

# **“Disaster Food Service: Handling and Delivery,” Session 3: Safe and Sanitary Food Handling. *Salvation Army, June 2005.***

## **Session 3 Summary**

- Food borne illnesses are caused by microorganisms such as molds and yeasts, parasites, bacteria and viruses. To prevent food borne illnesses, food service workers must follow appropriate procedures.
- Practicing good personal hygiene is paramount in reducing the incidence of food borne illnesses.
- Food service workers must never prepare or serve food when ill.
- Cross-contamination occurs when germs are spread from one source to another and can be controlled by good personal hygiene and proper food handling techniques.
- Foods and beverages that are suspected of being contaminated by dangerous microorganisms should be discarded.
- Cleaning and sanitizing removes the germs and the sources of food and water that germs need to grow. Sanitizing is achieved through the use of bleach or another disinfectant.
- Temperature control keeps foods out of the “Danger Zone” (40 - 140 degrees F) where germs can multiply. Temperatures must be constantly checked in refrigerators and in foods being prepared and served. Foods must be cooked thoroughly.
- The time that food is in the “Danger Zone” must be minimized. Guidelines must be followed for safe thawing, storage, and serving.
- Safe packaging can stop the growth of microorganisms. All packaged and canned foods should be inspected for damage.
- The Salvation Army cannot accept non-commercially prepared foods.
- Safe food handling procedures should be followed when preparing and serving food:
  - Practice good personal hygiene.
  - Use gloves.
  - Serve food with utensils – never use bare hands.
  - Keep all utensils clean and sanitized.
  - Use different utensils for each type of food.
  - Keep all hot food at a minimum of 140° F or higher.
  - Keep all cold food at 40° F or lower.
  - Keep all food covered.
  - Stir food to distribute heat evenly.
  - Constantly monitor temperature of food and take corrective action when necessary.
  - Pick up flatware by handles only.
- Local Health Department and Salvation Army guidelines for storing food must be implemented in order to prevent food spoilage.
- All hot and cold foods must be kept out of the danger zone when being transported
- It is important to not only provide safe and sanitary nutritious food but to provide aesthetically pleasing meals.