

FOOD SAFETY

Kitchen Tips

Myth or Fact?

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SAFE FOOD HANDLERS ARE NOT BORN, THEY ARE MADE!

- The same applies to cooks, and chefs!
- A food handler, cook, and chef, have to become knowledgeable of, and develop the skills of, safe food handling, to truly be a **SAFE** food handler, cook, or chef!



- The **SAFE** way, is the **ONLY** proper way to prepare food!
- Cooking is the easiest part of food preparation, but still very important.
- Knowing how to safely prepare food for cooking, and how to safely handle the final cooked, or un-cooked (raw), product is critically important, and the hardest part.

SAFE FOOD HANDLING BEGINS WITH YOU!

- Regardless of the quality of the food, it is no better than how it is handled by the people that prepare it!
- Hygiene is of the utmost importance:
 - Be well groomed
 - **Wash hands** thoroughly, including finger nails.
 - Depending on the type of food to be prepared, remove jewelry, including watches.
 - Wear clean outer clothing, if soiled during food preparation, change clothes.
 - Control long hair, or beard (hair net, beard net, ball cap, visor, etc.).
 - Be physically well
 - **Never** cook for others, if you, or any who are going to help you, are not feeling well, already sick, or getting over an illness. Excuse yourself, or them, from food preparation and cooking.
 - **Never** cook for others, if you, or any who are going to help you, have cuts or sores, on the hands and/or exposed forearms. The wounds should be properly bandaged, and protected with non-absorbent gloves. If the wounds are draining, excuse yourself, or them from food preparation and cooking.
 - Keep pets out of food preparation areas!
 - Animals should never be in the kitchen and/or food preparation area when in use!



SAFE FOOD REQUIRES SAFE WORK SURFACES, POTS, PANS, AND UTENSILS!

- Clean and sanitize all work surfaces, pots, pans, and utensils to be used in the food preparation and cooking of the food.
 - To make a sanitizing solution, mix 1 tablespoon of unscented chlorine bleach to 1 gallon of drinking water. Put into a spray bottle to use on counter tops, tables, cutting boards, etc. For pots, pans, and utensils, immerse in boiling water, or into water, that has been treated with 1 tablespoon of unscented chlorine bleach to 1 gallon of drinking water, for 15 minutes.
- All the above, are not considered cleaned and sanitized, if grease or food residues are still on them after they have been “cleaned & sanitized”!
- Do not use cracked containers, platters, dishes, or cups because the cracks cannot afford proper cleaning & sanitizing, and thus breed disease causing bacteria!
- Work surfaces, that are split, cracked, or absorb liquids, should not be used because they cannot be properly cleaned & sanitized!
- Store pots, pans, containers, and utensils in drawers, cabinets, and on shelves that have been properly cleaned & sanitized. Clean storage areas often!
- **Never** store, any of the above, on the floor, near trash containers, under or near sinks, because of splatter, grime, insects, and rodents.

SAFE FOOD REQUIRES GOOD QUALITY, UNSPOILED FOOD PRODUCTS!

- Cooking, and/or spices, does not make up for poor quality, or spoiled food product!
- **Never** store food on the floor, and clean storage areas (refrigerator, freezer, pantry) often!
 - This allows for easy, routine cleaning, and treatment for vermin (insects, rats, mice).
- Examine the packaging of the food.
 - Look for bulging of vacuum packs and cans. The bulge is caused by the gas formed from bacterial action during the spoilage process. Discard the food found in these conditions.
 - Look for punctures of vacuum packed, wrapped, or can food. Bent, or mashed, cans can lose their seal. The loss of the seal, and punctures, allow bacteria, and chemicals to contaminate the food inside.
 - Look for discoloration of the food inside the package. This is an indication of contaminants, and/or spoilage.
- Examine all food products for foreign matter.
 - Look for metal shavings from the can opener, insects, and anything that should not be in there, including mold.
- Examine all food products for punctures, and severe bruising.
 - Punctures into food, vegetables and meats, should be cause for alarm, because it can indicate internal contamination from foreign matter, and animal foraging (rats, mice, insects, worms, etc.)
- Wash all whole meat, fruit, and vegetables thoroughly!
 - Washing fruits and vegetables is important to remove pesticide residue, animal feces, grime, and any other exposure to contaminants during the harvest, shipping, and packaging. Soap is used to remove these residues, just rinse thoroughly. For ground meat, washing is impractical, but examination is critical.

AVOID CROSS CONTAMINATION OF THE FOOD PRODUCTS!

- Clean and sanitize all work surfaces, cutting boards, and utensils before beginning food preparation!

- Always clean and sanitize the cutting/work surfaces, and utensils, when switching from cutting/preparing poultry to beef or fish, any meat to vegetables/fruit, and vice versa. Poultry is loaded with bacteria, naturally. Juices/drippings, from raw meat, will transmit the bacteria onto knives, utensils, and cutting/work surfaces (counter tops) regardless of the counter top material type.



Raw meat juice, onto raw food product used to prepare uncooked dishes (salad), is dangerous!

- **Never** store dripping meat or seafood on shelves above other food products! This applies whether the food below is already cooked, properly wrapped, or not.
- When cooking on the grill outdoors:
 - Do not use the same container, or utensils used to transport the raw food product to the grill, to handle while cooking, or to transport the cooked food to the dinner table, without cleaning, and sanitizing them between the raw, and cooked cycle!
 - Be very careful with marinades, and injectors! Keep your marinades in sealable containers, refrigerate the opened, unused bottle or package, and **never** use the marinade, that was poured on the raw, uncooked meat, as a pour on sauce after cooking! Injectors should be cleaned and sanitized after injecting into raw, uncooked meat, and especially if the cooking process is complete, and you want to add more flavor by re-injecting the cooked meat.

