

From food prep...

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...to the participant's table

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## Foodservice Operation

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- Community programs – Elderly Nutrition Program, MOW
- \* Considered *Food Establishments* (1-201.10) \*
- FDA – writes Federal Food Code
  - States adopt, adapt or write own
- OAA – AoA writes federal guidelines – states write own state policies. AAAs and counties may have own local policies in addition

## Older Americans Act



- Section 339 – Nutrition
  - (C) encourages providers to enter into contracts that limit the amount of time meals must spend in transit before they are consumed
  - (F) comply with applicable provisions of State or local laws regarding the safe and sanitary handling of food, equipment, and supplies used in the storage, preparation, service, and delivery of meals to an older individual

## Highly susceptible population

- Provisions in Food Code specifically for:
  - The Elderly – immune systems weaken with age
  - The very young – haven't built up immunity yet
  - Pregnant women – compromised immune systems
  - Immuno-compromised
    - Cancer / chemotherapy
    - HIV / AIDS
    - Transplant patients
  - No undercooked food, bare hand contact, raw seed sprouts

## Foodborne illness

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- The Centers for Disease Control and Prevention (CDC) estimates per year in the United States:
  - 48 Million Americans (1 in 6)
  - 128,000 hospitalized
  - Approximately 3,000 deaths
- Three main causes of foodborne illness:
  - Time / Temperature Abuse
  - Cross-contamination
  - Poor personal hygiene



## Food Illness vs. Outbreak

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- **Foodborne Illness** - “food poisoning”
  - Caused by eating a contaminated food or beverage
  - Can only be confirmed by lab analysis that identifies the source of the illness
- **Foodborne Outbreak** - an incident in which 2 or more people experience the same illness after eating the same food

## THE LAW: Federal Food Codes say:

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- **2-201.11:** Food employees must inform the person in charge if they are experiencing:
  - Vomiting
  - Diarrhea
  - Jaundice
  - Sore throat with fever
  - An uncovered, draining wound



## THE LAW: Federal Food Codes say:

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- **2-201.11:** Food employees must inform the person in charge if they have received a diagnosis of:
  - Norovirus within past 48 hours
  - E Coli or Shigella in past 3 days
  - Salmonella in past 14 days
  - Hepatitis A in past 30 days



## THE LAW: Federal Food Codes say:

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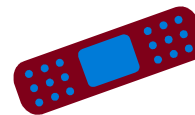
- **2-201.11:** The person in charge shall notify the regulatory authority that a food employee is diagnosed with an illness due to Salmonella, Shigella, E Coli O157:H7, Hepatitis A or other pathogen which can be transmitted through food



## Food Safety Review

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- **Three types of contamination:**
  - Biological: #1 cause of foodborne illness  
Bacteria, viruses, spores, fungus
  - Chemical: Cleaners, sanitizers, lubricants
  - Physical: Hair, bandages, bone fragments, metal shavings



## Food Safety Review

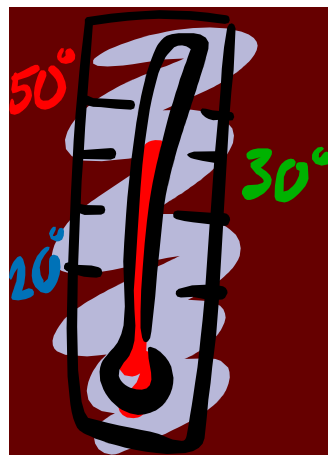
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- What is the most important way to keep food safe?
  - **Wash your hands!!**
- Food code requires effective hair restraints in foodservice establishments
- Gloves must be worn when working with food
- Temperature Danger Zone:
  - **41° to 135°F**

