

### Wiping Cloths

- Use separate cloths and solutions for:
  - ⇒ ready-to-eat food surfaces.
  - ⇒ raw food surfaces.
  - ⇒ non-food surfaces.
- Store food surface cloths in sanitizing solution.
- Keep cloths and solutions clean.
- Rinse cloths clean before returning to sanitizer solution.



### Chemical Sanitizer Procedures

- Use at the correct concentration.
  - ⇒ Measure sanitizer concentrates.
  - ⇒ Use water level marks in sink compartments or buckets.
- Test the strength of the solution.
- Use warm water, 70°F – 90°F.
- Use only *one* chemical in a solution. *Never add soap or other chemicals.*



#### General Sanitizer Guidelines

Sanitizer Agent	Concentration
Chlorine	50 - 100 ppm
Quats	200 ppm
Iodine	12.5 - 25 ppm

### Rotating Food and Supplies

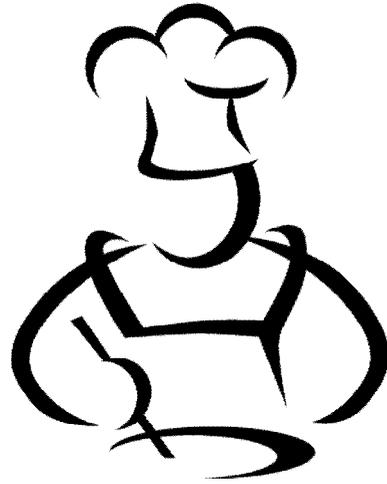
Maintain freshness and safety by:

- Never mixing new food with old.
- Using First In First Out rotation.
- Using Date Labels for tracking.
  - ⇒ Date Received.
  - ⇒ Date Prepared/Opened.
  - ⇒ Use by Date\*.

\*Especially for highly perishable, ready to eat food.

*Do not exceed 7 days refrigerated storage for perishable food.*

# Food Handler's Guide



### Tarrant County Public Health Department

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 Fort Worth, Texas 76104-4802  
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### The Problem

Foodborne illness is estimated to cause each year:

- 76,000,000 illnesses.
- 323,000 hospitalizations.
- 5,200 deaths.
- \$6.9 billion in economic loss.

### What You Can Do

Reduce foodborne illness by:

- Improving food safety awareness.
- Changing behavior and practices.
- Following these guidelines.

### Hand Washing...

is the number one thing **you can do** to prevent foodborne illness!

Wash your hands **this way**:

- Moisten hands with warm water.
- Apply hand cleanser.
- Scrub all surfaces for 15 seconds.
  - ⇒ backs of hands
  - ⇒ wrists
  - ⇒ between fingers
  - ⇒ tips of fingers
  - ⇒ under fingernails



- Rinse hands well.
- Dry hands with paper towels.
- Avoid touching ready-to-eat food with bare hands.

Wash your hands **before**:

- Preparing food, especially ready-to-eat products.
- Handling clean equipment, utensils, or tableware.

Wash your hands **after**:

- Using the toilet.
- Coughing or sneezing.
- Eating, drinking, or smoking.
- Touching cuts, sores, or infected areas of your body.
- Handling dirty equipment, dishes, or tableware.
- Touching unsanitary surfaces.

### Personal Health:

- Avoid food handling when you have the following symptoms.
  - ⇒ Diarrhea.
  - ⇒ Vomiting.
  - ⇒ Yellowish eyes or skin with dark colored urine.
  - ⇒ Wound containing pus upon your fingers, hands, wrists.
  - ⇒ Sore throat with fever.
  - ⇒ Persistent coughing, sneezing or nasal discharge.
- Report any of these symptoms to your manager immediately.

