

Food Safety From Prep To Table

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Overview

- ▶ Food Safety Basics
- ▶ Food Safety Basics Applied to Packaging
- ▶ Food Safety Basics Applied to Distribution
- ▶ Food Safety Basics Applied to Delivery
- ▶ Food Safety Education for Meals on Wheels Clients



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Food Safety Basics

- ▶ Clean
 - Hands, Utensils, Surfaces
- ▶ Separate
 - Prevent Cross-Contamination
- ▶ Cook
 - Prep
 - Cooking Time
 - Internal Temperatures
 - Holding Temperatures
- ▶ Chill
 - Storage and Holding Temperatures



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Food Safety Basics

- ▶ The goal is to produce a delicious product under the safest conditions.
 - Prevent cross-contamination during prep
 - Use of separate meat, fish, vegetable, etc areas can help
 - Use of cutting boards for each specific area can help
 - Use of gloves (disposed of after each "use")
 - Well-trained staff is crucial



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Food Safety Basics

- Cook to appropriate temperature

Meat	Minimum Internal Temperature
Beef, Veal, Lamb steaks & roasts	145°F
Fish	145°F
Pork	160°F
Beef, Veal, Lamb ground	160°F
Egg Dishes	160°F
Turkey, Chicken, Duck pieces & ground	165°F

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Food Safety Basics

- Cook to appropriate temperature

Meat	Internal Temp.	Centigrade
Fresh ground beef, veal, lamb, pork	160°F	71°C
Beef, veal, lamb roasts, steaks, chops: medium rare	145°F	63°C
Beef, veal, lamb roasts, steaks, chops: medium	160°F	71°C
Beef, veal, lamb roasts, steaks, chops: well done	170°F	77°C
Fresh pork roasts, steaks, chops: medium	160°F	71°C
Fresh pork roasts, steaks, chops: well done	170°F	77°C
Ham: cooked before eating	160°F	71°C
Ham: fully cooked, to reheat	140°F	60°C
Ground chicken/turkey	165° F	74°C
Whole chicken/turkey	180° F	82°C
Poultry breasts, roasts	170° F	77°C

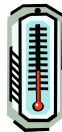
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Food Safety Basics

- ▶ Chill to appropriate temperatures quickly
 - According to both the U.S. Food and Drug Administration and the U.S. Department of Agriculture's Food Safety and Inspection Service, refrigeration at 40° F or below is one of the most effective ways to reduce risk of foodborne illness.
 - Microorganisms grow more rapidly at warmer temperatures, and research shows that keeping a constant refrigerator temperature of 40° F or below helps slow growth of these harmful microbes.

Food Safety Basics

- ▶ Hold Food At Safe Temperatures
 - Cold food should be held at or below 40°F.
 - Federal Food Code ?
 - State Food Code ?
 - Local Food Code ?
 - Program Food Code ?
 - Hot food should be held at or above 140°F.
 - What Code are you responsible for?



Food Safety Basics Applied to Packaging

- ▶ Clean
 - Prep area, storage containers, packaging line, staff
- ▶ Separate
 - Avoid cross-contamination from raw food in prep stage
- ▶ Cook
 - All foods prepared under sanitary conditions
 - All foods cooked to internal temperatures
- ▶ Chill
 - All foods chilled quickly to allow ample time to package and re-refrigerate foods
 - All foods packaged from small batches to keep the volume of food at appropriate temperatures

Packaging and Containers

- ▶ Types of food packaging
 - Metal with cardboard lid
 - Plastic with seal
 - Cardboard with seal
 - Others
- ▶ Types of delivery containers
 - Climate controlled trucks
 - Boxes
 - Cambroes
 - Hot Box
 - Others



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Food Safety Basics Applied to Distribution

- ▶ Clean
 - Personnel and containers
 - Vans and other vehicles
- ▶ Separate
 - Distribution containers and vehicles for cooked food only
- ▶ Cook
 - Re-heating meal for hot meal service
 - Temperature control during reheat and packing process.
- ▶ Chill
 - Climate controlled vehicle?
 - Alternative temperature-controlled containers



Food Safety Basics Applied to Delivery

- ▶ Clean
 - Does food safety education need to be provided for this client?
- ▶ Separate
 - Delivery containers for food use only!
- ▶ Cook
 - Temperature control during the delivery process
 - What temperature is best for each client? Hot/Frozen/Chilled?
- ▶ Chill
 - Hot meals: Will they be eaten or left on the counter?
 - Is this client receiving the meal at correct temp?
 - Is the client saving meals for weeks in the refrigerator?



Food Safety Education for Meals on Wheels Clients

- ▶ Clean
 - Cleaning tools that do the trick
- ▶ Separate
 - Cross-contamination prevention for the client
- ▶ Cook
 - Reheating process for the client
 - Temperature control for the hot meal client
- ▶ Chill
 - Appropriate storage for meals not eaten within 15 minutes of delivery
 - Freezer and refrigeration basics



Examples of Food Safety Education Topics Needed

- ▶ Risk and Consequences of Foodborne Illness
- ▶ Personal Hygiene
- ▶ Adequate Cooking
- ▶ What is Cross-Contamination?
- ▶ How to Prevent Cross-Contamination
- ▶ Safe Temperatures
- ▶ Safe Food Sources



Erroneous Food Safety Perceptions of Seniors

- ▶ Foodborne illness is not common.
- ▶ Foodborne illness happens with food from outside sources, not in the home.
- ▶ It is ok to store foods in the large containers in which they were cooked.
- ▶ It is ok to thaw food outside or on the counter.
- ▶ It is ok to thaw food in a sink of standing cold water.
- ▶ It is ok to leave food on the counter for more than two hours.



Methods of Providing Food Safety Education to the Client

- ▶ Printed Materials
 - Newsletters
 - Flyers and Pamphlets
- ▶ Face to Face Training for Client
 - In Home Consults
 - Classes in Senior Centers
- ▶ Face to Face Training for Caregiver
 - In Home Consults
 - Classes provided after work for caregivers
- ▶ Phone Consults
- ▶ Kiosks and other Technology



Conclusions

- ▶ Food safety basics are needed in all aspects of the Meals on Wheels process
- ▶ Training is needed for staff and for clients
- ▶ Time and temperature are areas that need attention
- ▶ Appropriate storage is an area that needs attention
- ▶ Food safety education is essential for the Meals on Wheels client

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