Foodborne illness
Hazards

• Biological
  • Most common (bacteria can breed in food that is left out or cross contaminated)
  • Includes bacteria and viruses

• Chemical
  • Soap
  • Sanitizer
  • You know (if products are left out there is risk for cross contamination)

• Physical
  • Bones
  • Fingernails
  • Hair
  • You know
Proper personal practices

• Don’t even go in the kitchen if you’re sick
• Wash your hands BEFORE cooking or handling food
• Wash your hands AFTER handling meat, garbage, dirty dishes, animals, etc
• Keep your fingernails short or clean, tie hair back
Proper kitchen practices

• Throw out food that has been sitting out for more than 4 hours ESPECIALLY meat, fish, poultry, dairy, but also other food
• Danger zone: 41 – 135 F
• Make sure you cook meat, poultry, fish, and eggs all the way through
• Only have the food, and chemicals that you absolutely need out in the kitchen
• Appropriate thawing and cooling techniques (fridge, cold water, microwave)
• Separate cutting boards for meat and vegetables
• Air dry dishes as towels can breed bacteria
Pest Prevention

• Keep doors closed and cover holes in walls
• Dispose of garbage regularly, don’t leave overnight
• Don’t leave anything near the floor and eliminate spots for pests to hide
Summary

- Recommended cooking temperatures:
  [https://delta.efoodhandlers.com/resources/foodhandlertemps.pdf](https://delta.efoodhandlers.com/resources/foodhandlertemps.pdf)
- Quick summary:
  [https://vimeo.com/318624228](https://vimeo.com/318624228)