



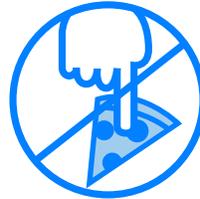
# Food Safety

Germs and bad food can make you sick. Protect your health.

## Healthy Hands



**Wash hands** for 20 seconds before touching food - use soap, warm water, and paper towels to dry



**Don't touch food** with your bare hands, unless it's yours



**Wear gloves** when preparing foods and bandage any wounds - do not reuse gloves



**Don't prepare food if you're sick**, e.g. the flu, diarrhea, vomiting, jaundice (yellow skin or eyes)

## Clean Kitchen



**Sanitize** food prep and serving surfaces before and after use



**Wash, rinse, sanitize, and air dry dishes** shortly after use



**Sanitizing solution =** 1/4 tsp bleach + 4 cups water



**Store food and garbage** in rodent-proof containers





# Food Safety

Germs and bad food can make you sick. Protect your health.

## Safe Food



**Rinse fruits and vegetables** before preparing or eating



**Write the date** on prepared food and eat or throw it out within one week



**AVOID THE FOOD DANGER ZONE: 41-135°F**



**These foods can make you sick** if they are left out for more than 4 hours



**Shelf-stable foods** are safe at any temperature



Custard Pies



Cooked Grains



Cooked Vegetables



Sprouts & Cut Leafy Greens



Cut Melon & Tomatoes



Dairy & Cheese



Raw Fish



Raw Eggs



Raw Meat



Bread



Peanut Butter



Fruit



Raw Vegetables



Unopened Cans



Oil



Cookies & Baked Goods



Dry Goods





# Food Safety CHECKLIST

Use this checklist if you are in charge of setting up, managing, equipping, or inspecting facilities that serve people experiencing homelessness.

## Set up your facility for safe food prep and service.

- ❑ **Provide a sink or hand washing station** in the food prep area.
  - Ensure water is warm (100°F - 120°F).
  - No running water? Set up a temporary hand washing station (Appendix H).
- ❑ **Serve food using tongs, disposable gloves, or single-use pastry paper.**
- ❑ **Provide sanitizing solution in labeled spray bottles** for food prep and serving surfaces. Write this on the label:
  - **Sanitizing Solution**
  - **How to Use:** Spray surface and leave for 1-2 minutes. Dry with clean paper towel.
  - **How to Mix:** 1/4 teaspoon of bleach with 4 cups of water.
- ❑ **Provide the following items to set up a dishwashing station.**
  - Trash can to scrape off food scraps
  - Dish soap, paper towels, scrubbers, rags, sponges
  - Sink (3 compartment recommended) or deep containers for dishwashing, rinsing, and sanitizing
  - Bleach for making a sanitizer solution (1 teaspoon bleach to 1 gallon of water)
  - Space to air dry dishes or paper towels
- ❑ **Post steps for dishwashing**
  - **Wash** with warm soapy water
  - **Rinse** with clear/clean water
  - **Soak** in sanitizing solution for 10 seconds
  - **Air dry** on a wrack or dry with paper towels
- ❑ **Equip kitchen with a dishwasher** (recommended, but not required). You don't need a commercial dishwasher. Residential dishwashers work well.

- ❑ **Post instructions for dishwasher use:**
  - **Scrape food off first** and avoid overloading machines
  - For commercial grade chemical dishwashers **set the chlorine concentration between 50-200 ppm**
  - For commercial grade high temperature dishwashers **set rinse cycle to 180°F or higher.**
- ❑ **Schedule regular cleaning and disinfecting** of food prep area.
  - See the Clean & Disinfect section for more information.

## Avoid the Danger Zone (41-135°F).

- ❑ **Provide a digital thermometer** for measuring food temperatures.
  - Sanitize thermometer before using. Place tip in the center of the thickest part of foods for accuracy. Sanitize thermometer again when done.
- ❑ **Keep hot food hot, and cold food cold.** Minimize time spent in the bacteria-growing Danger Zone 41-135°F.
  - Cool food in the fridge, uncovered, and in small batches to exit the Danger Zone quickly. If you have large batches, cool in the freezer.
  - Re-heat food to 165°F and serve hot.
- ❑ **Cook foods to appropriate final temperatures:**
  - Vegetables = 135°F
  - Pork, seafood, and eggs = 145°F
  - Beef = 155°F
  - Chicken = 165°F

*Checklist continues on the next page*



# Food Safety CHECKLIST

## CONTINUED

### Monitor food donations.

- ❑ **Keep a food and temperature log.**
  - Post the log in the area where the food is received.
  - Track foods received, temperatures when they arrived, and who donated them.
  - Work with donors on keeping food at safe temperatures.
  - Check foods for contamination upon arrival. Foods not commercially packaged should arrive covered or in a container.
  - See Appendix E for a sample food log.
- ❑ **Post a list of acceptable food donations and trusted food donors:**
  - Anyone can donate whole fruits and vegetables and commercially packaged foods or baked goods that don't need refrigeration.
  - Permitted food facilities, restaurants, and individuals or groups capable of meeting minimum safety requirements can donate prepared foods (e.g. lasagna, soup).

### Provide equipment, containers, and regular checks to store food safely.

- ❑ **Set refrigerator temperatures between 36-39°F** to ensure foods stay cold and check weekly.
- ❑ **Reset thermometers once a month** by sticking them in ice water until they read 32°F.
- ❑ **Check freezers** and ensure foods remain frozen.
- ❑ **Schedule a weekly fridge cleaning** and throw out old or expired food.
- ❑ **Provide rodent-proof containers for food.**
- ❑ **Provide rodent-proof bins** and tight-fitting lids for all garbage.

- ❑ **Schedule a weekly check for pests** (e.g. cockroaches, ants, rodents) in areas where food is being prepped, stored, eaten, or thrown out.
  - If signs of pests are found, see the General Safety section to learn about pest control.
  - Note: Pest control chemicals should not be used by unlicensed individuals.

### Train and model safe food practices.

- ❑ **Review illustrated food safety guide** (previous pages) at the beginning of each food prep and service shift.
- ❑ **Do not allow people who are sick to prepare or serve food** (e.g. flu-like symptoms, diarrhea, vomit, jaundice/ yellow skin or eyes)
- ❑ **Model good hand washing, cleaning, and food preparation practices.**
- ❑ **Help staff, volunteers, and clients handling food** for others obtain a food worker card.



**Questions about food safety, food worker cards, or where to file a complaint?** Call 206-263-9566  
**Need to report a foodborne illness?** Call 206-296-4774