



City of
Independence
Missouri

**FOOD HANDLER
REFRESHER COURSE**

INDEPENDENCE
HEALTH
DEPARTMENT

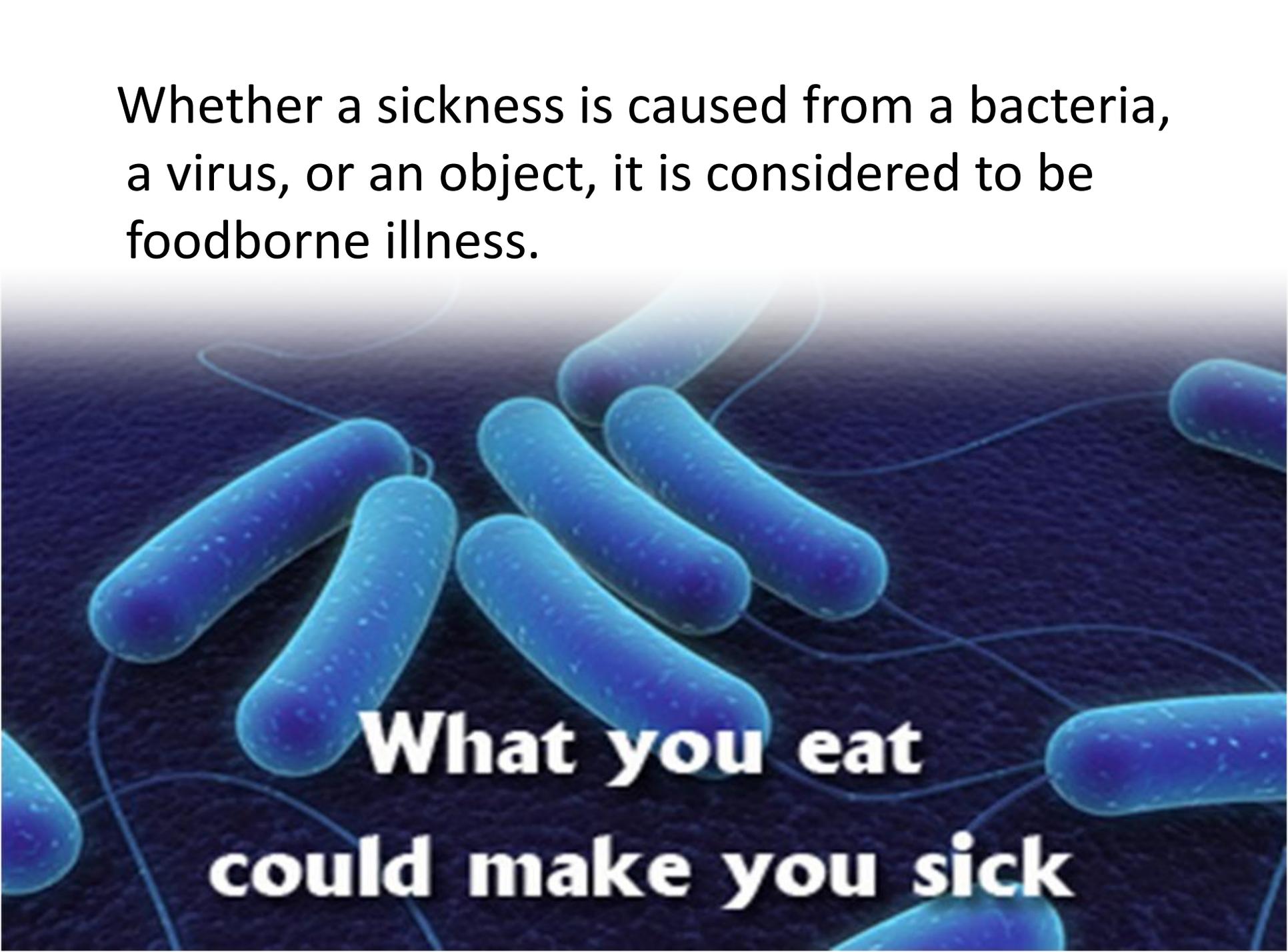
What is Foodborne Illness?

