



**Kitchen Training**  
**Food Safety**  
**2023-2024**

# **CDC TOP FIVE RISK FACTORS**

- 1. Purchasing food from unsafe sources.**
- 2. Failing to cook food adequately**
- 3. Holding food at incorrect temperatures**
- 4. Using contaminated equipment.**
- 5. Practicing poor personal hygiene.**

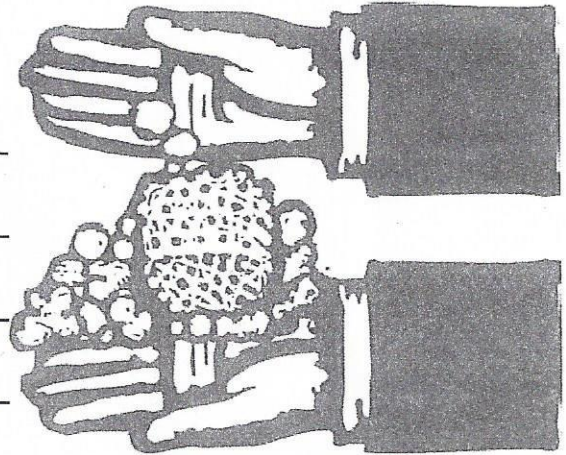
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# Keep Hands Clean

**Food handlers must wash hands.**

## How

- Wet hands with warm water.
- Apply soap.
- Wash hands for 20 seconds.
- Rinse.
- Dry with a single-use paper towel or air-dryer.



## When

- After using the restroom
- After using a tissue
- Before handling raw food
- After handling raw food
- After smoking, eating, or drinking
- After handling soiled dishes and utensils
- After taking the garbage out
- Before starting or returning to food preparation or service
- Before putting on gloves

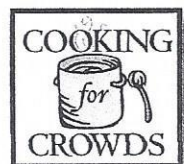
**Gloves must be worn when handling ready-to-eat foods.**

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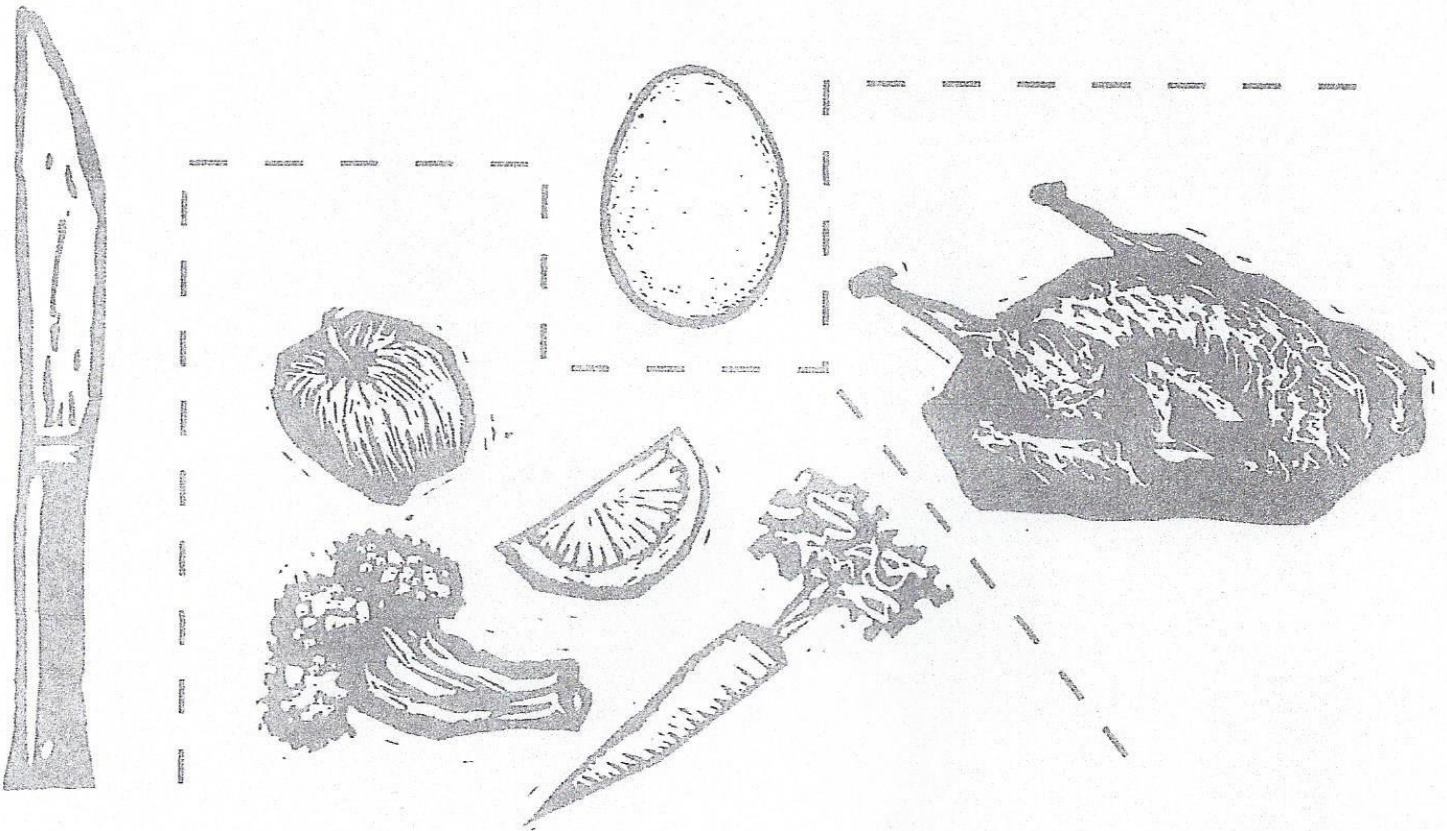


