



# FOOD SAFETY



## Food Safety for Volunteers



# Disclaimer

- This presentation is NOT a Safe Food Handling Certification course.
- This training is designed to help volunteers know more about Safe Food Handling practices.
- Please go to the “Official Food Safety Certification” if you would like the formal training.
- Reach out to your agency relations coordinator if you have any questions.



# Why is Food Safety Important?

- It is important for feeding programs to know basic food safety to ensure neighbors safely receive the food they need.
  - To ensure the safety and integrity of the food distributed within the Food Bank's service area:
    - Food Bank staff and Partner Agencies must be trained in food safety
    - Food Bank facilities and Partner Agencies are regularly audited and monitored for compliance
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# Topics Covered in Food Safety



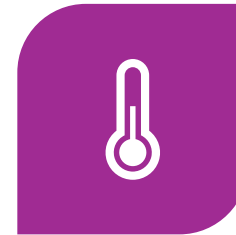
BASIC FOOD SAFETY



PERSONAL HYGIENE



CROSS-  
CONTAMINATION &  
ALLERGENS



CONTROLLING TIME  
AND TEMPERATURE



CONTROLLING WILD  
RODENT  
INFESTATIONS

# **Basic Food Safety**

# How Does Food Become Unsafe?

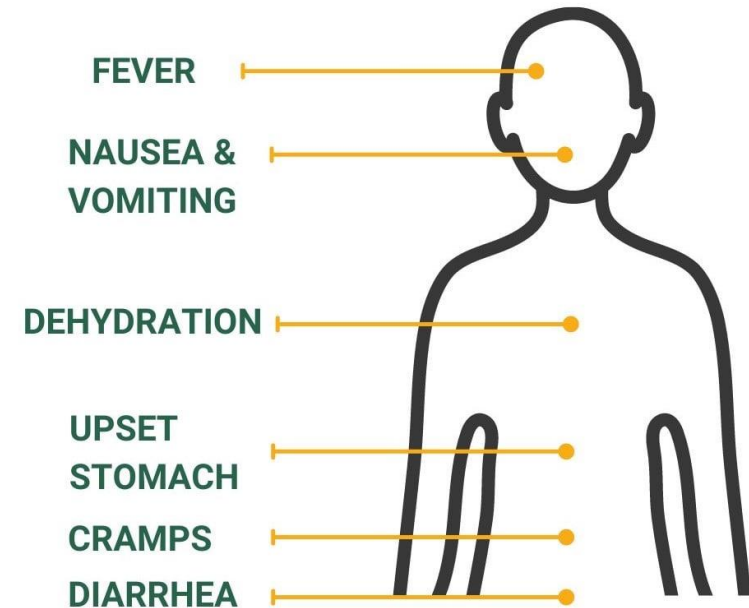
Unsafe food is usually the result of contamination or hazards, which is the presence of harmful substances in food.

These main 3 include:

- **Biological** – viruses, bacteria, fungi, and parasites.
- **Chemical** – food service chemicals that are used incorrectly.
- **Physical** – band aids, glass, dirt, fish bones.

# Foodborne Illness

- Symptoms can begin in as little as 30 minutes and up to 7 days after ingesting contaminated food.
- **Children, seniors, pregnant women,** and those with **chronic illnesses** are vulnerable populations who are most at risk.



# Personal Hygiene



# Handwashing

- Proper handwashing is critical to preventing the spread of pathogens and avoiding food contamination.
- The whole process should take at least **20 seconds**, recite the “Happy Birthday to you...” song!
- Always washing your hands after:
  - Using the restroom
  - Coughing, sneezing, blowing your nose
  - Eating, drinking, smoking
  - Taking out the trash
  - Touching your hair, face, and or body
  - Before putting on gloves
  - After touching dirty equipment or surfaces

