

JAIL BULLETIN

Number 86

May, 1992

FOOD SERVICE SAFETY - PART I

Many Federal, State and local laws establish minimum requirements for sanitary food service. This Bulletin presents guidelines insuring proper sanitation techniques in jail food service operations. In addition, the Food Service Code of the Nebraska Department of Agriculture will be followed.

There are several factors affecting sanitation in jail food service:

- o Quality and degree of personal training;
- o Health and hygiene habits of food service staff;
- o Food preparation practices that prevent bacteriological contamination;
- o Cleanliness and capabilities of equipment; and
- o Maintenance of environmental sanitation Standards.

The health and hygiene of food service workers and the cleaning and sanitization of equipment and utensils will be covered in this Bulletin.

Personal Hygiene and Sanitation

A. Good Personal Hygiene

Food Service begins with each food service employee. A kitchen may be spotless and sanitary, but food poisoning can occur nevertheless. If employees are careless in their personal hygiene, or if they do not wear clean clothes, cover their hair, remove their jewelry, or if they handle food when they have open sores or are sick, illness can easily result.

Food service workers can be carriers of bacteria and other dangerous microorganisms. Attention to good personal hygiene prevents the spread of bacteria from workers to food. The following regulations must be followed by food service workers to maintain necessary sanitation standards:

- o Smoking and eating should not be permitted in the food preparation area. Food handlers who smoke should do so only in designated areas. After smoking or eating, food handlers must wash their hands with hot water

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and soap before entering the food preparation area.

- o Civilian employees and inmate workers should be examined and cleared by a physician before assignment to food service and their status should be updated monthly.
- o No person with open lesions, sores, infected wounds, sore throat, diarrhea, or any disease transmissible through food should be permitted in the food service department. Workers should be monitored daily for such problems.
- o Kitchen workers should bathe and wear clean uniforms and appropriate clothing daily; change aprons or clothing that becomes soiled during the day.
- o Workers must wear hairnets or paper hats while working in the kitchen and while handling food.

B. Hand Washing

Conscientious food service workers would never serve food on a soiled plate or drinks in soiled glasses. They are very careful to wash and sanitize ladles, scoops and spatulas, so that bacteria will not contaminate the food that they serve. It is for this same reason that the tools most often used in food preparation and service - human hands - must be kept clean and sanitary.

Human hands are a primary means of contaminating foods. Handwashing will help prevent the spread of dangerous bacteria and other micro organisms to food. The following should be practiced by all food handlers:

- o Wash hands and exposed portions of arms with soap and hot water before, during and after work and after eating, drinking, picking up anything off the floors or using the toilet. Hands should never be washed directly in the food preparation area, a separate hand washing sink should be available.
- o Keep hands away from face and skin while handling food. Hands should be washed promptly if they touch these surfaces.
- o Wipe off perspiration with disposable handkerchiefs (not hands or aprons) to prevent its contact with food or equipment.
- o Wear plastic food handlers' gloves while handling food, but avoid using gloves as a substitute for clean hands and avoid using the same gloves for other foods after they have touched raw meat, poultry, eggs or any unsanitary surface. Fingernails should be kept clean and trimmed.
- o Turn away from food and cover mouth and nose with paper tissues when coughing or sneezing; wash hands after contact with soiled tissue.

C. Cleaning and Sanitizing Work Surfaces and Equipment

Food service workers need to do more than practice good personal hygiene and handwashing to prevent food poisoning. Work surfaces and preparation equipment must be cleaned and sanitized after each use. Just as employees always clean and sanitize hand held utensils, they should also treat a slicer, food processor or other piece of equipment with the same care.

Cleaning and sanitizing work areas, surfaces and equipment immediately after use prevents contamination. Harmful bacteria can lodge in the corners of work areas and equipment when it is used to prepare food. If not thoroughly cleaned and sanitized after use, the bacteria can be transferred to the next product that is prepared in the area.