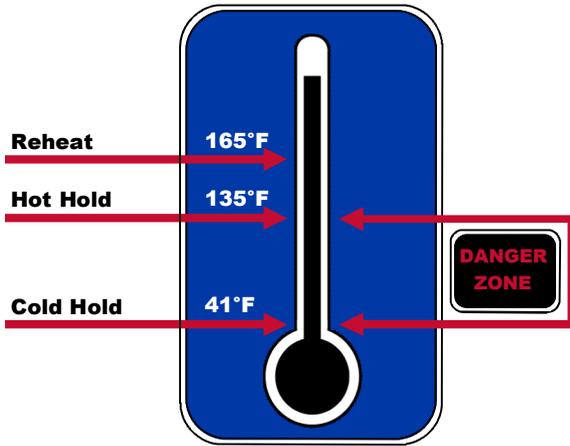


### Good Hygienic Practices:

- Use gloves, utensils, or deli tissue instead of touching food.
- Cover mouth when coughing or nose when sneezing followed by proper hand washing.
- Bandage cuts or sores.
- Keep hands away from your face and body.
- Neatly trim fingernails.
- Remove jewelry and nail polish.
- Restrain your hair effectively.
- Bathe or shower daily.
- Keep aprons and clothing clean.

## Temperatures for Food Safety

The danger zone is the temperature range where germs grow rapidly.



Pass food *quickly* through the Danger Zone using the following guidelines to prevent illness.

### Thawing Food Properly

Keep food from lingering in the Danger Zone by proper defrosting:

- Inside a refrigerator.
- Under cold flowing water in a sink.
- Using a microwave if cooking follows immediately.

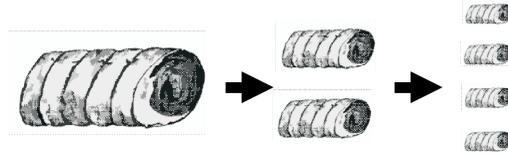
### Cooking Temperatures\*

Stuffing, Stuffed Products	165° F
Poultry	165° F
Ground/Injected Meats	155° F
Pork/Seafood/Eggs, Beef cuts	145° F
*minimum internal temperatures	

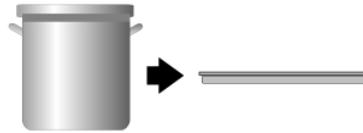
### Cooling Food Safely

Cool food from 135°F to 70°F within 2 hours and then to 41°F within 4 hours more by:

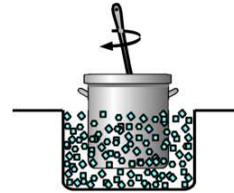
- Cutting food into smaller portions.



- Re-panning food to 2 inch depths.



- Using ice baths.



### Reheating Food

Rapidly reheat food to 165°F or higher to kill any germs which may have multiplied when food passed through the Danger Zone.

*Do not reheat using steam tables, slow cookers, or similar hot hold equipment.*

### Checking Food Temperatures

- Check food temperatures frequently.
- Use thermometers *Don't guess!*
- Sanitize thermometer probes.
- Take internal product temperatures.
- Keep thermometers accurate.



## Cross Contamination

Germs can be spread from one food to another through improper storage and mishandling.



Separate raw meat, poultry and seafood from other foods.

Avoid cross-contamination by:

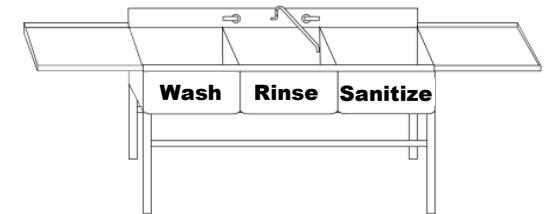
- Recognizing ready-to-eat foods from raw, unprepared foods.
- Storing raw meat, poultry, eggs, and seafood *below* cooked and ready-to-eat foods.
- Using separate surfaces and equipment for raw meats, poultry and others for raw fruit and vegetables
- Never placing cooked foods on a surface that previously held raw meats, poultry or seafood
- Washing hands before handling ready-to-eat food products.
- Cleaning and sanitizing equipment and utensils when *changing* food products.

## Cleaning and Sanitizing

### At the Sink:

Wash and sanitize using these steps.

- Scrape leftover food and debris into the garbage.
- Wash with hot, soapy water.
- Rinse with clean, warm water.
- Sanitize with warm sanitizing solution.
- Air dry before storage or reuse.



### At the Dishwasher:

- Pre-soak items on which food has dried and hardened.
- Rinse off food residue before racking.
- Inspect cleaned articles for food deposits.
- Check dishwasher sanitizer and temperature levels every shift.
- Clean dishwasher frequently.

### Elsewhere:

Follow the **At the Sink:** method *above* for food surfaces cleaned in place.