## Handgards

### How to Wash Your Hands

#### Using Soap and Water



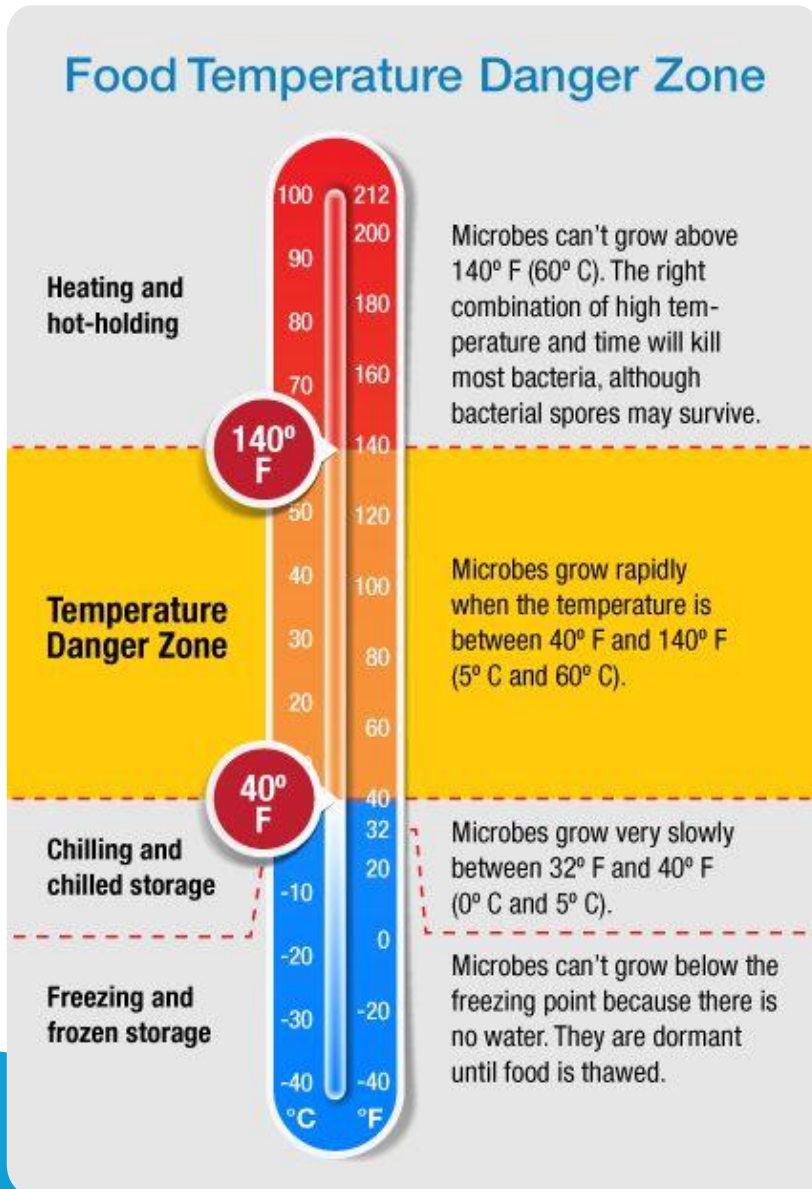
Follow @Handgards for more information.

# Single Use Gloves

- Never rinse, wash, or reuse gloves. Always wash hands before putting on gloves.
- **Change gloves when:**
  - They are torn.
  - Before beginning a different task.
  - After handling raw meat, fish, poultry, or eggs before handling ready to eat foods.
  - After an interruption, like taking a phone call.
- Keep fingernails short and clean.



