Introduction to food Safety and Hygiene

Made by- Nuvia

Content

- Overview of food principles
- Importance of proper hygiene in the culinary industry

Introduction

- it is important to follow the five keys to safer food because proper food handling is key to food borne disease prevention
- In some countries , it may be necessary to address the use of safe water and raw materials before presenting the five keys to safer food

Survival of Microorganisms on Surfaces

Two hours to several months – *It Depends!*

Varies by environmental conditions:

- Surface material
- pH
- Temperature
- Food and water sources
- Humidity
- Competition for the space

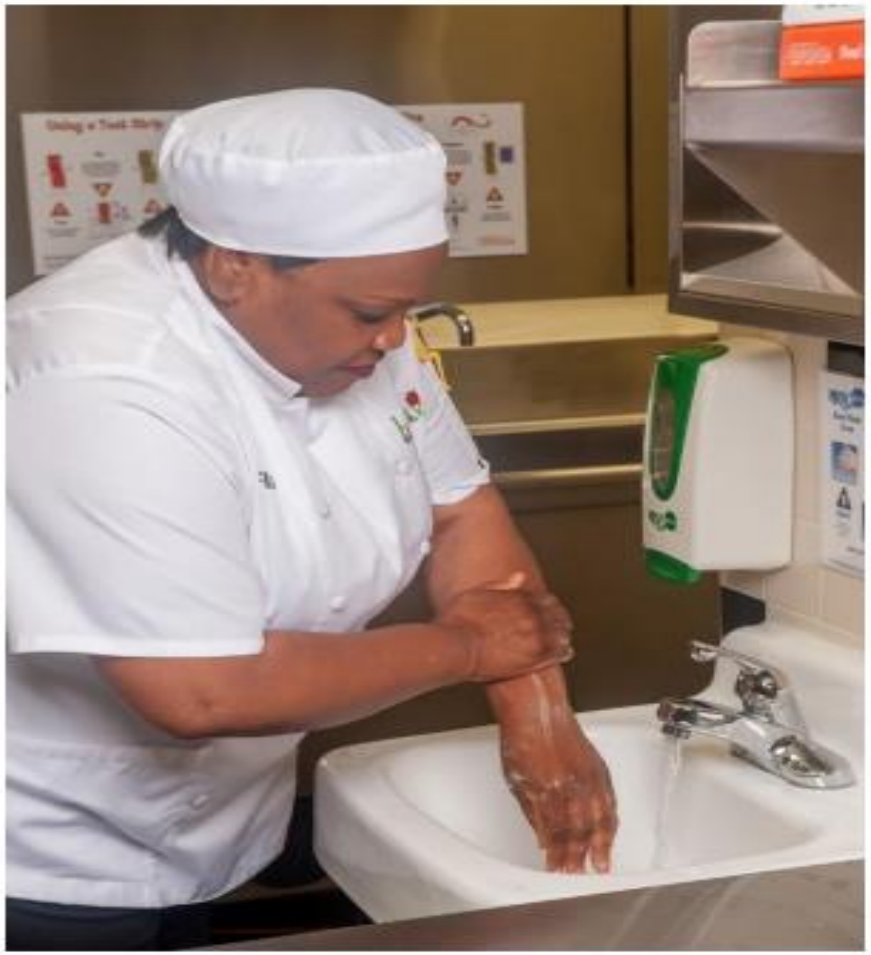
Survival of Microorganisms on Surfaces

Survival of Microorganisms on Surfaces

Person-to-Person Transmission


Risk Mitigation
Strategies

Handwashing: How To



Handwashing: Signage

Handwashing: When To

- Before entering food production area/preparing food
- After handling raw foods
- Using the restroom
- Taking out garbage
- And more