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# Prevent Cross-Contamination

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- Clean and sanitize cutting boards and equipment after each use.
  - Use separate cutting boards for raw meats and vegetables.
  - Wash hands between tasks, after touching raw foods, and before touching ready-to-eat foods.
  - Store raw meat on bottom shelf of the refrigerator, on a tray to contain drippings, and away from other food.
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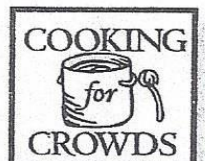


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## **USING KNIVES SAFELY**

1. Cut away from the body.
2. Cut away from anyone near you.
3. Use a cutting board and put a damp cloth under it to keep the board from slipping.
4. Use the right knife for the job. Don't use a lightweight knife for a heavy-duty job.
5. Keep knives sharp. Since a dull knife requires more pressure to cut, it is more dangerous than a sharp knife.
6. Always pick up a knife by its handle.
7. Don't use knives to open cases, cans, or bottles.

# ***LIFTING PROPERLY***

## 1. Plan it.

- Do you need help?
- Could you use a cart?
- Where is it going?
- Which route is best?

## 2. Get ready!

- Spread your feet shoulder width apart.
- Put one foot slightly in front of the other for a
- Good support base.
- Squat down with back straight and head up.
- Don't bend over from the waist!
- Grip the object firmly with both hands. Keep elbows and arms close to body. Tuck in chin.

## 3. Lift it!

- Straighten your knees slowly and smoothly to a stand. Avoiding this in a quick or jerky manner.
- Don't lift and twist at the same time.

## 4. Move it!

- Keep object close to you.
- To change position, move your feet and entire
- body. Don't twist from the waist!
- Look where you are going.
- Call out "Coming through" as needed.

## 5. Set it down!

## **USE GOOD PERSONAL HYGIENE:**

Wear freshly cleaned clothing.

Wear a clean apron.

Wear a new apron and wash hands if switching form a job such as cleaning or handling raw chicken.

Please no hand jewelry.

Avoid helping on nights when you are sick. Train others.

## **GENERAL FOOD SAFETY:**

Wash hand frequently as needed.

Wear vinyl gloves as needed.

### **Required for:**

Handling ready to eat foods

Handling any food that will not be cooked to safe temperature

When serving guests

When handling cups, plates, bowls and dinnerware etc.

### **Not Required for:**

Preparing food that will be cooked properly, washing hands is fine for this

Make sure all equipment and surfaces i.e. table tops, cutting boards etc. are clean and sanitized.

Cutting boards are color coded to avoid cross contamination.

Cutting boards should be sanitized after use i.e. chicken

Please note – making assumptions is often a bad idea but in this cases, assume that some of our guests have not washed their hands. Best practice, we serve all food and the guests handle only their own. Exception – we are not going to pour their beverages.

# **FOOD SAFETY NOTES:**

## **Defrosting** i.e. frozen meats –

Best done in refrigerator, next best under slow running 70° water up to 2 hours, cook when thawed.

Exception - cook from frozen i.e. frozen hamburger patties.

## **Salads** – best practice is to use pre-washed in the bag salad.

## **Transporting Food** – best to use a cooler or hot transporter.

When transporting tight pack food, keep cold with cold and hot with hot. Insulate the best you can.

Food that is in the time temperature danger zone 41° to 134° should be refrigerated upon arrival or heated.

The more serious time temp abuse is the 70° - 120° zone.



## Cooking

Failing to cook food adequately is one of the five most common risk factors to food safety according to the CDC. Cooking TCS foods to minimum internal cooking temperatures and time is done to reduce pathogens to safe levels. Minimum cooking time/temperature combinations for TCS foods only guarantee safety when:

- Foods are properly handled to limit microorganism growth prior to being cooked; and
- Foods are not contaminated with unexpected additional types or numbers of pathogens.