# **Controlling Time and Temperature**



# TCS Foods & Temperature

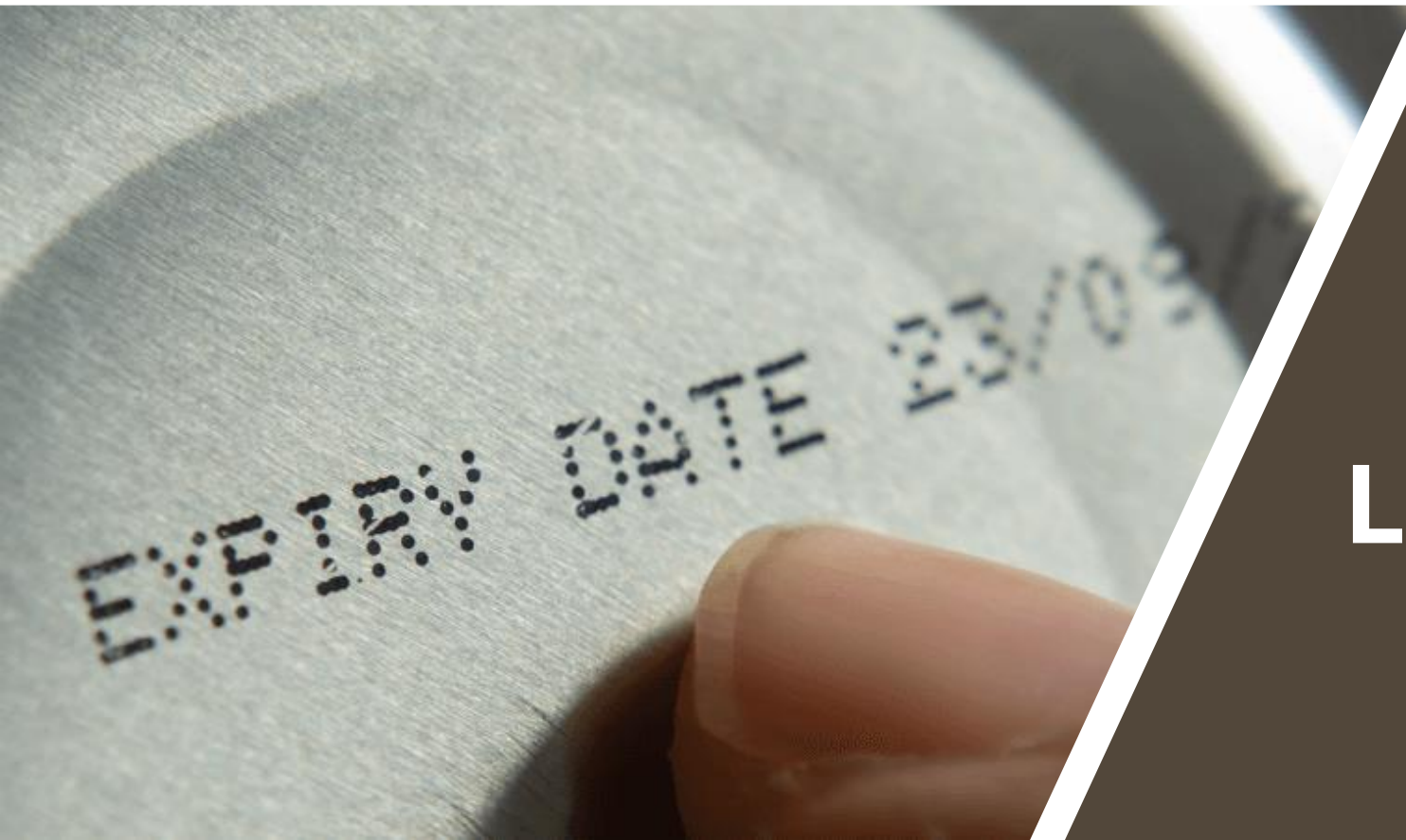
- Food that needs **time and temperature control for safety** is called TCS food.
- If held at unsafe temperatures, bacteria will grow over time.
- The temperature danger zone is between **41°F – 135°F**.
  - Pathogens on food can grow in this range and cause a foodborne illness.
  - It is important to keep TCS foods out of this range.
- Store cold TCS food in **fridges at or below 40°F** and frozen TCS food in **freezers at or below 0°F**.
- **DO NOT overload coolers or freezers!**

