



Food Safety Intro



Food safety is relatively straightforward if you know the main reasons why people become ill from food and then know what controls to put in place to reduce the risk. Interestingly enough, the factors and controls all appear to be very simple and make good common sense. The CDC in conjunction



with the FDA have provided us with the top six (6) factors, collectively referred to as the "CDC Risk Factors".⁽⁵⁾ In an original large scale nationwide survey the CDC identified these factors as the major contributors to food-borne illnesses. Next, we will



look in depth to these risk factors and show you simple ways in which to control them. By doing so, the food supply to the recipients of donated foods will be safer.

Control The 6 CDC Risk Factors and Donated Food Becomes Safer!

Poor Personal Hygiene

1. **Wash Those Hands!** Use soap and warm water, rinse and dry with a disposable paper towel. When soap and water are not available carry and use handsanitizers. While soap and water are the most effective method against bacteria and germs, handsanitizers can be the next best thing.



Improper Holding Temperatures

2. Keep Hot Foods Hot! Keep Cold Foods Cold!

Bacteria find it hard to grow and multiply under extreme temperature ends. They find it easier to grow in between 41F and 135F. This is referred to as, "**The Danger Zone**". Use an accurate thermometer to check foods for proper temperature ranges. Placing foods on ice in an ice chest or inside insulated containers work very well. When that is impractical, TIME can also be used. Once a food drops into the Danger Zone, it needs to be consumed within 4 hours if proper temperatures cannot be maintained.



Contaminated Equipment or Surfaces

3. **Dirty Surfaces Transfer Germs!** Harmful bacteria like Salmonella can be transferred from cutting raw chicken and then failing to properly clean and SANITIZE the surfaces before reuse. Proper care must be taken to prevent CROSS CONTAMINATION! Any surface that contacts food, either equipment, utensils or food preparation surfaces, must be cleaned and sanitized using appropriate procedures.



Special points of interest: The TIME & TEMPERATURE Relationship

- Time & Temperature work together in a dependent but inverse relationship: Control one and the other is not as important to control; however, both are extremely important in the food safety equation
- This is especially important when picking up and delivering prepared foods.
- Hot foods may not need to be rapidly cooled if it is intended to be reheated and served within 4 hours. This example utilizes TIME over temperature control.
- Cold foods can be placed in an ice chest during transportation and then moved into a refrigerator if the food will be served the following day. This example utilizes TEMPERATURE as a control.

