



Food Safety Overview

Foodborne Infection

Foodborne infection is produced by the ingestion of living, harmful organisms present in food. These organisms such as bacteria, viruses, or parasites will multiply in the body and cause sickness. Improper storage and not cooking food products to their required temperatures can result in the harmful organism(s) inside the food not being killed.

Foodborne infections have a delayed onset meaning you do not get sick right away. The symptoms can occur within a few hours (up to 72 hours). The symptoms vary because your body's immune system is trying to fight the bacteria until it succumbs to a physical reaction such as diarrhea.

Essentials of Food Safety and Sanitation

The three main areas of food safety and sanitation are:

- Time and Temperature
- Heat and Cold
- The washing of hands and ware-washing (i.e., dishware, glassware, pots and pans etc)

Food must be cooked for a certain amount of time and at a specified temperature in order to kill harmful bacteria. For example, poultry should be cooked to an internal temperature of 165°F for 15 seconds, ground beef to an internal temperature of 155°F for 15 seconds, and pork to an internal temperature of 145°F for 15 seconds.

Food must also be stored properly; leaving food at room temperature is dangerous. Four hours is the maximum total time perishable food can out of refrigeration. When food is not being used, it should be held hot (heat) for immediate service or stored in the freezer or refrigerator (cold). Finally, all food-contact surfaces should be washed, rinsed, sanitized, and air-dried

Hygiene

The number one cause of food contamination is poor personal hygiene. Practicing good hygiene means good health habits including showering regularly, wearing clean clothing, and frequent hand washing. Long hair should be tied back. Poor personal habits are serious hazards in food establishments. Saliva, sweat, hair, and dirty nails can be harmful sources of contamination if they get into food.

Proper Handwashing

When handling food, hands will become soiled often and can become easily contaminated. To keep yourself and the food you prepare safe to eat, hands should be washed often and effectively. The steps for proper handwashing are outlined below.

