Potluck Food Safety

Cooking for Groups

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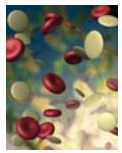
Course Agenda

- Definitions

- Food borne illness overview



- How “bugs” get in food

- In cases of suspected food borne illness

- Food safety-Cooking for Groups

- Inspector’s dream for safer potlucks

Definitions

Potentially hazardous food (PHF)

- Foods that are capable of bacteria growth
- Foods that need to be refrigerated for safety
- Some examples;

  meats, eggs, dairy, cut melons, soups, sauces, gravies, cut vegetables, cut fruits, baked potatoes, any cooked fruit, any cooked vegetable, butter, raw seed sprouts, garlic in oil mixture

Non-potentially hazardous (non-PHF) food

- don’t support bacterial growth
- don’t need to be refrigerated for safety
- Some examples:

  Lettuce, fresh spinach, or any raw fruit or vegetable, commercial mayonnaise, margarine (veg.oil)

Ready to Eat (RTE)

- Can or will be served without any further cooking in your kitchen
- Could be a PHF or non-PHF
- Some examples;

  Lettuce, fresh spinach, cooked sandwich meats, commercial made potato salad

IMPORTANT: BECAUSE THERE IS NO COOK STEP IN OUR KITCHENS WE MUST GUARD AND PROTECT RTE'S WITH EXTRA CARE

Warning

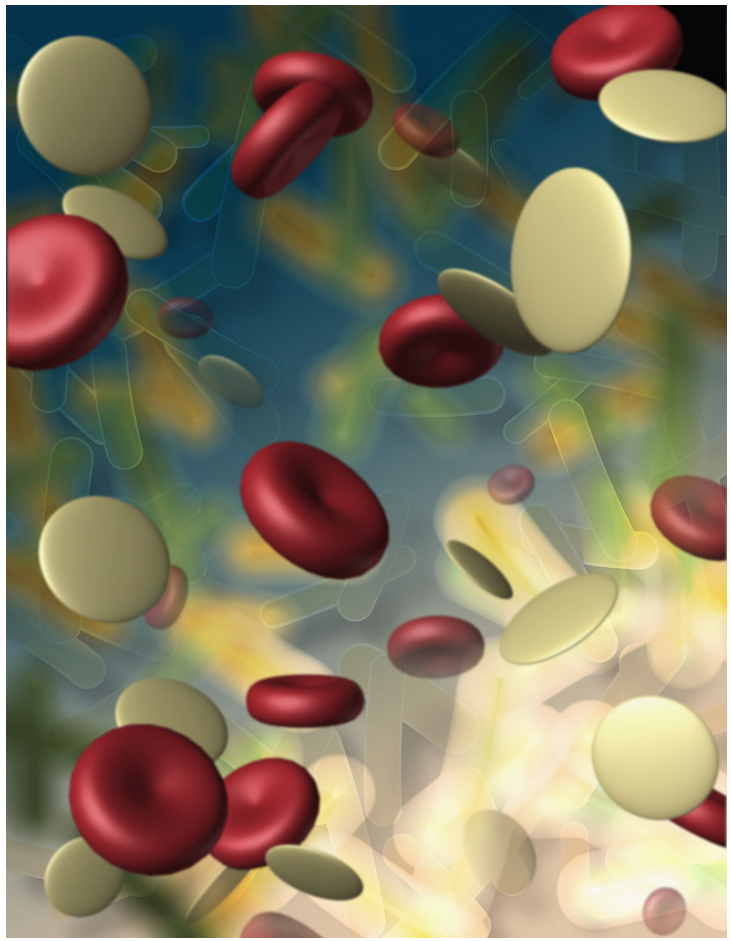
You will see slight variations in temperature requirements from one information source to another