Keeping Hands Clean

Microorganisms from the refrigerator door handle

Microorganisms from glove that touched door handle

Hand Sanitizer

- 60 % ethyl alcohol
- 70% isopropyl alcohol

Glove Use

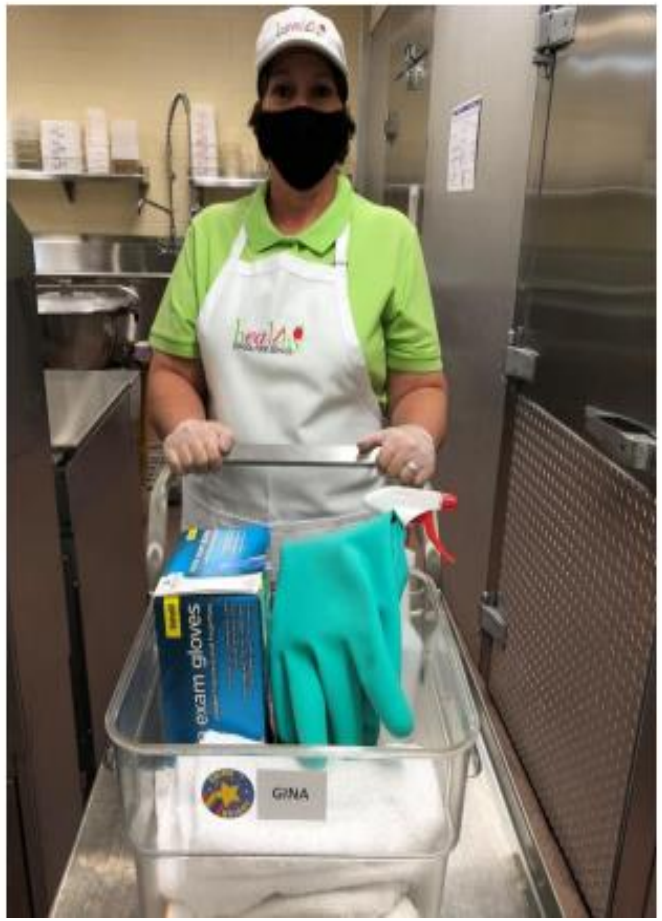
Glove Use: Do

- Wash hands prior to donning
- Change:
  - Between tasks
  - If contaminated
  - If torn

Glove Use: Don't

- Blow into glove when donning
- Wear multiple layers to remove when changing tasks
- Wash you hands with your gloves on
- Handle entire glove when putting on
- Touch face or surfaces other than food when wearing gloves – including phone or packages

Gloves as Personal Protective Equipment (PPE)



Glove Use: How to Remove

Other PPE: Cloth Face Coverings and Masks

Other PPE: Aprons

Microorganisms from an apron used in food production

Cleaning and Prep Supplies

Sanitizing Methods and Applications

- Temperature
- Chemical

Sanitizing Method

Temperature

Chemical Sanitizers

Quaternary Ammonium Compounds or "Quats"

- Sanitizer – 200 to 400 PPM
- Disinfectant – 600 to 800 PPM

Chemical Sanitizers

Sodium Hypochlorite

"Bleach" or "Chlorine"

- Sanitizer – 50 to 100 PPM
- Disinfectant – 600 to 800 PPM

Sanitizer Guidelines

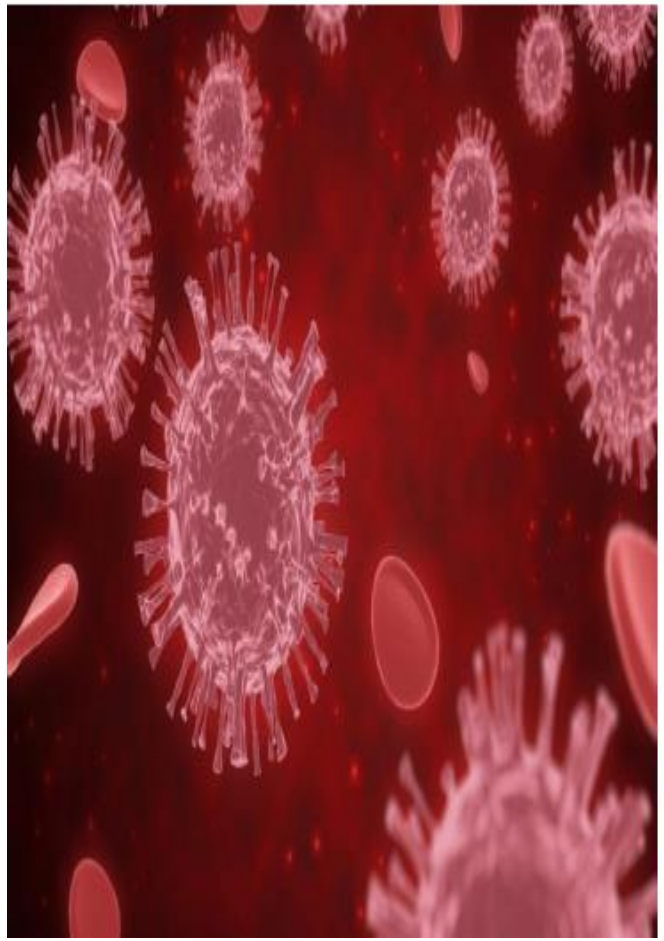
	Chlorine		Iodine	Quats
Water Temperature	≥100°F	≥75°F	≥68°F	≥75°F
Water pH	≤10	≤8	≤5 or manufacturer's recommendation	Per manufacturer's recommendation
Sanitizer Concentration	50-99 ppm	50-99 ppm	12.5-25 ppm	Per manufacturer's recommendation
Sanitizer Contact Time	≥7 sec	≥7 sec	≥30 sec	≥30 sec