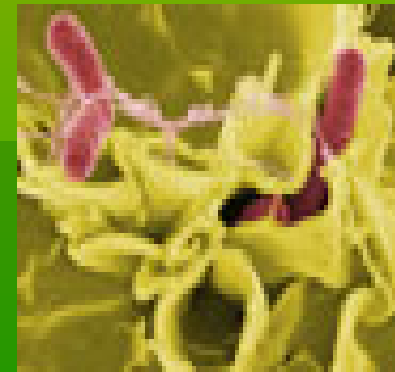
COOK, CHILL, AND RE-HEAT FOOD TO PROPER INTERNAL TEMPERATURES!

- Hot food should be cooked to a minimum internal temperature of 140 degrees F and above!
 - Cooking kills bacteria, parasites, and pathogens so that the food is safe to eat.
 - Always re-heat food, to a minimum internal temperature of 165 degrees F or above.
- Chill/refrigerate cold food, quickly, to a minimum internal temperature of 45 degrees F or below!
 - Chilling, refrigerating, and freezing slows the growth of bacteria, prolonging the time it normally takes food to spoil. This allows fresh, or left over, food to be eaten at a later time.
- Food insulates itself from both heat and cold!
 - Chill cold food quickly, in shallow containers to reduce the insulation factor.
 - Thaw frozen food in cold tap water, not hot water, to avoid encouraging bacteria growth on the outside of the product, while the inside is still thawing.
- **Never** leave food out, at room temperature for more than 2 hours before you cook/re-heat, refrigerate, or freeze it!
- Have on hand, and use, thermometers to validate the temperatures of the hot and cold food, and the temperature of the refrigerator(40 degrees F or below) and freezer(0 degrees F or below).
 - Turning your refrigerator knob to number 4 or “normal” does not tell you what temperature they represent.
 - Hearing meat, or hot dishes “sizzle”, does not confirm how hot the internal temperature is. Handle raw, uncooked, food as little as possible bare handed!
- **Never** handle cooked food bare handed! Always use cleaned & sanitized utensils!



WASH HANDS REPEATEDLY!

- The single most important thing, that anyone can do, to prevent the spread of disease, is to **WASH HANDS PROPERLY** and **OFTEN!**
- **Wash hands** in warm water and soap, to loosen skin oil & grime.
 - Scalding hot water is unnecessary!
- **Wash hands:** before beginning the food preparation; after any break (answer the phone, door, etc.) ; when switching from meats to vegetables/fruit and vice versa; after handling any item not cleaned & sanitized for use during the preparation; after having touched parts of your body (nose, mouth, eyes, ears, hair); and especially after using the restroom!
- Anti-bacterial soap is not required.
 - Some bacteria have already developed a resistance to anti-bacterial soap.
- Hand sanitizer does not replace hand washing, except when there is no possible way to wash your hands with soap and water!
- **ALWAYS WASH YOUR HANDS BEFORE YOU EAT!**
 - Hand sanitizer is an acceptable substitute, if it is impossible to wash your hands.
- Protect your clean, washed hands, and when in doubt of their cleanliness, **WASH THEM AGAIN!**



salmonella

ICE IS A FOOD PRODUCT!

- Always use ice from an approved vendor, and from an approved water source (municipal or county).
- Handle ice with clean, sanitized utensils (tongs and scoops) to avoid contamination.
- Store a clean & sanitized ice scoop inside the ice machine, up to the handle, to prevent contamination.
 - Leaving a scoop out hanging, or on a surface, even if it is upside down, does not protect the scoop from airborne “germs”, dirt, dander, or insects! All sides of the scoop contact the ice when used.
- **Never** use “dirty” ice! Clean & sanitize a cooler, if storing ice, for beverage use!
- **Never** store food, or beverages (soda or water bottles, etc.), in an ice maker/machine for chilling!
 - Ice makers and ice machines are not coolers, and should not be used as such.
- Empty, clean, and sanitize your ice maker/machine periodically to rid it of contaminants such as mold and grime.

REVIEW...MYTH OR FACT?

- Browning and/or grilling meat makes it safe to eat...
 - Myth!
- Soap & water is all that is necessary to wash hands...
 - Fact!
- Granite counter tops do not have to be sanitized...
 - Myth!
- Freezing kills bacteria making food safe indefinitely...
 - Myth!
- Cooking food longer will make it safe to eat...
 - Myth & Fact!
- Microwaving is the best way to re-heat hot food...
 - Myth!
- Using an apron can make up for not having time to change dirty clothes before cooking...
 - Myth!
- Seeing eye dogs are allowed in the kitchen and food preparation area...
 - Myth

Four Steps to Food Safety



REVIEW CONTINUED...MYTH OR FACT?

- Covering food with a dish towel, or putting food in the oven, will allow the food to stay out longer before refrigerating...
 - Myth!
- The closer the temperature of food is to body temperature (98.6 degrees F), the better bacteria likes it, and the faster they reproduce...
 - Fact!
- Using smokeless tobacco in the food preparation area does not present a contamination problem like cigarettes...
 - Myth!
- Rinsing pots, pans, and utensils, immediately after use, while they are still hot, is all that is required to be clean...
 - Myth!
- Anti-bacterial soap is better to use for washing hands...
 - Myth
- This program has caused me to re-think how I prepare, and cook food...
 - Fact! I hope!
- This presenter has caused my ears to ache, and my appetite to disappear...
 - Fact! For sure!



QUESTIONS?



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