



FEEDING[®]

THE GULF COAST

FOOD

SAFETY

Why Practice Food Safety

- The Centers for Disease Control (CDC) estimates that each year roughly 1 in 6 Americans (or 48 million people) gets sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases.
- By practicing safe food handling and storage at your agency, you can reduce the risk of foodborne illness in your clients.

Safe Handling

How To Wash Your Hands



Wet your hands and arms

Use running water as hot as you can comfortably stand



Apply soap

Apply enough to build up a good lather



Scrub your hands and arms vigorously for 10 to 15 seconds

Clean under fingernails and between fingers



Rinse your hands and arms thoroughly

Use running warm water



Dry your hands and arms

Use a single-use paper towel or hand dryer

- Wash your hands:
 - Before starting work.
 - After touching raw meats and other known contaminants.
 - After using the restroom.
 - After touching your hair, skin, or clothes.
 - Before putting on gloves and when changing gloves.
- Change gloves:
 - When changing tasks or after handling certain foods.
 - When the gloves become dirty or torn.
- Avoid reusing the same utensils for different foods.
- Report illnesses and avoid contact with others while ill.



Packing Client Boxes or Bags

- Separate raw meats from cooked meats.
- Package meats separately from other foods.
- Package known allergens (like peanuts, eggs, milk, fish, shellfish, tree nuts, wheat, and soybeans) separately from other foods.
- Eggs can break and contaminate other foods, so avoid stacking other items on top of eggs and egg cartons.

Product Recalls

- Check regularly for recalls and dispose of any recalled foods.
- Inform clients of product recalls by posting signs.
- USDA Current Recalls and Alerts:
 - <http://www.fsis.usda.gov/wps/portal/fsis/topics/recalls-and-public-health-alerts/current-recalls-and-alerts>
- FDA Recalls, Market Withdrawals, and Safety Alerts
 - <http://www.fda.gov/Safety/Recalls/default.htm>
- Both websites allow you to sign up for email alerts.

Transporting Food

Loading and Transporting Food Safely

Keep food at safe temperatures in unrefrigerated vehicles.



Cover cold food with thermal blankets or use coolers with ice packs



Keep drive times to 30 minutes or less



Check food temperatures after arriving at the destination

Prevent contamination:



DON'T store raw food over ready-to-eat food



DON'T store allergens over other products



DON'T store chemicals with food products

- Food must remain below 41 degrees Fahrenheit during transportation.
- Food should not be left outside of refrigeration for more than two hours.
 - One hour when the outside temperature is 90 degrees Fahrenheit or more.
- Passive refrigeration devices are necessary when picking up frozen or refrigerated food.
 - Ex: cooler with ice packs, freezer blanket.
- Clean vehicles and refrigeration devices regularly and when spills occur.
- Vehicles used to transport garbage, waste, or animals cannot be used for transporting food.
- If your agency is too far from the food bank to safely transport food, we can provide delivery to your agency at a modest fee.



Food Storage

Storing Food Safely



Store refrigerated food at 41°F (5°C) or lower



Keep frozen food frozen solid



Store food away from walls and at least six inches (15cm) off the floor



Store ready-to-eat food above raw meat, seafood, and poultry



Store food only in containers made for food



Store food only in designated storage areas

- All storage areas should be secure, clean, dry, and pest-free with thermometers and temperature logs in each area.
- Dry storage
 - 4 - 6 inches above ground
 - Away from walls
 - Below 70 degrees is ideal
 - Should never be above 80 degrees Fahrenheit
- Refrigerated storage
 - Below 41 degrees Fahrenheit
- Frozen storage
 - Below 0 degrees Fahrenheit
- Store food separately from chemicals and cleaners.
- All products must be used in "first in/first out" order and "Best If Used By" order.
- USDA products must be stored separately from other Non-USDA food products.



Preparing Meals

- Key food service program staff are required to meet local commercial food safety training requirements.
- Check with your local health department about requirements for food safety training and inspections.

Receiving Donated Food

Canned Foods

CANS *what to look for*



EXPIRATION DATE

Check the Best By Date, usually located on the bottom of the can.

Accept cans backdated **up to 5 years** from today's date.

DENTS

Dents where metal is touching metal should be tossed.

Small dents are ok, ask before tossing if you are unsure.



BAD VS OK



RUSTY | SWOLLEN

Discard any rusty cans, especially if the rust is on the top of the can.

Discard any cans that are swollen or bulging.