Foodborne illness is a disease, or sickness, that is transferred to people from the food that they eat. Anything that makes people sick, after eating, is considered to be a foodborne illness.

Salmonella sp.



Whether a sickness is caused from a bacteria, a virus, or an object, it is considered to be foodborne illness.

A microscopic view of several blue, rod-shaped bacteria with flagella, set against a dark blue background. The bacteria are scattered across the frame, with some appearing more prominent than others. The flagella are thin, hair-like structures extending from the bacteria.

**What you eat
could make you sick**

Every year, 325,000 Americans are hospitalized from foodborne illness, and 5,000 of them will die.

A close-up, angled photograph of a hospital directional sign. The sign is dark blue with a red diagonal band. The word "EMERGENCY" is written in white, bold, sans-serif capital letters on the red band, preceded by a white right-pointing arrow. Below the red band, the word "HOSPITAL" is written in white, bold, sans-serif capital letters. Below "HOSPITAL", the words "Main Entrance" are written in white, bold, sans-serif capital letters, preceded by a white left-pointing arrow.

→ **EMERGENCY**
HOSPITAL
↖ **Main Entrance**

Foodborne illness is preventable. With proper training in safe food handling practices, **5,000 American lives could be saved every year.**



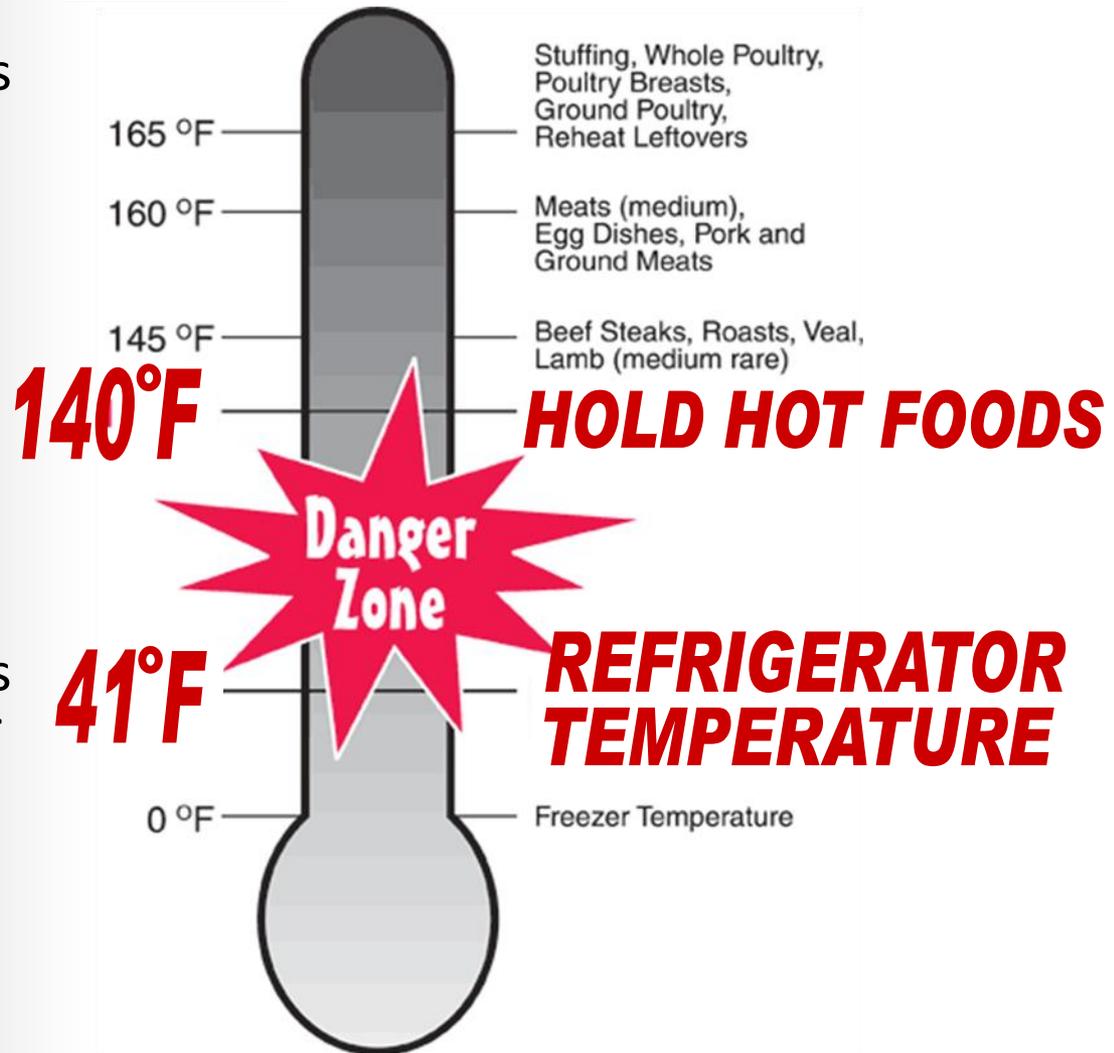
- 1 – TEMPERATURE ABUSE
- 2 – CROSS-CONTAMINATION
- 3 - PERSONAL HYGIENE