### Minimum Internal Cooking Temperatures and Times

- **135°F (57.2°C)**
  - Heat-treated plant foods for hot holding
  - Commercially processed foods for hot holding
- **145°F (62.8°C) for 4 minutes**
  - Meat – whole-muscle\* cuts (roasts)
- **145°F (62.8°C) for 15 seconds**
  - Meat – steaks or chops
  - Fish\*/shellfish
  - Eggs – for immediate service
  - Commercially raised game meat
- **155°F (68.3°C) for 15 seconds**
  - Ground (comminuted\*) meat (and mechanically tenderized\* or injected meats)
  - Ground (comminuted) fish
  - Eggs – hot held
  - Ratites\* (emu, ostrich, and rhea)
  - Ground (comminuted) game meat
- **165°F (73.9°C) for 15 seconds**
  - Poultry\* – whole and ground
  - Stuffing and stuffed foods
  - TCS animal foods cooked in a microwave
  - Wild game animals\* that are live caught
  - Previously cooked TCS ingredients
  - Baluts\*

## Cooling

**Cooling** is done when foods that are hot or warm need to be cooled for holding and future use. It is important to cool foods properly so that pathogens do not have the opportunity to produce toxins or grow and reach unsafe levels.

Commercial refrigeration equipment is designed to hold cold food. It is not designed to cool large quantities of food. Putting hot foods in refrigerators or freezers puts the food and the equipment at risk. Rapid chilling can be done in equipment designed to cool food to acceptable temperatures quickly. Tumble chillers cool by using very low-temperature water, and blast chillers use low-temperature air and high rates of air circulation.

Use one or more of the proper cooling methods and procedures to help remove heat:

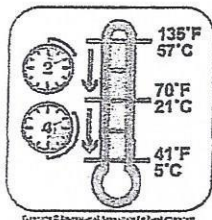
- Cut foods into smaller pieces;
- Place foods into shallow pans;
- Use ice as an ingredient;
- Place food into a container and into an ice water bath;
- Stir food;
- Use an ice paddle; or
- Use rapid cool equipment, such as a blast chiller.

Food containers used when cooling foods in equipment need to be:

1. Arranged with proper spacing and airflow;
2. In shallow, stainless steel containers;
3. In single layers and not stacked; and
4. Loosely covered (or uncovered if protected from overhead contamination).

These things are done to speed up the cooling process.

### Two-Stage Cooling Time Requirements



Cooling TCS foods safely requires a two-stage approach with a maximum time of six hours to cool food from 135°F to 41°F (57.2°C to 5°C) or lower. The first stage for cooling cooked foods is the most critical step of the hot food cooling process.

- **Stage 1:** 135°F to 70°F (57.2°C to 21.1°C) within two hours.
- **Stage 2:** 70°F to 41°F (21.1°C to 5°C) or lower within four hours.

Food prepared at ambient (room) temperature, such as tuna salad prepared with canned tuna, must be cooled to 41°F (5°C) within four hours.

When cooling food, it is important to monitor the temperature to be sure that the time requirements are met. Cooling foods from 135°F to 41°F (57.2°C to 5°C) can take a total of six hours. But, if using the two-stage cooling method and the food does not reach 70°F (21.1°C) within two hours, or 41°F (5°C) within six hours, then a corrective action is needed. The corrective action can be to discard or reheat the food to 165°F (73.9°C) for 15 seconds within two hours. Once reheated properly, then recool within the proper time and temperature criteria.

## Hot and Cold Holding

Holding food at incorrect temperatures is one of the five most common risk factors to food safety according to the CDC. Foods being held for sale or service must be held at temperatures out of the temperature danger zone to prevent pathogen growth or toxin production.

- Cold foods must be held at 41°F (5°C) or below; and
- Hot foods must be held at 135°F (57.2°C) or above.

When food is being held prior to sale or service, it is important to check the temperature at least every four hours. This is done to ensure that the food temperature has not risen or fallen to a temperature that will support pathogen growth. If the temperatures are checked every four hours and the food is found to be in the TDZ, then the food must be discarded. However, checking food temperatures every two hours is recommended in order to provide an opportunity for a corrective action. If the food is found to be between 41°F and 135°F (5°C and 57.2°C), then cool or reheat the food to maintain safe holding temperatures.

While holding food, keep it covered or protected in order to reduce the chance of any contamination, and to help maintain the temperature of the food.

## Time as a Public Health Control

Food operations that follow a written plan to hold food without using equipment to maintain temperatures can use time to keep food safe. When using **time as a public health control**, written procedures with the necessary details are required. These details explain how food is prepared and handled to meet safety requirements. This procedure will require that food be labeled with the time that the food was removed from temperature control and the time that the food must be discarded. There are two options when using time as a public health control:

- **4 Hour Holding** - Hot or cold food can be held without temperature control for up to 4 hours if:
  - The food is labeled with discard time; and
  - The food is served or discarded within 4 hours.
- **6 Hour Holding** - Cold food can be held without temperature control for up to 6 hours if:
  - The food is labeled with discard time;
  - The food is discarded if it goes above 70°F (21.1°C); and
  - The food is served or discarded within 6 hours.

## Reheating

When reheating previously cooked TCS foods for hot holding, the following temperatures must be reached:

- 165°F (73.9°C) for 15 seconds within two hours for food that is cooked, cooled, and reheated.
  - Food must stand for two minutes after reheating in a microwave.
- 135°F (57.2°C) within two hours for ready-to-eat food that is commercially processed.

Foods that will be consumed immediately and not held do not have any temperature requirements, assuming that the food was initially cooked, cooled, and stored properly.