

EASY STEPS FOR HEALTHY FOOD SERVICE

WASH YOUR HANDS

Thoroughly wash your hands and fore arms using warm water with single service soap & drying with single service paper towels before handling foods or food utensils, after entering the food service/prep area, after handling non-food surfaces or touching yourself or clothing.

KEEP COLD FOODS BELOW 41°F

Check food temperatures in refrigeration units or ice baths on a routine basis to assure all potentially hazardous foods (perishable foods) are at safe storage/holding temperatures.

KEEP HOT FOODS ABOVE 135°F

Check food temperatures in steam tables or in hot holding units on a routine basis to assure temperatures are being maintained at a safe holding temperature.

MINIMIZE HAND TO FOOD CONTACT

Use utensils whenever possible for handling of ready-to-eat foods, including condiments/garnishes. Using pasta tongs for safe food prep (shredded lettuce) is safer than using your hands.

DON'T WORK IF YOU ARE ILL

Report all illnesses to your supervisors and do not handle foods or utensils when ill!

DON'T SMOKE, EAT OR DRINK WHILE ON THE JOB

Absolutely no smoking, drinking or eating is permitted in any work areas where food is stored, prepared or served. Such action provides for hand to mouth contact and an increased opportunity to unintentionally contaminate food.

WEAR CLEAN CLOTHING

Wearing clean uniforms, aprons and using clean hot pads/gloves decreases the chance of indirectly contaminating your customers' food. Note that aprons are for protecting clothing and not designed for hand wiping.

KEEP SERVICE OPENINGS SCREENED

Minimize the number of flying insects within your booth by keeping service and entrance-opening screens closed when not actively in use.

USE GOOD CLEANING & SANITIZING PRACTICES

Remember, it is easier to keep things clean than to have to do a heavy, thorough cleaning at the end of every day. **Be sure to sanitize** (100ppm CL) your preparation equipment & surfaces between changing types of foods (such as chicken to pork or beef, or meat, to produce or cheeses), and hold your cloth wiping towels in approved sanitizer solutions.

WEAR HAIR RESTRAINTS

Wear hair restraints when working with long hair that hangs down over the food. Don't forget that long beards require restraining just as long hair does.

**FOLLOWING SAFE FOOD HANDLING PRACTICES IS GOOD FOR PUBLIC HEALTH
AND IS GOOD FOR YOUR BUSINESS!**

Cal-Code, Effective July 1, 2007

Article 4 Handwashing

113952 Clean condition

Food employees shall keep their hands and exposed portions of their arms clean.

113953.3 Handwashing procedure

(a) Except as specified in subdivision (b), all employees shall thoroughly wash their hands and that portion, if any, of their arms exposed to direct food contact with cleanser and warm water by vigorously rubbing together the surfaces of their lathered hands and arms for at least 10 to 15 seconds and thoroughly rinsing with clean running water followed by drying of clean hands and that portion, if any, of their arms exposed. Employees shall pay particular attention to the areas underneath the fingernails and between the fingers. Employees shall wash their hands in all of the following instances:

- 1) Immediately before engaging in food preparation, including working with non-prepackaged food, clean equipment and utensils, and unwrapped single-use food containers and utensils.
- 2) After touching bare human body parts other than clean hands and clean, exposed portions of arms.
- 3) After using the toilet room.
- 4) After caring for or handling any animal allowed in a food facility pursuant to this part.
- 5) After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating, or drinking.
- 6) After handling soiled equipment or utensils.
- 7) During food preparation, as often as necessary to remove soil and contamination and to prevent cross-contamination when changing tasks.
- 8) When switching between working with raw food and working with ready-to-eat food.
- 9) Before donning gloves for working with food
- 10) Before dispensing or serving food or handling clean tableware and serving utensils in the food service area.
- 11) After engaging in other activities that contaminate the hands.

(b) If approved and capable of removing the types of soils encountered in the food operations involved, an automatic handwashing facility may be used by food employees to clean their hands.

113953.4 Hand sanitizers

- (a) Hand sanitizer shall be applied only to hands that are cleaned as specified under section 113953.3.
- (b) A hand sanitizer and a chemical hand sanitizer and a chemical hand sanitizer solution used as a hand dip shall do the following:
 - (1) Comply with one of the following:
 - (A) Be a drug that is listed in the FDA publication approved Drug Products with Therapeutic Equivalence Evaluations as an FDA approved drug based on safety and effectiveness.
 - (B) Have active antimicrobial ingredients that are listed in the FDA monograph for OTC Health-Care Antiseptic Drug Products as an antiseptic handwash.
 - (2) Comply with one of the following:
 - (A) Have components that are exempted from the requirement of being listed in federal food

additive regulations as specified in 21CFR 170.39-Threshold of regulations for substances used in food contact surfaces; or

(B) Comply with and be listed in :

(i)21CFR 178-Indirect food additives:Adjuvants, Production Aids, and Sanitizers as regulated for use as a food additive with condition of safe use, or (ii)21CFR 182-Substance Generally Recognized as Safe, 21 CFR-Direct food Substances Affirmed as Generally Recognized as Safe, or 21 CFR 186-Indirect food Substances Affirmed as Generally Recognized as Safe for use in contact with food.

(c) If a hand sanitizer or a chemical hand sanitizing solution used as a hand dip does not meet the criteria specified under subdivision (b) of this section, use shall be:

(1) Followed by thorough hand rinsing in clean running water before any contact with food or by the use of gloves; or

(2) Limited to situations that involved no direct contact with food by the bare hands.

(d) A chemical hand sanitizing solution used as a hand dip shall be maintained clean and at a strength equivalent to at least 100mg/L chlorine.

113961 Handling ready-to-eat foods

(a) Food employees shall minimize bare hand and arm contact with non-prepackaged food that is in a ready-to-eat form.

(b) Food employees shall use utensils, including scoops, forks, tongs, paper wrappers, gloves, or other implements, to assemble ready-to-eat food or to place ready-to-eat on tableware or in other containers. However, food employees may assemble or place on tableware or in other containers ready-to-eat food in an approved food preparation area without using utensils if hands are cleaned in accordance with Section 113953.3.

(c) Food that has been served to the customer and then wrapped or pre-packaged at the direction of the customer shall be handled only with utensils. These utensils shall be properly sanitized before reuse.

113968 Fingernails

Food employees shall keep their fingernails trimmed, filed, and maintained so the edges and surfaces are cleanable and not rough.

113973 Use of Gloves (b-f)

(b) Whenever gloves are worn, they shall be changed, replaced, or washed as often as handwashing is required by this part.

(c) If used, single-use gloves shall be used for only one task, such as working with ready-to-eat food or with raw food of animal origin, used for no other purpose, and shall be discarded when damaged or soiled, or when interruptions in the food handling occur.

(d) Except as specified in subdivision (e), slash-resistant gloves that are used to protect the hands during operations requiring cutting shall be used only with food that is subsequently cooked as specified in Section 114004, such as frozen food or a primal cut of meat.

(e) Slash-resistant gloves may be used with ready-to-eat food that will not be subsequently cooked if the slash-resistant gloves have a smooth, durable, and nonabsorbent outer surface or if the slash-resistant glove, or a single-use glove.

(f) Cloth gloves may not be used in direct contact with food unless the food is subsequently cooked.

113974 Employees with cold or flu symptoms

Food employees experiencing, while at work in a food facility, persistent sneezing, coughing, or runny nose that is associated with discharges from the eyes, nose, or mouth, and that cannot be controlled by medication, shall not work with exposed food; clean equipment, utensils, or linens; or unwrapped single-use utensils.