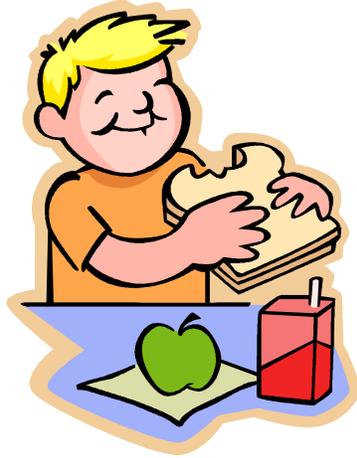


Food Safety Tips for Serving a Safe & Healthy Meal



Wash hands thoroughly for 20 seconds with soap and warm water

Put on a pair of clean gloves (do not reuse gloves)

Please do not touch the food or the part of the utensils used to serve the food with your bare hands

Use the appropriate serving utensils when plating the food (each food item should have a separate serving utensil)

**Please be careful of what you touch with your gloves. Do not touch your face, hair, dirty surfaces, etc. If necessary, please re-wash your hands and replace with a new pair of gloves each time before serving the food.*

Wear Gloves the Right Way...

1 Always wash your hands thoroughly before putting on gloves.



2 Wear gloves, use sanitary utensils and use deli tissue when handling ready to eat foods.



FOOD SAFETY

3 Change your gloves anytime you change tasks.

- ⇒ After touching your body
- ⇒ After using the toilet
- ⇒ After eating or drinking
- ⇒ After handling money
- ⇒ After handling dirty utensils
- ⇒ After handling raw food
- ⇒ After any other activities that may contaminate your gloves
- ⇒ Do not use ripped gloves
- ⇒ Do not re-use gloves



4 Remove your gloves before washing hands.

Facts About Using Gloves:

Using gloves does not eliminate the need for hand hygiene. Likewise, proper hand hygiene does not eliminate the need for gloves.

Gloves reduce hand contamination by 70 to 80%, prevents cross-contamination & protects us against infection.

How to Wash Your Hands

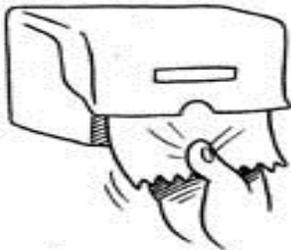
START →



1. Wet hands



6. Turn off taps with towel



5. Towel dry

HAND WASHING STEPS



2. Soap (20 seconds)



3. Scrub backs of hands, wrists, between fingers, under fingernails.



4. Rinse

DID YOU KNOW:

- * Washing your hands for 20 seconds and wearing gloves while handling food is the first line of defense against germs.
- * If soap + water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.
- * Always wash your hands between tasks i.e., while handling food, while handling money, using the restroom, touching your face or hair, etc.

Safe Food Handling Techniques!

CLEAN: Always wash your hands before and after handling food. Do not handle food with bare hands or when sick. Follow the hand washing handout to learn how to keep your hands clean.

COOK: Use a food thermometer to make sure your food is cooked to a safe internal temperature and not overcooked. You can't just tell by looking.

SEPARATE: Keep raw foods separate from cooked foods. Also keep raw meats wrapped and separate from other raw fruits and vegetables. It causes cross-contamination.

For example, meats and salads must be chopped using different chopping boards.

HOLDING TEMPERATURE: Properly hold foods at correct temperatures.

•**Cold foods:** Hold cold foods at 41° F or less and check temperature every 4 hours. If the temperature at 4 hours is greater than 41°F, food must be discarded.

•**Hot foods:** Hold hot foods at 135°F or higher and check temperature every 4 hours. If the temperature at 4 hours is less than 135°F, food must be discarded.