Foodborne Illness

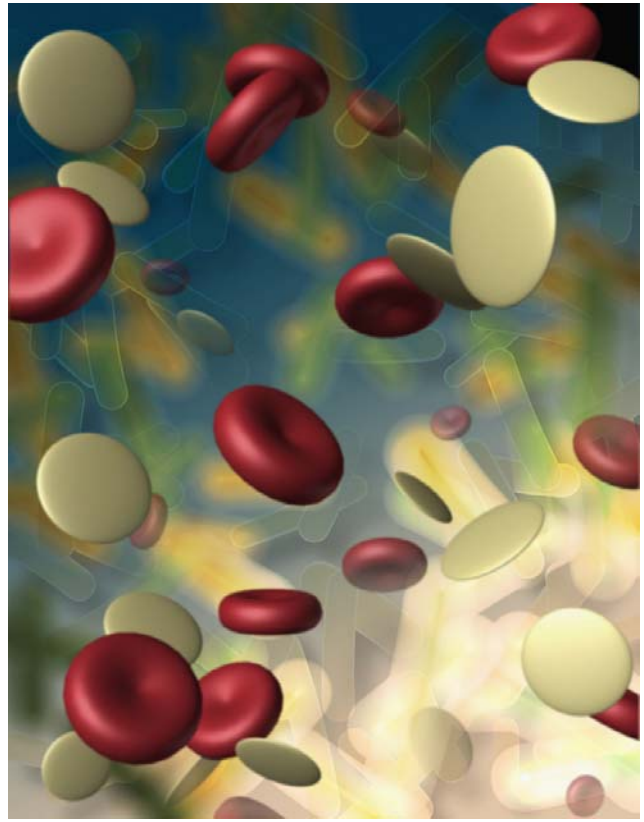
Foodborne Illness Overview

- Often present as flu-like symptoms
- Can only be confirmed with stool or vomit samples
- Infants, young children, pregnant women, immune compromised, and older adults get sick easier
- Some persons may become ill with only a few harmful bacteria others remain symptom free after ingesting thousands
- The sources of food borne illness are bacteria, toxins from the bacteria, viruses, or chemical contamination

The “Bugs”

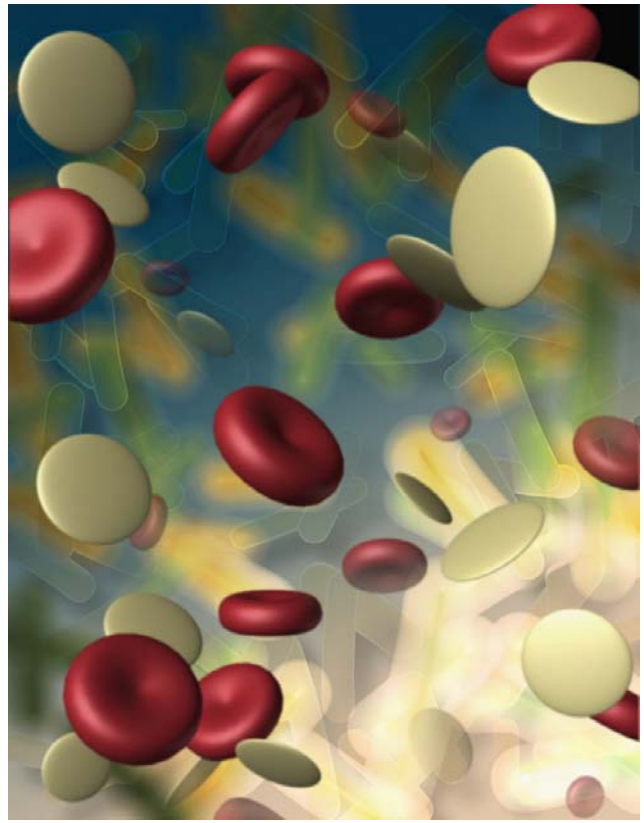


How do “bugs” get in the food



- may be on the food naturally
- they are “added” to the foods by the unclean hands of food handlers
- they are “added” to the foods by storing them under raw meats, fish, or eggs
- their numbers grow by improper holding or cooking

Important Trend



- NOW: 62 % of all food borne illness are viruses
- Viruses are added to cooked or ready to eat foods by food handlers that did not properly washing hands after using the restroom
- Consequently:
  - Wisconsin has a no bare hand contact requirement for foods cooked or ready to eat
  - WI has a two part employee health policy

Suspect Foodborne Illness

In case of Suspected Foodborne Illness

- Save portion of suspect food, label it, and freeze it.
- Save packaging material
- Encourage ill to seek medical attention/samples
- Record: Date and time of meal, items consumed, time symptoms began, and the symptoms
- Notify the local health department