Cleaning and sanitation of utensils and equipment must be scheduled regularly to reduce the possibility of food contamination by micro-organisms and to aid in pest control. The Food Service Code specifies that:

- o Tableware shall be washed, rinsed and sanitized after each use. Single service articles may not be washed and used again.
- o Kitchen utensils, food-contact surfaces of equipment, grills, griddles and similar devices, and the cavities and door seals of microwave ovens shall be washed, rinsed and sanitized at least once a day or following any interruption of operations during which time contamination may occur.
- o Non-food contact surfaces of equipment shall be cleaned as often as necessary to keep the equipment free of accumulation of dust, dirt, food particles and other debris.
- o Moist cloths or sponges used for wiping food spills on kitchenware, counters and food-contact surfaces of equipment shall be clean and rinsed frequently in a sanitizing solution and used for no other purpose. Cloths and sponges for any kitchen related cleaning shall be stored in the sanitizing solution between uses.
- o For manual washing, rinsing and sanitizing of utensils and equipment, a sink with no fewer than three compartments shall be provided and used. Fixed equipment and utensils and equipment too large to be cleaned in sink compartments shall be washed manually or cleaned through pressure spraying methods.
- o Washing, rinsing and sanitizing shall be conducted in the following sequence.
 1. Clean sink prior to use.
 2. Equipment and utensils thoroughly washed in the first compartment with a hot detergent solution that is kept clean.
 3. Equipment and utensils rinsed free of detergent and abrasives with clean water in the second compartment.
 4. Equipment and utensils sanitized in the third compartment by one of these methods.
 - a. Immersion for at least one-half minute in clean, hot water at a temperature of at least 170 degrees Fahrenheit;
 - b. Immersion for at least one minute in a clean solution containing 50 parts per million of available chlorine (bleach) and at a temperature of at least 75 degrees;
 - c. Rinsing, spraying, or swabbing with a sanitizing solution of 100 parts per million of chlorine (bleach) in the case of equipment too large to sanitize by immersion.
- o A numerically scaled indicating thermometer kept convenient to the sink for frequent checks of water temperature.
- o Cleaning and sanitizing may be done by spray-type or immersion dishwashing machines or by any other type of machine or device if it is demonstrated that it thoroughly cleans and sanitizes equipment and utensils. Dishwashing machines and devices shall be properly installed and maintained in good repair. Machines shall

be operated in accordance with manufacturer's instructions and utensils and equipment placed in the machine shall be exposed to all dishwashing cycles.

- o After sanitization, all equipment and utensils shall be air dried.

*This issue of the Jail Bulletin was prepared by
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*The material was adapted from:
Food Safety Is No Mystery
United States Department of Agriculture
Food Service Code
Nebraska Department of Agriculture.*

QUIZ

Nebraska Jail Standards require that jail staff receive eighteen (18) hours of in-service training each year. The Jail Bulletin may be used to supplement in-service training if an officer studies the Bulletin, completes the quiz and this process is documented by the jail administrator for review during jail inspections.

SUBJECT: FOOD SERVICE SAFETY PART I

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NAME _____

DATE _____

1. Staff working in the food service operation of the jail should be examined periodically and approved by a physician.
_____ TRUE _____ FALSE
2. List two factors affecting sanitation in jail food service:
a. _____

- b. _____

3. Which of the following hygiene practices are the most important?
 - a. Wearing hairnets.
 - b. Wearing plastic food handlers' gloves.
 - c. Washing hands thoroughly.
 - d. Using disposable tissues to cover mouth and nose when sneezing.
4. Handwashing can be done in the same sinks as those used for utensil and dinnerware washing.
_____ TRUE _____ FALSE
5. Food contact surfaces of equipment should be washed, rinsed and sanitized at least once a:
 - a. week
 - b. year
 - c. day
 - d. year
 - e. hour
6. If a chlorine solution is not used to sanitize, the water temperature for sanitizing should be at least:
 - a. 110 degrees
 - b. 170 degrees
 - c. 50 degrees
 - d. 75 degrees

CREDIT: *One-half hour credit for Jail Inservice Training Requirement.*

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