

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>
- Quick summary:
<https://vimeo.com/318624228>

