Association
Culinary Essentials from Johnson and Wales University

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