# Shelf Life of Food

- **Best by (or best before):** Manufacturers recommended date for best flavor.
  - **Use by:** Last date recommended for the use of the product while at peak quality.
  - **Best by** and **use by** are **NOT** food safety dates.
  - **Sell by:** Date that tells the store how long to display the product for sale for inventory management. It is **NOT** a safety date except for fresh meat, poultry and fish, which must be FROZEN at or before the Sell By Date.
  - **Freeze by:** Date that indicates when a product should be frozen to maintain peak quality. It is NOT a sell by or safety date.
  - **Expiration date:** Do not use the product beyond this date.
- Store items that will expire first in front of those that will expire later. This is referred to as the **FIFO** method (**first in-first out**).
  - Use the food in front first.
  - Keep all food at least 6 inches off the floor.







# Examples of Labelling Found on Food

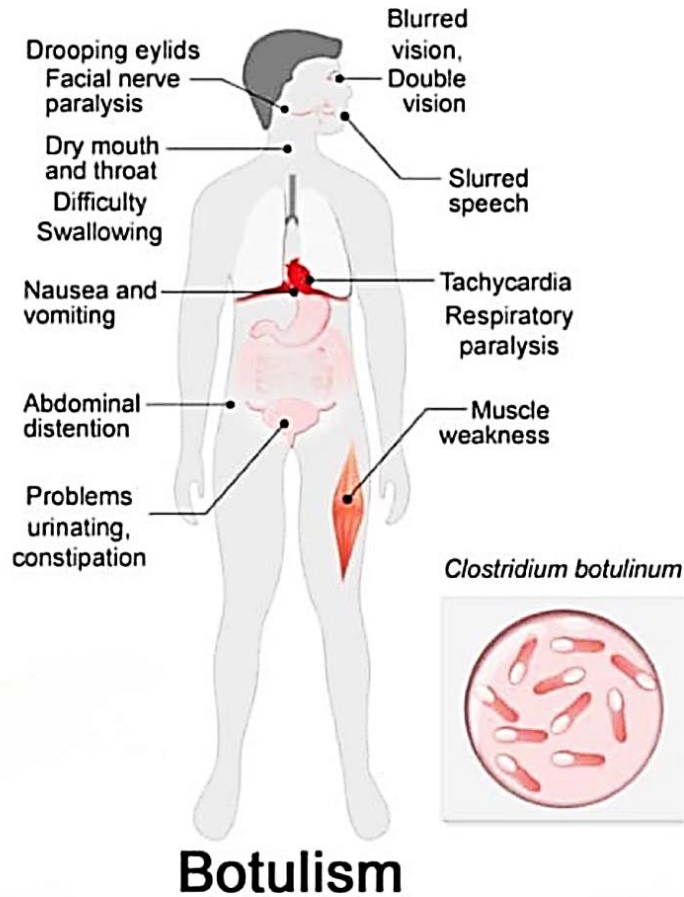
# Safe Storage FAQs

- **Is it safe to use food from dented cans?**
  - Discard deeply dented cans. A deeply dented can is one where you can lay your finger into and often have sharp points. A sharp dent on either the top or side seam can damage the seam and allow bacteria to enter the can.
- **Is it safe to use rusted canned foods?**
  - You should discard heavily rusted cans. Heavily rusted cans can have tiny holes in them, allowing bacteria to enter. Rust that you can easily remove with a finger or paper towel is safe to keep.



# BOTULISM

## SIGNS AND SYMPTOMS



# Botulism Dangers

- **What is the danger of botulism in canned goods?**
  - Botulism is a deadly kind of food poisoning that produces a toxin by the bacteria *Clostridium botulinum* (*C. botulinum*).
  - Symptoms develop in 12 to 48 hours. The poison attacks the nervous system and, without proper treatment, can result in death due to suffocation– the nerves no longer stimulate breathing.
  - Carefully examine any canned food that looks suspicious. Discard any cans that are leaking, bulging, cracked, badly dented, and or canned food with a foul odor.