Food Safety
Cooking for Groups

A publication provided by USDA

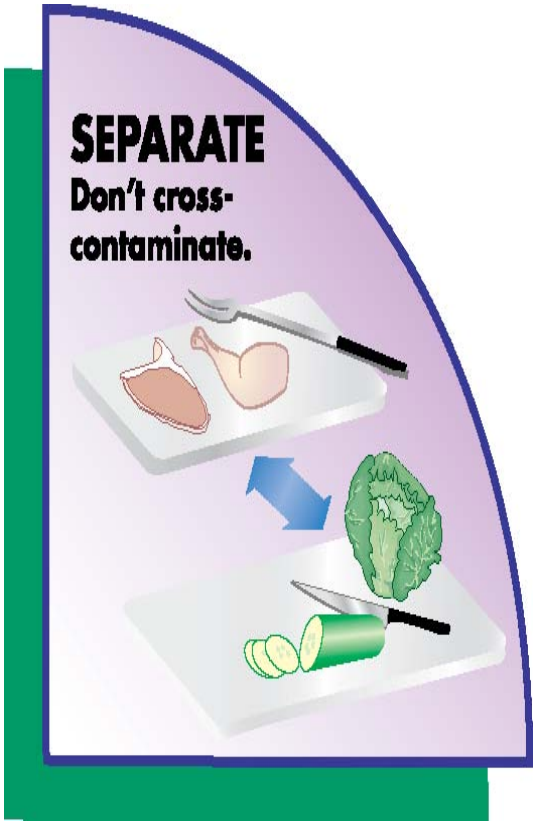
When you shop

- Don’t purchase dented, leaking, or bulging canned goods. No home canned
- Separate raw meat, poultry, eggs, and seafood from other foods in cart, bags, and in your refrigerator.
- Pick up cold foods last to shorten the time out of refrigeration

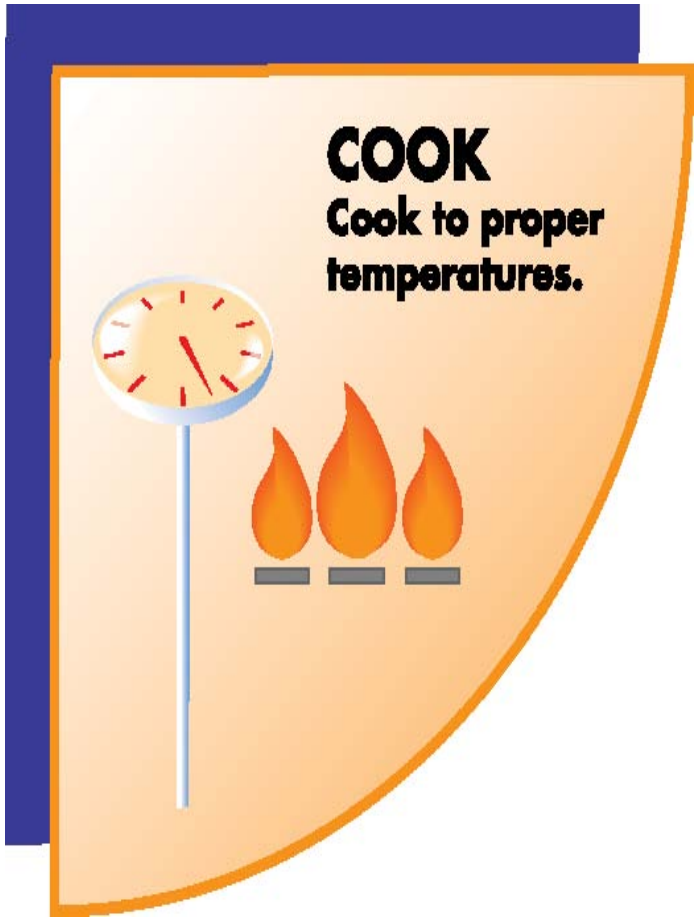
When You Store Food

- Make sure refrigerator is 41 or less
- Provide thermometer in refrigerator
- Store to avoid cross contamination raw meats, eggs, and fish should be on the bottom.