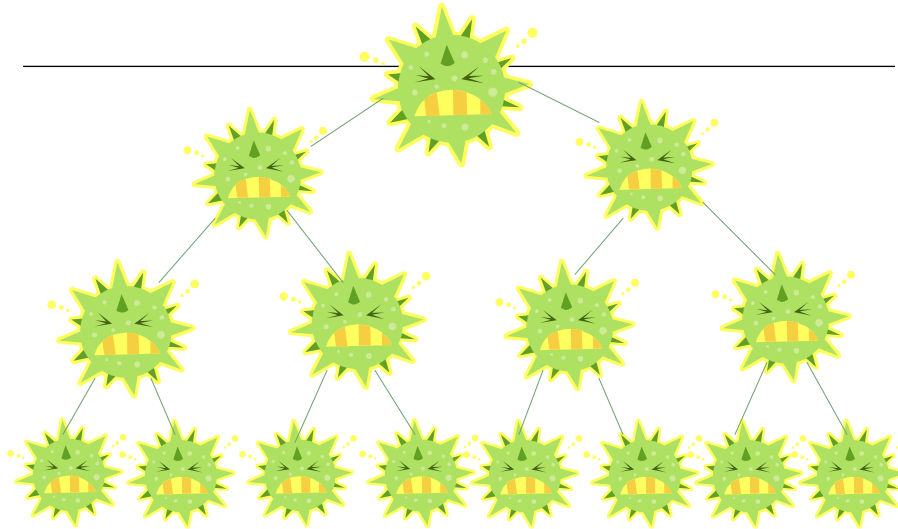
## Temperature Danger Zone

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- 41° F - 135° F
- This is where most bacteria grow!
- Protein foods are hard to get to hold temp, so put out small batches and be sure food is hot before packing.



## BACTERIA GROWTH IN ONE HOUR!



## Main Food Offenders

- **Salmonella:**
  - Poultry and eggs, dairy products, produce
  - Diarrhea, abdominal cramping, vomiting, fever
  - In the US there are approximately 40,000 cases of *Salmonella* infection reported each year
- **E. Coli O157:H7:**
  - Causes diarrhea, abdominal cramping, kidney failure and death in extreme cases
  - Kills 1 in 50 of its victims – est. 90 each year

## Main Food Offenders

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□ **Listeria:**

- Grows in cool, moist environments (like coolers)
- Kills over 500 people every year in US!
- Most common symptoms are miscarriage. Also pneumonia, meningitis and sepsis

□ **Campylobacter Jejuni:**

- Causes the most cases of infectious diarrhea in US
- Sickens an estimated 2 million people each year. Kills about 100 people / year

## Main Food Offenders

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□ **Clostridium Perfringens:**

- Third most common foodborne illness
- Grows very rapidly within temperature danger zone
- Not all strains destroyed by cooking

□ **Shigella:**

- Bloody diarrhea, abdominal pain and cramping
- **As few as ten bacterial cells** can be enough to cause illness
- Infects est. 450,000; kills est. 70 people per year



## Hepatitis A

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- Acute infectious disease of the liver. Also known to reduce the size of parts of the brain
- Most commonly transmitted by the fecal-oral route via contaminated food or drinking water
- Time between infection and the appearance of the symptoms is **between two and six weeks** and the average incubation period is 28 days
- Nausea, vomiting, abdominal pain, loss of appetite, weight loss, jaundice, itching

## Foodborne Outbreak – *doors closed*

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- **Salmonella**: Peanut Corporation of America headquartered in Lynchburg, Virginia was forced out of business in February 2009 after investigations into the 2008-2009 salmonella outbreak in the US showed that this company was the source.  
**Killed 9. Infected nearly 700** in 46 states
- **Hepatitis A**: In November 2003, Chi-Chi's was hit with the largest hepatitis A outbreak in U.S. history – **killed at least 4 with 660 other victims** of illness in the Pittsburgh area. Traced back to green onions

## Foodborne Outbreak

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- **Clostridium**: June, 2010. Central Louisiana State Hospital, Pineville, LA. Chicken salad improperly prepared and/or stored. **Killed 3 patients, severely sickened over 40 others**
- **Listeria**: Texas – 2003-2007. **37 cases, 3 adult deaths, 1 infant death, 4 miscarriages and 11 premature deliveries.** Believed to be d/t consumption of cheese – queso fresco (soft white cheese at Mexican restaurants)