There are three main causes of foodborne illness; **1. temperature abuse of food, 2. cross-contamination, and 3. poor personal hygiene.** Most sicknesses that are caused by food, can fall under one of these three main categories.

I. Time and Temperature Abuse of

Food

- The Danger Zone for food is between 41°F and 140°F
- In the Danger Zone, bacteria grows and multiplies the fastest.
- Food should pass through the Danger Zone as quickly as possible, either by heating or cooling.
- Temperature abuse occurs when potentially hazardous food remains in the Danger Zone too long.
- Temperature abuse may lead to foodborne illness.



Making sure food is never allowed to stay in the Danger Zone will prevent the growth of harmful bacteria.



Whether food is in the refrigerator, on a buffet line, or on a steam table, it must be kept out of the Danger Zone between 41°F -140°F. Cold food must be held at 41°F or below, and hot food must be held at 140°F or above.



Cooking and Reheating Food

Though different foods, technically, have different cooking temperatures, make sure:

- All food is **cooked to at least 165°F.**
- When reheating food, it is **rapidly reheated to 165°F.**



Never reheat food on a steam table or a buffet line. This will take too long and food may become contaminated with dangerous bacteria.

II. Cross-Contamination

Cross-contamination is a second cause of foodborne illness. Cross-contamination is when something, or anything, gets on food that is not supposed to be there. This can be a bacteria, a virus, a chemical, or a physical object.



Melamine

Raw Meat and Cross-Contamination

One of the main causes of cross-contamination is other foods.

If raw meat is stored on or above other food, then whatever is on the meat (it could be e-coli) could drip or otherwise be transferred to the other food.

This could cause people to become sick.



It is important that raw meat be kept away from other food. When storing raw meat, remember to store it away or below all other foods.