# **Controlling Wild Rodent Infestations**



# Overview

- Diseases coming from rodents, such as rats, mice, and chipmunks, can spread to people directly through:
  - Contact with rodent droppings
  - Rodent bites
  - Handling of rodents
- Rodent droppings, urine, and saliva can spread by breathing in air or eating food that is contaminated with rodent waste.

# Signs that Rodents are Present

## Rodent droppings

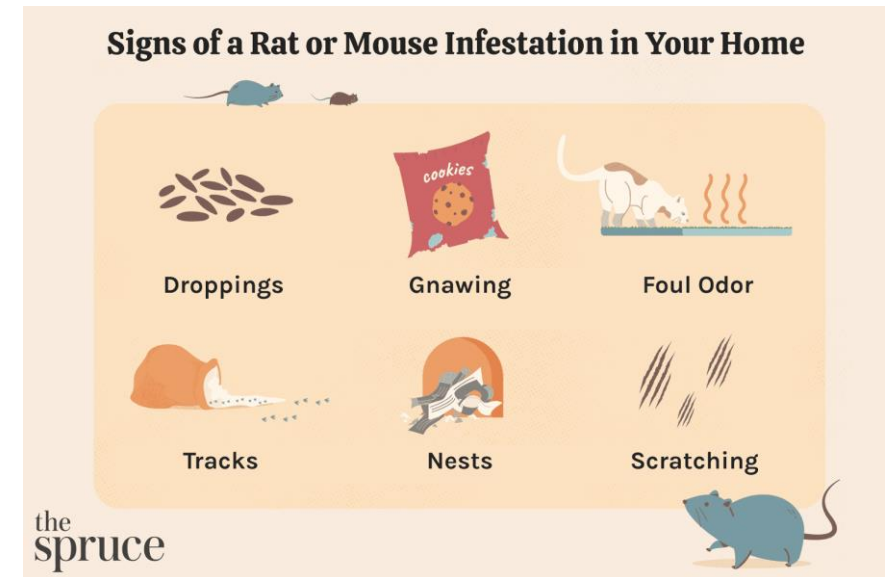
Most found in cabinets and drawers. Rodent droppings are pointed at one end and often contain hair.

To know if there are active rodents in the area, safely clean the area. If droppings continue after cleaning, this indicates an active rodent presence.

## Gnaw marks

Rats and mice gnaw to create areas in which they can navigate through. Their teeth leave distinct marks and are good indicators that rodents were active in the area. Gnaw marks are often found in the same area as droppings and the same clean-up techniques for rodent droppings can be used to find out if there is an active rodent presence.

- It is important to identify signs of rodents before they become established inside of your site.
- The two signs of rodent presence are rodent droppings and gnaw marks.



# Best Practices for Infestations

- Rodents are attracted to food and water sources. To deter rodents, you must:
  - Keep food sealed in thick plastic, metal, or glass containers with tight lids.
  - Clean up spilled food right away.
  - Put pet food away after use and ensure all packaging is secure.
  - Keep inside garbage in thick plastic or metal containers with tight lids.
  - Frequently clean the containers with soap and water.
  - Dispose of trash and garbage on a frequent and regular basis.

**Keep Your Kitchen  
a Pest-Free  
Environment**

## 7 Tips To Prevent Infestation



**1.** Keep bins covered at all times and ensure they are emptied regularly.



**2.** Clean up any spills and crumbs, whether they are on counters or the floor.



**3.** Keep food stored correctly in sealed containers at the proper temperature. Never leave it on bench-tops.



**4.** Keep windows and doors closed. If they must be open then be sure to install a screen.



**5.** Look for any holes, cracks or crevices in the kitchen and seal them up.



**6.** To control flying insects such as wasps and flies, hang up an insecticidal strips or use an electric insect trap. Dispose of / clean these traps on a regular basis.



**7.** Trash bins, sinks, floors and kitchen equipment should be cleaned properly before leaving overnight.





If, unfortunately, you're in the midst of an infestation then hiring a professional pest control company should be the first thing you do.