## Foodborne Outbreak

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- **E Coli**: March 2010. Vancouver, BC, Canada. Daycare Center E. coli outbreak. **Killed 4-year old boy, hospitalized 3 other children**
- **E Coli**: Linda Rivera, Las Vegas, Nevada 2009-2010. Ate Nestlé's raw cookie dough. 10-12 months in Vegas hospitals - 10-12 days in drug-induced coma, portion of colon removed, multiple seizures, kidney failure, liver failure, then cardiac arrest. Dialysis d/t kidney failure. Removed 45 pounds of fluid in 3 days. Didn't walk until over a year later.

## Food Safety Review

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### **Thermometers**

Accurate food thermometers are the only tools that can judge the internal temperature of food. The length of time a food has been cooked, or the appearance are **NOT** good indicators of safety and doneness.

## **THE LAW: Federal Food Codes say:**

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### **2-304.11 :**

- Food employees shall wear clean outer clothing to prevent contamination of food, equipment, utensils, linens, and single service and single-use articles



## THE LAW: Federal Food Code say:

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- **2-402.11: FOOD EMPLOYEES shall wear hair restraints** such as hats, hair coverings or nets, beard restraints, and clothing that covers body hair, that are designed and worn to effectively keep their hair from contacting food, equipment and utensils



## Before you start dishing up food:

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- Use common sense
- Ensure your clothes are clean
- Put on your hair restraint
- Wash your hands
- Check food temps
- Ensure utensils, equipment and containers are clean and free of debris
- Only dish up meals a few at a time

## Food Safety Review

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- ❑ If food is catered, you must check the temperature upon arrival and again before dishing up and serving
- ❑ Once food is received, immediately store it properly while waiting for service
- ❑ If it is not hot enough, bring it to temp if able. If facility does not support this, REJECT and RETURN the food
- ❑ If the cold food is too warm, REJECT and RETURN the food

## Important:

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- ❑ Heating will kill the bacteria,  
but it **WILL NOT KILL** the toxins  
or spores they leave  
behind
- ❑ Freezing & cooling will not kill bacteria  
– it only stops or slows their growth



## THE LAW: Federal Food Codes say:

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- **3-301.11:** Food employees may not contact exposed, ready to eat food with their bare hands and shall use suitable utensils such as deli tissue, spatulas, tongs, single-use gloves or dispensing equipment
- **3-801.11:** No bare hand contact with ready-to-eat foods while serving highly susceptible populations



## THE LAW: Federal Food Codes say:

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- **3-304.15:** Single-use gloves shall be used for only one task such as working with ready-to-eat food or with raw animal food, used for no other purpose, and discarded when damaged or soiled, or when interruptions occur in the operation



## Food Safety Review

### Washing equipment & surfaces:

- Clean **then** sanitize – **TWO STEP** process
- Remove debris then kill the bugs
  
- How soap works:
  - Lyses the cell (breaks the cell open)
  - Encapsulates the debris
  - Decreases surface tension
  - Scrubbing is preparation for rinsing

## Washing hands *trench warfare*

- Warm water – 100°F or hotter
- Scrub with soap for minimum 15 seconds.  
Sing the ABC's
- Pay attention to areas between fingers and under nail beds
- Rinse under clean, warm running water
- Dry with paper towel
- Turn off faucet and open door with paper towel





## Preparation

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- ❑ Be sure your delivery equipment is clean and sanitized
- ❑ If you have electrical equipment for holding the food at a hot or cold temperature be sure it is working properly
- ❑ Be sure to keep the cold food in your air conditioned vehicle when it is hot out to avoid overheating in the trunk



## Cold Food Packaging

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- ❑ All cold food and beverages should be packed in coolers that maintain the food below 41 degrees Fahrenheit
- ❑ Use ice or gel packs, or coolers that plug in to outlets or jacks to maintain the temperature. Foods **must** be kept at a safe temperature during delivery
- ❑ Frozen foods must be maintained frozen solid