MISSING LABEL

If you find a can that is missing its label, **FIRST** check inside the box you are sorting to see if you can locate it. If you locate the label, tape it back onto the can.

If you cannot locate the label, it is important to discard the can.



Acceptable:

- Up to 5 years past the "best if used by" date

Unacceptable:

- Dents with metal touching metal
- Severe dents on seam
- Cans too dented to stand up or stack on shelves
- Rust that cannot be wiped off or is on the top of the can
- Swollen or bulging cans
- Leaking cans
- Missing or unreadable labels
- Expired baby food and infant formula

Receiving Donated Food

Dry Foods

DRY

*what to
look for*

EXPIRATION DATE

Check the Best By Date, usually located on the top or sides of boxes.

Accept items backdated **up to 1 year** from today's date.



TORN BOXES

If items in a torn box or bag are loose, throw away.

If items inside the box are contained in closed package, the box can be retaped.

BAD VS OK

OPENED | TAPED

If you notice a package is open or leaking, throw it away.

Any items that arrive with tape on them must be discarded. The most common items to find tape on are bags of sugar, flour, beans, and rice. Sometimes the tape is clear and hard to spot so check these items carefully.



Acceptable:

- Up to 1 year past the "best if used by" date
- Torn boxes where the inner packaging is intact

Unacceptable:

- Torn boxes where the inner packaging is torn or the items are loose
- Opened/taped packages such as sugar and flour
- Expired baby food or infant formula

Receiving Donated Food

Other Foods

OTHER

*what to
look for*



CONDIMENTS

Check the Best By Date, accept items backdated **up to 1 year** from today's date.

Throw away items that have been opened or if the safety button has been popped.

Check to make sure seals are intact.

DRINKS

Check the Best By Date, accept drinks backdated **up to 6 months** from today's date.

Discard any leaking drinks.

Box large and small drinks separately.



BABY FOOD | NON-FOOD

All baby food/formula **MUST be in date**.

Place all baby items, bulk items, and non-food items at the end of the table.

Place any items that need wiping down into the blue bins at the end of the aisle.

UNACCEPTABLE ITEMS

We **CANNOT** accept any homemade items or alcoholic beverages. If you find these items when you are sorting, please discard them.



Acceptable:

- Condiments up to 1 year past the "best if used by" date
- Beverages up to 6 months past the "best if used by" date

Unacceptable:

- Opened items or items with popped safety seals
- Leaking beverages
- Alcoholic beverages
- Home canned items
- Expired baby food or infant formula
- Frozen foods that are leaking or show signs of thawing
- Frozen or refrigerated foods that are outside of safe temperature or have been left outside of refrigeration for more than two hours

Expiration Dates



COLD FOOD STORAGE GUIDE

CATEGORY	FOOD	REFRIGERATOR (40°F or below)	FREEZER (0°F or below)
SALADS	egg, chicken, ham, tuna and macaroni salads	3 to 5 days	Does not freeze well
HOT DOGS	opened package	1 week	1 to 2 months
	unopened package	2 weeks	1 to 2 months
SANDWICH MEATS	opened package or deli sliced	3 to 5 days	1 to 2 months
	unopened package	2 weeks	1 to 2 months
BACON & SAUSAGE	bacon	7 days	1 month
	sausage raw—from chicken, turkey, pork, or beef	1 to 2 days	1 to 2 months
HAMBURGER & OTHER GROUND MEATS	hamburger, ground beef, turkey, veal, pork, lamb, and mixtures of them	1 to 2 days	3 to 4 months
FRESH BEEF, VEAL, LAMB, & PORK	steaks	3 to 5 days	6 to 12 months
	chops	3 to 5 days	4 to 6 months
	roasts	3 to 5 days	4 to 12 months
FRESH POULTRY	chicken or turkey, whole	1 to 2 days	1 year
	chicken or turkey, pieces	1 to 2 days	9 months
SOUPS & STEWS	vegetable or meat added	3 to 4 days	2 to 3 months
LEFTOVERS	cooked meat or poultry	3 to 4 days	2 to 6 months
	chicken nuggets or patties	3 to 4 days	1 to 3 months
	pizza	3 to 4 days	1 to 2 months

*Chart from <http://www.foodsafety.gov/keep/charts/stoagetimes.html>

- Educate clients on expiration dates.
- View the Food Keeper for detailed information on dates and product storage.
 - <http://www.fmi.org/industry-topics/consumer-affairs/food-keeper-food-storage-database>