

# Food Handling Safety

Rescue Mission of Salt Lake  
Curriculum for food service volunteers



# Volunteering At the rescue mission

- ▶ **Doing your part**
- ▶ As a volunteer you are not only helping us feed hungry people, you play a vital role in helping them be healthy.
- ▶ By understanding and implementing Food safety protocols you become more than a volunteer. You actually join our team in fighting for people in need.
- ▶ Thank you for taking the time to go through this training.
- ▶ We will also review the key points when you arrive at the mission.
- ▶ **You are a blessing to us!**

# Why is Food Safety important

- ▶ **Food Safety**
- ▶ Creates a healthy, positive work environment
- ▶ Working in an environment where you are giving careful attention to the quality and integrity of food preparation, and service can give you a greater sense of purpose and accomplishment.
- ▶ This can have a positive effect on the program men that you are working with as they too are learning to build a greater sense of integrity and responsibility.

# Why is Food Safety important?

- ▶ **Food Safety**
- ▶ Helps prevent food borne illness
- ▶ The poor, homeless and those recovering from addiction are highly prone to complications from illness and therefore it is critical that we do all we can to prevent the spread of food borne illness.
- ▶ You play a vital role as you understand and practice high standards of food handling safety.

# Understanding the hazards

- ▶ **Food Hazards**

- ▶ Are anything that could harm by causing illness, injury or discomfort.

- ▶ These include;

- ▶ **Physical hazards** such as glass, metal shavings, fingernails, hair, staples or other packaging materials.

- ▶ **Chemical Hazards** including cleaning products, improperly mixed sanitizer, non food oils, paints, and excessive food additives.

- ▶ **Biological Hazards** like bacteria, viruses, parasites and fungi such as molds and yeasts

# Combating the Hazards

## **IF YOU ARE SICK**

- ▶ If you have been diagnosed with one of the “big five” food borne illnesses;
  - ▶ Salmonella-typhi
  - ▶ E coli
  - ▶ Shigella
  - ▶ Hepatitis A
  - ▶ Norovirus
- ▶ [http://www.myfloridalicense.com/dbpr/HR/forms/documents/5030\\_100\\_bw.pdf](http://www.myfloridalicense.com/dbpr/HR/forms/documents/5030_100_bw.pdf)
- ▶ You should not be working with or around food.
- ▶ If you think you may have one of these please contact your doctor before your volunteer date.

# Knowing the food you are serving

- ▶ **Potentially Hazardous Foods (PHF's)**
- ▶ Ready to eat Foods;
- ▶ Many PHF's are ones that are ready to eat. As the name suggests these are foods that can be consumed at once, without any treatment (additional washing, preparation or cooking) that would reduce or eliminate potential hazards.
- ▶ As a volunteer you are usually handling ready to eat foods
- ▶ Ready to eat foods should be treated with special care and should never be touched with bare hands. Please make sure you wear the gloves you are provided

# Combating the Hazards

- ▶ **Proper glove usage**
- ▶ Use gloves for designated food tasks only.
- ▶ Disposable gloves are task-specific and should never be worn continuously.
- ▶ Food contact gloves should not be used for non-food tasks such as handling money, garbage removal, cleaning surfaces, etc.
- ▶ The FDA code recommends no bare hand contact with ready-to-eat food
- ▶ Use gloves with salad bar items, fruits, sandwiches, cooked foods, deli meats, cheeses, breads or ice.
- ▶ Change gloves often and wash hands between gloves use.



# Combating the Hazards

- ▶ **Personal Health & Hygiene**
- ▶ Even perfectly healthy people have potentially harmful microbes living on and in their bodies.
- ▶ Everyone who works with food must develop high standards of personal hygiene to avoid contaminating food and causing food borne illness.

# Combating the Hazards

## ▶ Personal Health & Hygiene

- ▶ Practical steps you can take:
- ▶ Make sure any cuts or burns are properly cared for and covered with a bandage and glove
- ▶ Make sure your nails are kept clipped and clean
- ▶ Wear proper hair restraints
- ▶ Wear clean clothing that is not loose or frayed.

# Combating the Hazards

- ▶ **Hand Washing**
- ▶ Frequent hand washing is essential, including:
- ▶ Before starting work
- ▶ Before touching raw food or potentially hazardous food
- ▶ Before touching ready to eat food
- ▶ During food preparation
- ▶ When switching between handling raw and cooked food
- ▶ After visiting the bathroom
- ▶ After coughing, sneezing, blowing your nose, or touching hair, face or other body part,
- ▶ After taking out garbage
- ▶ After taking a break (eating, drinking or smoking etc),
- ▶ After wearing protective gloves.

# Combating the Hazards

- ▶ **Knowing How to Wash**
- ▶ Washing hands means getting them clean and free from food hazards.
- ▶ The essentials include:
  - ▶ Using a sink designated for hand washing only
  - ▶ Using soap and hot water,
  - ▶ Using a nail brush
  - ▶ Washing for a minimum of 20 seconds (40 after using restroom)
  - ▶ Thoroughly rinsing and proper drying. (disposable towels or clean laundered towels)

## Combating the Hazards

**Hand Washing is the  
number one way to  
prevent the spread of  
illness**

# What Else can you do

- ▶ **Getting More Training**
- ▶ We encourage you to go through a full Food Handling Safety Class.
- ▶ A list of available classes are available by following the link below.
- ▶ [https://health.utah.gov/epi/community/sanitation/foodSafety/foodHandler\\_list.pdf](https://health.utah.gov/epi/community/sanitation/foodSafety/foodHandler_list.pdf)

## In Summary

- ▶ **Food borne illness is a serious problem and can be deadly, especially to those with weakened immune systems.**
- ▶ **The population of the Rescue Mission, both students and guests need your help.**
- ▶ **You are instrumental in blessing those we serve.**
- ▶ **Thanks again for taking the time to review this curriculum!**
- ▶ **We look forward to seeing you.**