

In-service: Sanitation Review

Materials: Post-test, pencils

Learning Objective:

1. All staff will be able to explain procedures and rationale for using a 3-compartment sink
2. All staff will be able to demonstrate proper procedure for hand washing and be able to list times when hands should be washed
3. All staff will be able to explain reasons for checking temperatures and correctly identify acceptable temperatures for different foods
4. Will be able to explain the *why* behind each point

Target Audience: Wait staff, Cooks, Dishwashers

Evaluation: Review and post-test

Time: 15 minutes

Introduction: *Today we will be reviewing a few things that all relate to sanitation and food safety in the kitchen. As we go over these, remember, this is meant to be a review. I know that most if not all of you are already doing these things correctly. With survey coming, however, a review is always good! Also, one of the main points for doing this in-service is to talk about the **why** behind all of this.*

Assess background knowledge:

“What is one of the first things you should do before starting any work?”

So what do you think the first thing we will be talking about is?

Activities: **1. Hand-washing**

Who thinks they can explain to us the proper way to wash hands?

Go over steps, correcting any missed by the class member

Steps of Hand-washing:

1. Wet hands with running water as hot as you can comfortably stand
2. Apply soap (at least a dime to quarter size amount)
3. Vigorously scrub hands and arms for at least twenty seconds
4. Clean under fingernails and between fingers
5. Rinse thoroughly under running water
6. Dry hands and arms with a single-use paper towel or warm air dryer
7. Use the towel to turn off the faucet

When should we wash our hands? List as many times as you can think of!

Food handlers must wash their hands before they start work and after the following activities:

- using the restroom
- handling raw food (before and after)
- touching hair, face, or body
- sneezing, coughing, or using a handkerchief or tissue
- smoking, eating, drinking, or chewing gum or tobacco
- handling chemicals that might affect the safety of food
- taking out trash and garbage
- clearing tables or busing dirty dishes
- touching clothing or aprons
- touching anything else that may contaminate hands, such as un-sanitized equipment, work surfaces, or washcloths.
- before putting on gloves and when changing a pair

So, what about gloves? Do we have to wash our hands as frequently when we wear gloves?

Remember, **there is no substitute for hand-washing**. Gloves and hand sanitizers are not alternatives. We use them for added protection.

Even when hands are clean, follow these additional safety practices:

- Avoid direct contact of hands with food.
- Do not touch food that is ready-to-eat (except when washing fruit or vegetables). Use utensils, deli tissue, gloves, or appropriate equipment.
- Avoid direct hand contact with any surfaces that will touch food:
 - Ends of utensils
 - Top or inside of glasses or mugs
 - Top of plates or inside of bowls

So, with all of that, why is it so important that we follow all of these steps? Does it really matter?

YES!!!

- protects against the spread of illnesses, germs, bacteria, etc
- Elderly population – compromised immune systems

Now, let's switch focus a little.

2. Temperatures

Assess background knowledge:

The next thing we will be discussing is checking temperatures of foods and why we should do this.

Now, when are some of the different times you check the temperatures of foods?

When to take temps

- Take temperatures of all foods to be served at each meal. Document and keep on file in kitchen.
- Take temperatures of foods while they are being held before serving.
- Take temperatures of foods during the cooling or reheating process to assure foods are safely cooled and heated.
- Take temperatures when cooking to ensure that foods have been fully cooked

Who has heard of the term 'danger zone' before? What does it mean?

Danger Zone: 41° F and 135° F

Room temperature is considered the danger zone

Again, the question – why is this so important?

- Foods cooked and stored at the proper temperatures do not allow bacteria to grow
- There are many ways to prevent food borne illness but one important way is to make sure food is prepared, stored, and held at the proper temperature. Taking temperatures can help assure that the food prepared in your kitchen is safe to eat.
- Foods taste better if they are served at the right temperature.
- The agencies that regulate us (local, state, and federal agencies) expect us to store, cook, and hold our foods at safe temperatures as part of good food handling practices.
- Elderly population – compromised immune systems

Keep aware of the danger zone during meal preparation and food service delivery:

- Anything that is not refrigerated, frozen, or heated to 135° F is in the danger zone
- As you prepare your meals in the kitchen, food that is sitting out on the counters is in the danger zone
- Foods that sit on the serving line that are not properly heated or cooled can fall into the danger zone
- Foods that sit on a delivery cart can cool down and fall into the danger zone

3. Three-compartment Sink

Assess background knowledge:

We are going to jump to one more topic.

Do we have a dishwasher here?

We have talked about preparing and handling food and how important is it to ensure that the food stays safe. Just as important is the dishwashers job!

Let's start off with the why here. Why would I say the dishwasher's job is important in keeping our food safe?

- If not properly cleaned, germs and bacteria can stay on the plate and then be transferred when the dishes/equipment is used again

Steps:

1. Rinse, scrape, or soak all items before washing them
2. Clean items in the first sink. Wash them in a detergent solution at least 110 degrees. Replace the water when the suds are gone or the water is dirty

3. Rinse the items in the second sink. Spray with water or dip them into it. Remove all traces of food and detergent. If dipping items, change rinse water when dirty or full of suds
4. Sanitize items in the third sink. Soak in hot water or a sanitizer solution. Check the time and temp and use a test kit to check concentration
5. Air-dry all items. Place upside down so they will drain

Evaluation:

Pass out the post-test and give a few minutes for the employees to complete. Collect and then go over answers