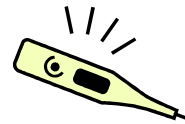
## Hot Food Packaging

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- ❑ Transported separately from cold foods
- ❑ Transported in a carrier that maintains the temperature above 135° F
- ❑ All should have lids and a heating device such as a heat stone, heated gel pack, plug-in heater or transport bag, for example Cambro, Nutrisystem bags or other thermal transport containers

## Keeping food safe

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- ❑ Potentially hazardous food must be kept out of the temperature danger zone – or in TDZ for LEAST amount of time possible
- ❑ **3-501.16**: Potentially hazardous food shall be maintained at 135°F or above; or 41°F or less
- ❑ **3-501.19**: Ready-to-eat potentially hazardous food shall be discarded within 4 hours from the point of time when the food is removed from temperature control

## During the delivery...

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- ❑ Open and close the delivery bags as quickly as possible to avoid temperature loss
- ❑ If walking a distance with the meal, carry it in the insulated bag
- ❑ In hot weather keep the cold food in the air conditioned interior of your car when possible
- ❑ Same goes for cold weather – keep hot food in the heated part of the vehicle

## Monitoring for food safety

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- ❑ A test tray should be sent regularly and the temperature of that food shall be checked and documented at the end of the meal delivery route
- ❑ Evaluate the data (don't ignore the data!)
  - Trends
  - Temps
  - Quality
  - Customer satisfaction scores



## Quality

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- ❑ It is important that transport carriers protect meal packages from contamination, crushing or spillage to assure a high quality, appetizing meal is served
- ❑ Volunteers are asked to refrain from smoking while making deliveries, to keep the food smoke-free, and out of respect for our clients' well-being

## Personal Hygiene

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- ❑ Don't smoke while delivering meals.
- ❑ Cover all cuts, open sores or wounds with a waterproof bandage. And wear gloves during any and all food preparation
- ❑ Wear clean clothes, clean hats
- ❑ **Delivery drivers are still foodservice workers and must follow the rules of the food code**

## THE LAW: Federal Food Codes say:

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**2-403.11:** Food employees may not care for or handle animals that may be present such as patrol dogs, service animals, or pets

Unless they are your service animal, in which case you need to wash hands as outlined in the food code prior to returning to work



## What about your hands?

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- ❑ Avoid petting animals. If you do touch an animal wash your hands!
- ❑ Gloves can be worn, but only if you put them on right before you deliver the meal and take them off right after the delivery. You cannot drive with gloves and then use them, or use the same pair for the entire route.
- ❑ Hand Sanitizers - be sure to have some in your vehicle and use it often!

## Leaving food

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- **Never** leave food on doorstep, in garage, in parked car, etc.
  - Time / temperature abuse
  - Contamination
  - Tampering
  - Liability
  - Loss / theft



## Food Safety Check...

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- Make sure the refrigerator is working
- Check to make sure it is not overloaded with uneaten meals (check dates on packages)
- Remind them to put the meal in the refrigerator if they are not going to eat it right away and to put leftovers in the refrigerator immediately
- Food safety handouts and training for clients

## Food Safety Check...

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- ❑ Magnet or fridge handout with storing and reheating instructions (ex. “use within 3 days”, or “refrigerate any unused leftovers”)
- ❑ Date all packages before delivering
- ❑ Provide menu to all participants so they and family members can monitor how old the food is

## Reheating Tips...

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- ❑ Ask how they reheat the meals and if the microwave or oven works properly and if they need assistance operating them
- ❑ Food to be heated in the microwave should be placed in a microwave safe container, not heated in aluminum or plastic containers
- ❑ Remind clients to reheat the food to 165° F and stir food reheated in a microwave to ensure even heating



## Summary

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- ❑ Wash your hands, wash your hands, wash your hands
- ❑ If you're sick, stay home
- ❑ Must follow Food Code (state or federal)
- ❑ Must ensure proper temperatures
- ❑ Keep food out of temperature danger zone
- ❑ Wash your hands, wash your hands, wash your hands



# THANK YOU!!

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Any questions left unanswered?

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