

Introduction to Food Safety – Temporary Labor © Sodexo

Personal Hygiene

Handwashing -- Wash hands and exposed parts of the arm for at least **20 seconds**:
after using restroom facilities **and again** in production/service areas;
before starting to work and when returning from breaks;
after handling raw meat, poultry, seafood and produce;
before working with ready-to-eat foods;
between handling different types of food;
after coughing, sneezing or blowing nose;
after touching hair, face, nose, other parts of body;
after eating, drinking and smoking;
after cleaning;
after handling chemicals;
after handling dirty equipment;
after handling trash and other contaminated objects.

Dry your hands with a paper towel (air dryer), **never** with your apron/kitchen towel.
Use a paper towel to turn off the faucet and operate the door handle.

Hair Restraint – All hair must be contained with a hairnet or cap at all times.

Fingernails – Must be well trimmed & clean; **no** nail polish/artificial fingernails are allowed.

Jewelry and Watches on hands and arms **may not be worn** during production and service, except for a plain, smooth-surface ring / band. (A medical bracelet is allowed only if needed for a medical condition).

Cuts, Abrasions and Burns on hands and exposed arms must be covered with a bandage. A bandaged hand must also be covered with a disposable glove (or finger cot).

Disposable Gloves must be worn;

When handling ready-to-eat foods without utensils. *Not needed when handling raw foods that will be cooked, cleaning or handling trash.*

When switching from raw food to ready-to-eat food. (Hands must be washed before putting on gloves.) Change gloves when they are torn, dirty or contaminated. (Hands must be washed before putting on gloves.)

Remove and discard gloves when leaving the work area, going to the restroom and going on break.

Safe Food Handling

Thermometers

Employees must use a properly cleaned, sanitized and calibrated thermometer.

Thermometer must be calibrated to 32° Fahrenheit in a cup of ice water. If it is not calibrated properly, see your manager for assistance.

Potentially Hazardous Food must be cooked to the correct minimum internal temperature. The required cooking temperatures are listed on the Sodexo recipes.

Hot Food must be held / served at 140°F or above.

Cold Food must be held / served at 40°F or below

Food Temperatures must be checked and recorded on the HACCP log at the start of service and every 2 hours.

Cleaning & Sanitizer Use

All food contact surfaces (including thermometers) must be cleaned and sanitized before and after each use. The sanitizing solution (Oasis 146) must be prepared in correct concentration. This solution must be checked with test strips to ensure proper concentration. **If you have questions on this information, please talk to the manager.**