



TOP 10 FOOD SAFETY TIPS



1 Clean Hands Count
Germs are easily transferred from hands to food during meal preparation, accounting for 89% of outbreaks.¹ Good hand hygiene is your first line of defense in preventing foodborne illness.



2 Sick Workers Have No Place In Foodservice

12% of foodservice employees report having worked when they were sick with vomiting or diarrhea.² Sick employees can easily spread pathogens to other employees and customers. Sick workers should stay home when sick.

3 Cool It!

Chill food promptly and properly. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them. Cold temperatures slow the growth of illness causing bacteria.³



4 Take Your Food's Temperature

Proper cooking temperatures are key to killing hazardous pathogens. Bacteria that cause food poisoning multiply quickest in the "Danger Zone" – between 40° and 140°F.⁴ Use a food thermometer to determine a food's true internal temperature.

5. Put A Label On It!

Avoid confusion and ensure freshness by labeling and dating stored ingredients and prepared foods. Any food item not stored in its original packaging must be labeled.⁵

6 Don't Get Your Signals Crossed On Cross-Contamination



Raw meat, poultry, seafood, and eggs can spread illness-causing bacteria to ready-to-eat foods. Cutting boards or utensils used with raw meats must never be re-used for ready-to-eat foods like fruits and vegetables without first thoroughly cleaning and sanitizing them after each use and before beginning a new task.⁶



7 Be A Clean Freak

Cleaning removes dirt and debris. Sanitizing reduces pathogens that may be present to safe levels. Food contact surfaces must be cleaned and sanitized after each use, or every 4 hours in continual use.⁷

8 Love Your Gloves

Failure to wear gloves by foodservice workers who prepare ready-to-eat foods is a top trending health inspection violation.⁸ Wearing gloves can reduce the spread of foodborne illness.



9 Give Fruits & Vegetables A Bath

Washing fruits and vegetables helps prevent the spread of bacteria to food preparation surfaces. Even fruits and vegetables that will be peeled or skinned must still be washed.⁹

10 Train Staff

A knowledgeable kitchen staff is your greatest ally in protecting guests and preventing foodborne illness. Each new kitchen staff member should be regularly given instruction on proper cleaning and sanitizing protocols.¹⁰



SOURCES:

¹ https://www.cdc.gov/nceh/ehs/ehsnet/plain_language/food-worker-handwashing-restaurant-factors.htm

² https://www.cdc.gov/nceh/ehs/ehsnet/plain_language/food-workers-working-when-sick.htm

³ <https://www.foodsafety.gov/keep/basics/chill/index.html>

⁴ https://www.fsis.usda.gov/wps/portal/isis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/danger-zone-40-f-140-f/CT_Index

⁵ <https://www.gfs.com/en-us/ideas/food-safety-labeling-dating>

⁶ <https://www.foodsafety.gov/keep/basics/separate/index.html>

⁷ https://www.servsafe.com/ServSafe/media/ServSafe/Documents/NFSEM_wk3_Actvy-Clean-Sanitize.pdf

⁸ <https://diningsafetyalliance.org/2018/05/08/wearing-gloves-important-food-safety/>

⁹ <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

¹⁰ <https://www.consolidatedfoodservice.com/blog/10-food-safety-tips-commercial-kitchen/>