

# JAIL BULLETIN

Number 55

July, 1989

## FOOD SERVICE SANITATION

Many federal, state, and local laws establish minimum requirements for sanitary food service. This bulletin presents guidelines insuring proper sanitation measures in jail food service. In addition, the Food Service Code of the Nebraska Department of Agriculture will be followed.

There are many factors affecting sanitation in jail food service:

- o health and hygiene habits of food service staff and staff serving food;
- o quality and degree of personnel training;
- o maintenance of 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 personnel and the cleaning and sanitization of equipment and utensils will be covered in this bulletin.

### Health and Hygiene Habits of Food Service Personnel

The following regulations must be followed by food service personnel to maintain necessary sanitation standards:

- o Civilian employees should undergo a pre-employment physical examination, and their status should be updated periodically.
- o Inmate workers should be cleared by the medical staff 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 (the bacteria causing them could also be the source of food borne illness).
- o Smoking should not be permitted in the food preparation area. Food handlers who smoke should do so only in designated areas and wash their hands with hot water and soap before entering the food preparation area.

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In addition, all food handlers should:

- o Wash their hands and the exposed portion of their arms with soap and hot water before, during, and after work, and after eating, drinking, picking up anything off floors, or using the toilet. Hands should never be washed directly in the food preparation area.
- o Keep hands away from own face or skin while handling food; wash hands promptly if they touch these surfaces.
- o Wipe off perspiration with disposable handkerchiefs (not aprons) to prevent it from dripping into food or equipment.
- o Bathe and wear clean uniforms or appropriate clothing daily; change apron or clothing that becomes soiled during the day.
- o Wear hairnets or paper hats while in kitchen area and while handling food.
- 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 Shave daily, or if local regulations permit beards, wear a beard guard while handling food.
- o Turn away from food and cover mouth and nose with paper tissues when coughing or sneezing; wash hands after contact with soiled tissue.

### Cleaning and Sanitation of Equipment and Utensils

Cleaning and sanitation of 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 Kitchenware, 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 is necessary to keep the equipment free of accumulation of dust, dirt, food particles, and other debris.
- o Cloths used for wiping food spills on tableware such as plates and bowls being served to the consumer shall be clean, dry and used for no other purpose.
- o Moist cloths or sponges used for wiping food spills on kitchenware and food-contact surfaces of equipment shall be clean and rinsed frequently in a sanitizing solution and used for no other pur-

pose. Moist cloths or sponges used for cleaning non-food-contact surfaces of equipment such as counters, dining table tops and shelves shall be cleaned and rinsed in a sanitizing solution, and used for no other purpose. These cloths and sponges shall be stored in the sanitizing solution between uses.

- o For manual washing, rinsing, and sanitizing of utensils and equipment, a sink with not 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 Equipment and utensils shall be pre-flushed or pre-scraped and, when necessary, pre-sealed to remove gross food particles and soil. Drain boards or easily moveable dish tubes shall be provided for proper handling of soiled utensils prior to washing and for cleaned utensils following sanitizing and shall be so as not to interfere with the proper use of the dishwashing facilities.
- o Except for fixed equipment and utensils too large to be cleaned in sink compartments, manual washing, rinsing and sanitizing shall be conducted in the following sequence:
  1. Sinks cleaned 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; or
    - b. Immersion for at least one minute in a clean solution containing at least 50 parts per million of available chlorine and at a temperature of at least 75 degrees Fahrenheit; or
    - c. Immersion for at least one minute in a clean solution containing at least 12.5 parts per million of available iodine and having a pH not higher than 5.0 and at a temperature of at least 75 degrees Fahrenheit; or
    - d. Rinsing, spraying, or swabbing with a chemical sanitizing solution of at least twice the strength required for that particular sanitizing solution in the case of equipment too large to sanitize by immersion.
- o A numerically scaled indicating thermometer, accurate to  $\pm 3$  degrees Fahrenheit kept convenient to the sink for frequent checks of water temperature.
- o Dish baskets of such size and design to permit complete immersion of the tableware, kitchenware, and equipment in the hot water.

- 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. These machines and devices shall be properly installed and maintained in good repair. Machines and devices 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.

- - Leeza Struwe, Intern  
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Adapted from Food Service in Jails by  
Marilyn B. Ayres and Food Service Code  
by the 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 annual jail inspection.

SUBJECT: FOOD SERVICE SANITATION

NAME \_\_\_\_\_

NUMBER: 55

DATE \_\_\_\_\_

1. List two factors affecting sanitation in jail food service:

HEALTH AND HYGIENE HABITS OF FOOD SERVICE STAFF: \_\_\_\_\_

QUALITY AND DEGREE OF PERSONNEL TRAINING: \_\_\_\_\_

FOOD PREPARATION PRACTICES \_\_\_\_\_

CLEANLINESS AND CAPABILITIES OF EQUIPMENT: OR \_\_\_\_\_

MAINTENANCE OF ENVIRONMENTAL SANITATION STANDARDS \_\_\_\_\_

2. Jail staff should wear hairnets or paper hats and beard restraints (when appropriate) while in the kitchen area and while handling food.

XX TRUE    \_\_\_ FALSE

3. Food-contact surfaces of equipment should be washed, rinsed, and sanitized at least once a:

a. year

b. month

c. week

d. day

e. hour

4. The same cloth can be used to wipe tables, chairs, equipment, spills, and ashtrays as long as it is rinsed in a sanitizing solution.

\_\_\_ TRUE    XX FALSE

5. After sanitization, all equipment and utensils should be AIR dried.

CREDIT: 1/2 HOUR CREDIT FOR JAIL IN-SERVICE TRAINING REQUIREMENT.

ANSWER SHEET SHOULD BE RETAINED BY JAIL ADMINISTRATOR

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