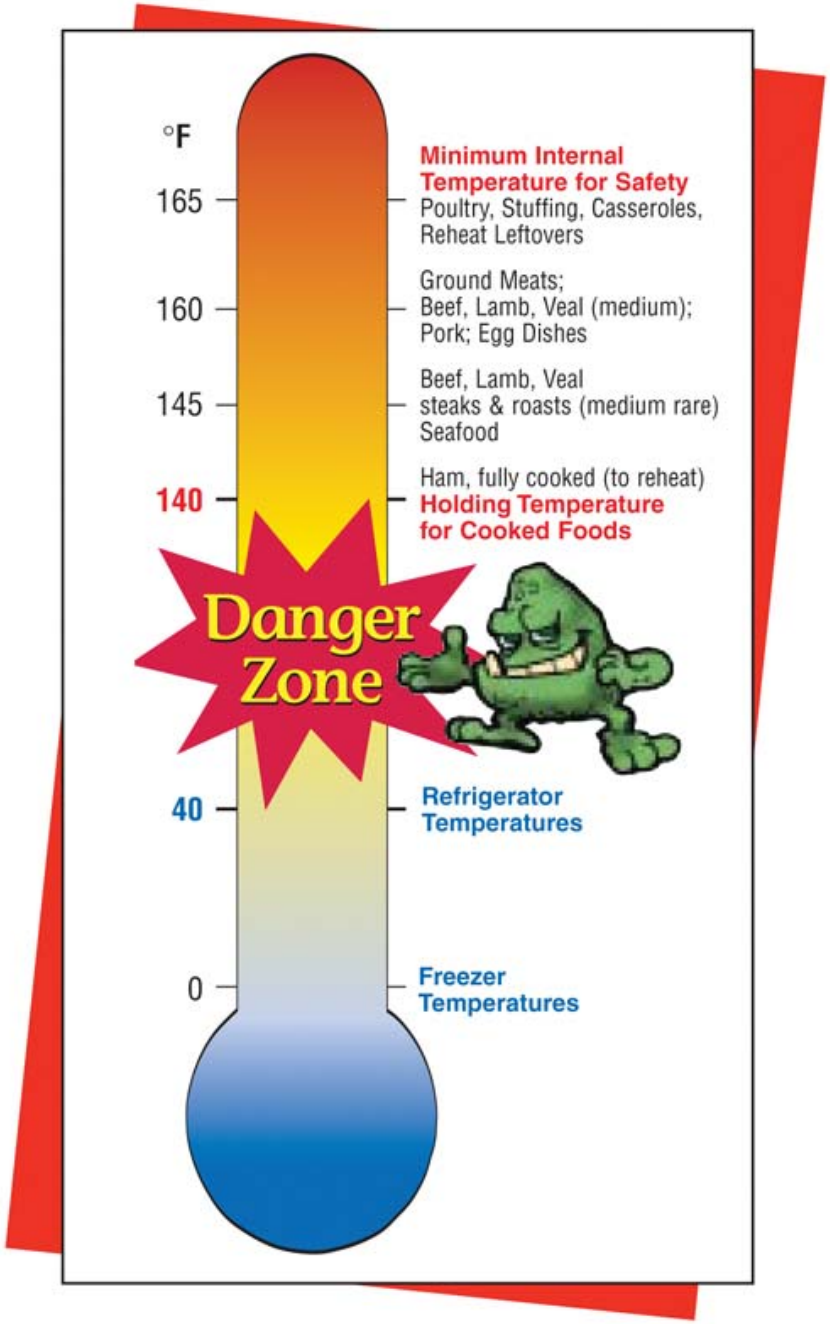
- Wash hands-soap, 20 second scrub, rinse, and single service dry
- Store cloth towels in sanitizer between uses (no soap in solution)
- Wash, rinse, and sanitize all utensils and equipment.



- Don't wipe hands on cloth aprons
- Use clean cutting boards and discard when worn and hard to clean
- Don't thaw at room temperature
- Wash fruits and vegetables with cold water before use
- Don't use utensil/equipment previously used for raw meats or eggs until it's been washed and sanitized
- Raw animal foods separate storage, preparation, hold & display
- Foods not re-served after being served to a consumer



- Use a food thermometer to check internal temps
- Cook to proper internal temps (chart page 14 or white sheet)
- Avoid recipes with raw or partially cooked eggs
- When preparing foods in oven set at a minimum of 325F
- When using microwave make sure food reaches safe temperature throughout/let stand



Danger Zone

- VERY IMPORTANT
- Bacteria multiply rapidly in the Danger Zone
- Avoid the Danger Zone
- When going from cold to hot do it rapidly – within an hour
- When going from hot to cold do it rapidly-140F to 70 in 2 hours and down to 40 or less in another 4 hours.