Applications of Sanitizers

Keys to sanitizer effectiveness:

- Chemical concentration
- Water temperature
- Contact time

Disinfecting

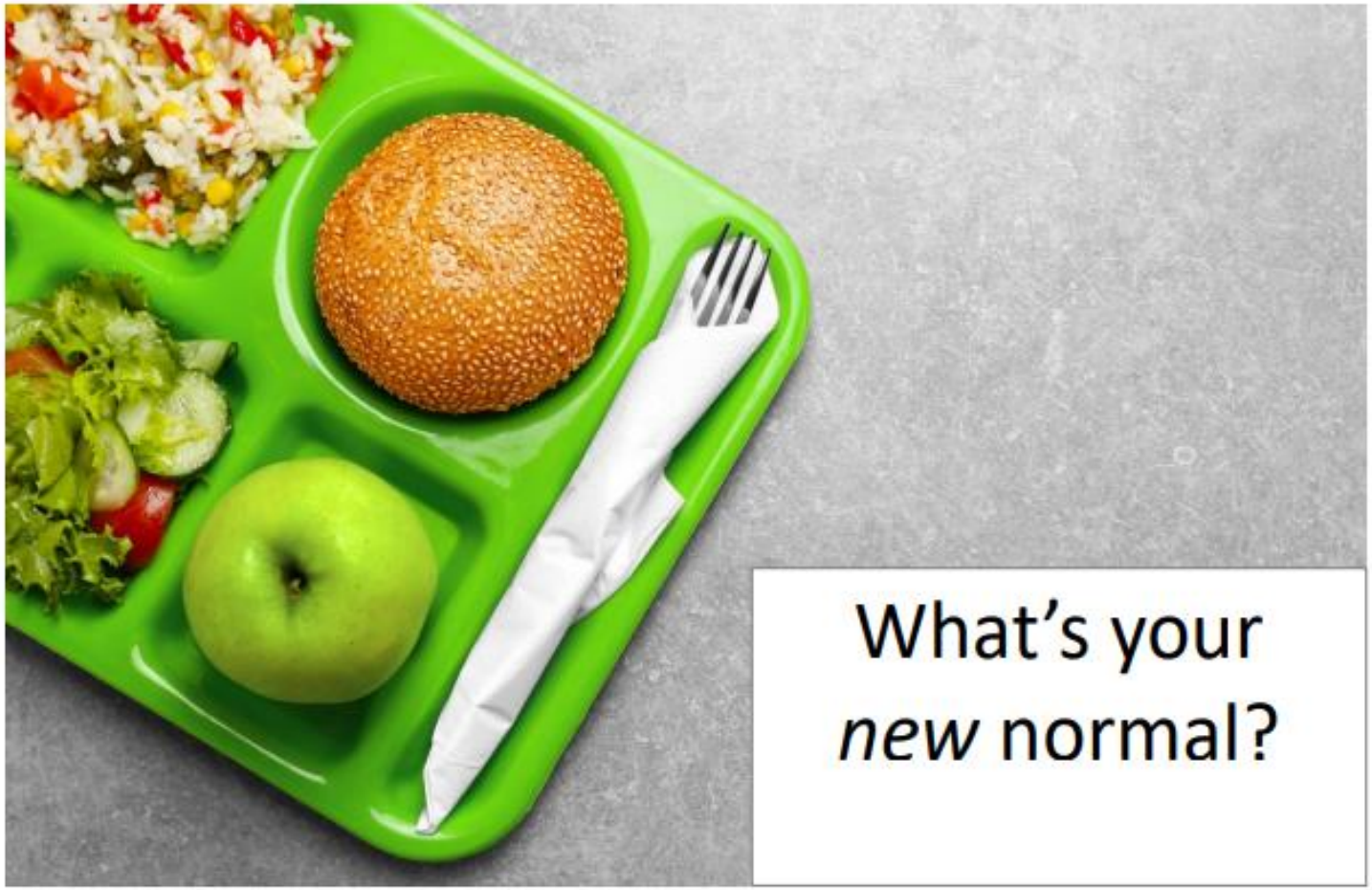


Impact on School Nutrition Programs: Receiving, Production, & Service

Receiving

Food Production

Service



Cleaning and Sanitizing in the Dish Room

Additional Recommendations

Cleaning and sanitizing:
Proper towel use

Cleaning and disinfecting:
Frequently touched surfaces

Summary


Wash Hands Thoroughly
Use Soap or Hand Sanitizer
min
2 m
6'7"
Keep Safe Distance from Other People
Stay at Home if Possible
Use Face Mask or Respirator
Avoid Large Crowds
Do Not Meet Infected or Sick People
Do Not Touch Your Face esp. Mouth, Eyes, Nose
Do Not Travel Unless Necessary
Do Not Touch The Front Part of a Mask