Utensils and Cross-Contamination

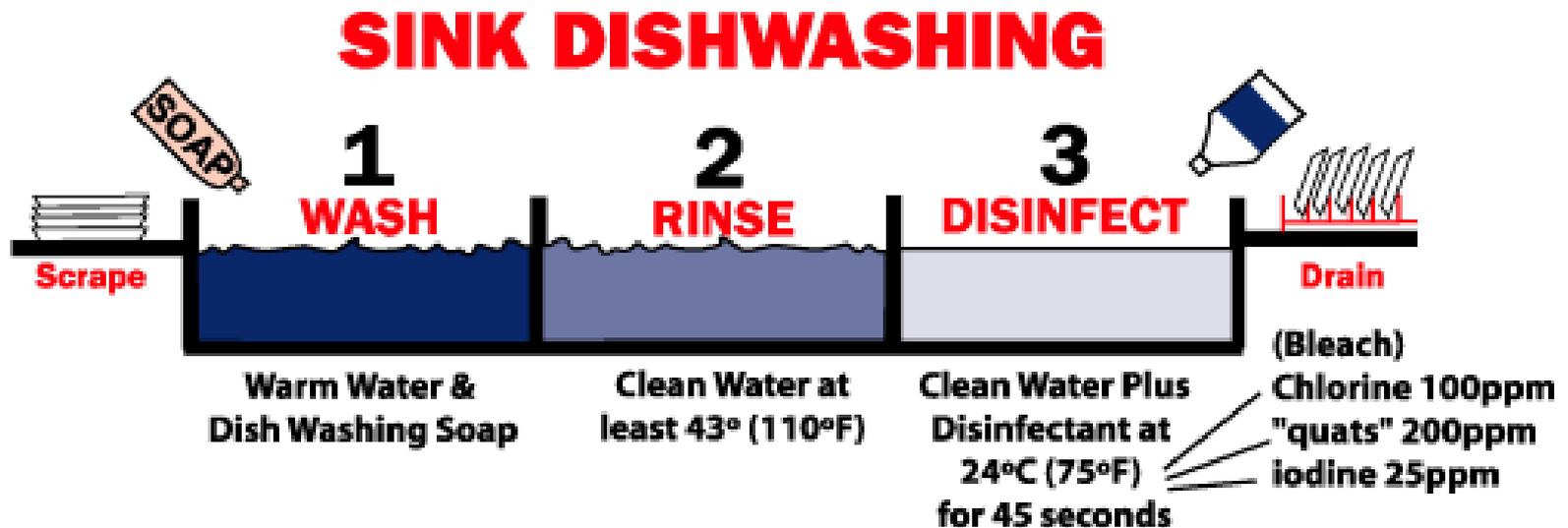
- When using cutting boards, knives, or any other kitchen item, never use them for more than one purpose.
 - If a knife is used to cut raw chicken, and is then used to cut lettuce, then whatever is on the chicken (it could be salmonella) will be transferred to the lettuce and make people sick.



All kitchen utensils must be properly washed before being used again. This will prevent cross-contamination from dirty utensils.

Dishes can be washed in a dish machine, or manually washed by hand.

There is a 5 step process for manually washing and sanitizing dishes: scrape, wash, rinse, sanitize, and air dry.



III. Poor Personal Hygiene

Poor personal hygiene is a third cause of foodborne illness.

- Good hygiene is important for safe food.
- It is essential to remember to:
 - Wash your hands at the appropriate times
 - Wear a clean uniform
 - Never touch ready-to-eat food items with your bare hands

Proper Hand Washing

For Proper hand washing, you need:

- Hot and cold running water
- Pump soap
- Disposable paper towels.

Always wash hands:

- For at least 10-15 seconds (or it is not effective).
- After using the restroom, after touching raw meat, in between tasks, and after anything that might contaminate your hands.

Use Only a Designated Hand Sink

Remember, hand washing can only be done in a designated hand washing sink.



Never wash your hands in the prep sink, the three-compartment sink, or any other sink other than the hand sink.

Ready-to-eat Food

Ready-to-eat food is food that is ready to be served without any further preparation.

- It is important that you never touch ready-to-eat food with your bare hands.
- To touch these foods, you must use utensils, papers, or gloves.



- **Symptoms of food-borne illness may include nausea, vomiting, headaches, paralysis or even death**
- **Contaminated food is a potential risk for all of us.**
- **Food safety is of critical importance.**
- **Following proper food handling techniques will help you make our food service facilities safe places to eat.**

Thank you for your attention.

**For more information about Food Safety,
please visit:**

www.foodsafety.gov