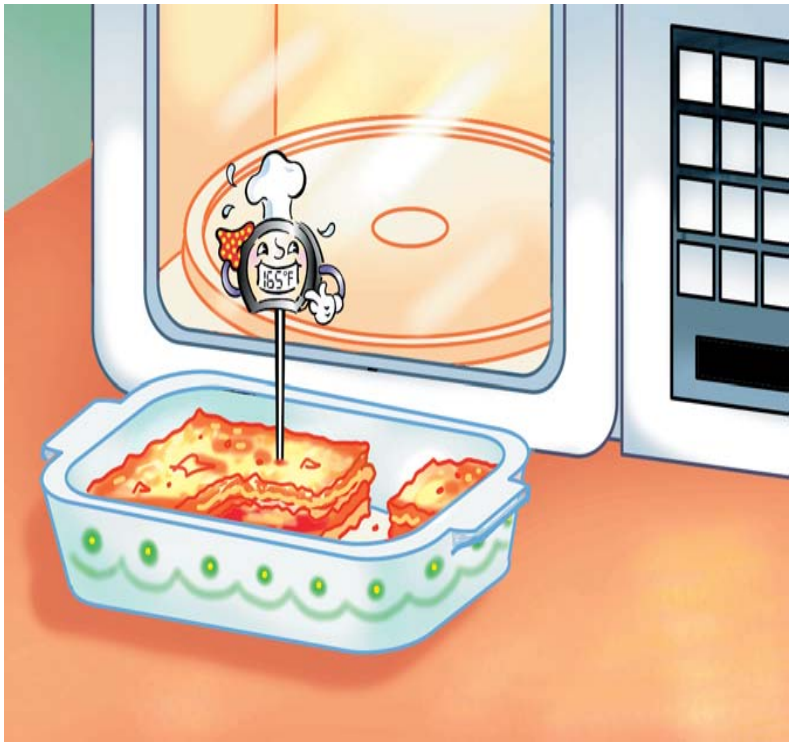
Cooling

- VERY IMPORTANT
- Place food in well ventilated area of refrigerator
- Don’t overfill the refrigerator
- Divide cooling food into smaller containers
- Foods in plastic containers cool slower
- Keep lids off until cool
- Use ice baths or ice as an ingredient

Transporting

- Maintain at safe temperatures

Reheating



- Heat cooked commercially sealed ready to eat (RTE) foods heat to 140F (1st time)
- Foods cooked and cooled shall be reheated to 165F
- Reheating foods in slow cookers/crock pot, steam tables and chafing dishes is not recommended because foods are too long in Danger Zone

Service Line

- Hot foods at 140F or above
- Cold foods at 40F or less
- Protection from contamination
- Effective ice chilling requires banking the ice equal to the level of the food in the container

Leftovers

- Immediately refrigerate or freeze
- Foods maintained at safe temperature can safely be re-served.
- Note: Cooking For Groups provides an additional guideline: discard all perishable foods left at room temperature longer than 2 hours; 1 hour if it is greater than 90F
- See page 27 for cold storage chart

Inspector’s Potluck Dreams

Potluck Safety

Health Inspector's Dream

Provide food safety training/info

- Use this course-it is free!
- Post food safety information throughout kitchen
- Send a food safety flyer out with food requests

- All PHF are prepared on site
- All PHF are prepared same day with no cooling steps
- Only baked goods are brought in from outside kitchens

Potluck Safety

Health Inspector's Dream

- If PHF have to come from outside kitchens:
  - select persons that have received food safety training to prepare.
  - select persons that can prepare it the same day with no cooling steps
- When cooling steps can NOT be avoided use rapid chill methods and monitor the time/temps
- All foods/ingredients are from approved sources
- Makes sure you have the all equipment/tools needed for safe food handling/processing:

Questions