

Safe Food Handling

Cooking Demonstrations & Food Samples

Preparation

- Wash all raw fruits and vegetables before using them for cooking or for raw food samples:
 - Produce used for samples must be washed with cool water. If it is thick-skinned produce, scrub with a clean vegetable brush, which will remove nearly all insects, dirt, bacteria, and some pesticide residues that can contaminate the interior of the produce once it is cut.
 - If washed produce is not cut for samples, immediately store it in a clean container to prevent re-soiling of the exterior surface prior to cutting.
- Maintain all samples of potentially hazardous food items safely:
 - Foods that have been cooked (e.g. edamame soybeans or other cooked vegetables), that contain meat or dairy, and certain fruits/vegetables (e.g. cut melons, cut tomatoes, bean sprouts) need to be stored on ice or in an ice chest at 41°F or less.
 - If samples are not held cold, they must be disposed of after four hours.
 - Cut samples must be covered or protected if flies are present, the area is dusty, or weather conditions are such that the samples could become contaminated.
- Keep raw foods and prepared foods separate.
- Prepare foods in a commercial kitchen according to proper food handling practices.

Cooking

- If cooking meats or eggs, use thermometers to check internal temperature:
 - Poultry 165° F
 - Ground beef 155°F
 - Fish, eggs, pork, other meats 145°F
- If reheating foods that were previously cooked, the internal temperature must reach 165°F within 2 hours from the start of the reheating process.

On-site

- Handwashing facilities are required:
 - Must have: warm water (that can be dispensed without the use of hands), soap, and single-use paper towels.
 - How to wash: wet hands with clean, warm water; apply soap and work into a lather; rub hands together for 20 seconds; clean under the nails and between fingers; rinse under clean, running water; dry hands with a disposable paper towel.
 - Wash hands after smoking, eating, drinking, using the bathroom, touching the face/body, animals, or any time the hands may be contaminated.
 - If using gloves, hands must be washed before putting on single-use gloves and between glove changes.
- Bathroom facilities must be available and must include a handwashing facility.



- Waste removal:
 - Wastewater (from handwashing, cooking, cleaning, etc.) must be disposed of into an approved sewage system (mop sink, floor drain, etc.) and cannot be dumped onto the ground.
 - Food scraps must be disposed of in compost or trash.
 - Keep garbage containers covered and empty them often.
- Utensils:
 - Use clean and sanitized knives, utensils, and cutting boards when cutting produce. Wash with soapy water, rinse with clean water, sanitize, and air dry.
 - Cleaned and sanitized knives and cutting boards must be re-cleaned and resanitized every 4 hours and whenever contaminated with unwashed hands, dirt, floors, or raw animal products.
 - If facilities are not available for warewashing, have extra cleaned and sanitized knives and cutting boards available. Change utensils when they are soiled or contaminated (e.g. dropped on ground) and when the 4-hour time limit has expired.
 - Keep all cleaned and sanitized knives and cutting boards in a clean, sanitized container during transport and storage.
- Rodents, insects, birds:
 - Keep rodents, insects, birds, etc. away from food. Netted table tents keep flies and bugs off; they're lightweight and come off easily when you are ready to serve or sell food products.

Serving

- Do not handle ready-to-eat foods (foods that are not going to be cooked) with bare hands. Use utensils, tongs, deli tissues, gloves, etc.
 - Garnishes (chopped herbs, nuts, etc.) are considered ready-to-eat and cannot be handled with bare hands.
 - Have extra sets of utensils available. If a utensil is soiled or contaminated, it must be washed, rinsed, and sanitized before it can be used again. It is often easier to have extra supplies available.
- A sample is “a bite” or “a swallow,” no larger.
- Do not allow customers to reuse single-service items (tasting cups, toothpicks, etc.).
- Pay attention to the temperature and time of food samples after they are cooked or prepared.
 - Cold foods must be kept at 41°F or below, with hot foods at 135°F or above at all times.
 - If not using temperature as a control, then use time to control bacterial growth; food cannot be left in the “danger zone” (between 41°F and 135°F) for more than 4 hours. Discard food after 4 hours if temperatures are not maintained. Do not save and reuse food samples that are potentially hazardous.

Storage & Transportation

- Store all food in food-grade containers or packing materials. Garbage bags are not food-grade (often treated with mold-inhibiting chemicals). Do not reuse bread sacks or grocery bags, as they may be contaminated by the food that was stored in them.
- Ice must be made from potable (i.e. suitable for drinking) water only. Ice that has kept food cold must not be served for human consumption. Whenever possible, use cold packs to keep food cold.
- Store chemicals, including cleaning solutions, away from food and food contact surfaces.
- Ensure that transportation vehicles are clean and sanitary. Dirty vehicles can contaminate produce with harmful microbes like E. coli, Listeria, Salmonella.