Chippewa Valley schools

Food Safety & Sanitation 101

Four Ways Food Becomes Unsafe

- Time and Temperature Abuse
- Cross Contamination
- Personal Hygiene
- Cleaning and Sanitizing

Food Allergy 101

- Food allergy is a serious and potentially life-threatening medical condition affecting more than 33 million people living in the U.S.

What are the most common food allergens in the U.S.?

In the U.S. there are 9 major food allergens that cause about 90% of reactions, but a person could be allergic to any food. The top allergens include:

- Crustacean Shellfish (This includes shrimp, crab, or lobster but not scallops, clams, mussels, or oysters)
- Egg
- Finned fish (such as tuna or salmon)
- Milk
- Peanuts
- Tree nuts (such as almond, cashew, or walnut)
- Sesame
- Soy
- Wheat

To learn more about keeping safe with food allergies, go to: https://www.foodallergy.org/living-food-allergies

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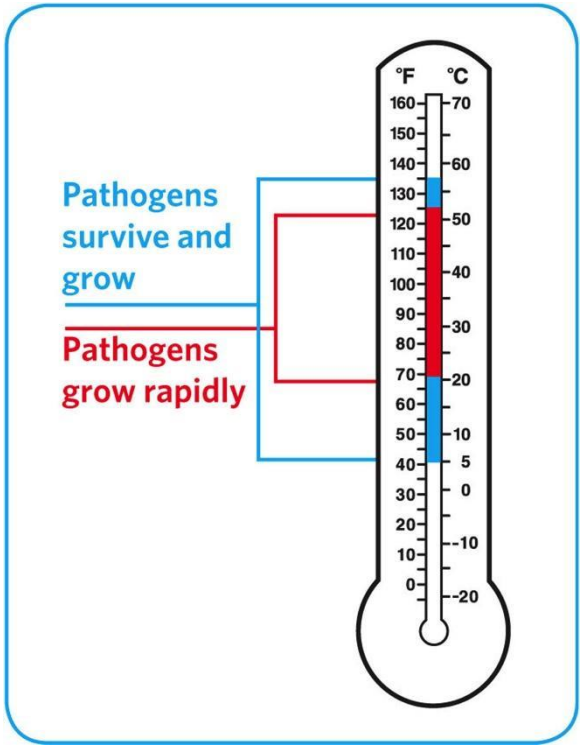
Allergy Cross Contact

- Cross-contact is when an unsafe food (the allergen) mixes with a safe food (food that does not contain the allergen). When this happens the safe food then contains tiny amounts of the unsafe food. The amounts can be so small that you cannot see them.
- Even if you cannot see the allergen, you can still have an allergic reaction to it.

Don’t Give Pathogens A Chance

- Pathogens multiply every 20 minutes
  - 10-20 E.Coli cells is all it takes for an outbreak.
- Control Pathogens with F.A.T.T.O.M.
  - Food = Temperature Control for Safety (TCS)
  - Acidity = 4.5 – 7.5
  - Temperature = 41° – 135° “Danger Zone”
  - Time = 4 Hours
  - Oxygen = Not all need it, most bacteria do
  - Moisture = Slimy vs. Dry



Learn to Prevent Allergen Exposure

There is no cure for food allergies. Completely avoiding the food allergen is required to stay safe.

Simple Steps to Prevent Food Allergen Exposure:

Wash your hands with soap and water or disposable, fragrance-free wipes before and after preparing, serving, or eating. **Hand sanitizer does NOT remove food allergens and is not an alternative to handwashing.**

Clean surfaces before and after meals/snacks with soap and water or disposable wipes. **Sanitizing sprays, gels, or bleach do NOT remove food allergens.**

- During meal and snack times, **ensure students have adequate space to sit and eat.**
- **Keep classrooms food-free, if possible.** If eating in classrooms is necessary, designate separate space for eating and follow the hygiene rules listed above before returning to the learning area.
- **Discourage food sharing.**

This document is derived from the Food Allergy Management in Schools: Expert Recommendations, July 2024. The development of this resource was supported by Cooperative Agreement Number NU38OT000282, funded by the Centers for Disease Control and Prevention, in partnership with the American Academy of Pediatrics. Its contents are solely the responsibility of Food Allergy Research and Education and do not necessarily represent the official views of the American Academy of Pediatrics or the Centers for Disease Control and Prevention of the Department of Health and Human Services. FARE (Food Allergy Research & Education) is the leading nonprofit organization advocating for people with food allergy, raising awareness of the disease, and educating the community and the public to help patients stay safe. FARE is also the largest provider of charitable support for food allergy research in the U.S. For more information, visit FARE at foodallergy.org

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Controlling Time and Temperature

- Always use an accurate, calibrated thermometer to check temperatures
- Receive/store food quickly
- Store food at proper temperatures
- Minimize time food spends in the TDZ
- Cook food to minimum safe internal temperatures
- Hold food at proper temperatures
- Cool/reheat food properly

Preventing Cross Contamination

- Wash hands after handling raw foods.
- Avoid bare hand contact with ready to eat foods.
- Don’t allow raw foods to touch or drip onto cooked or ready-to-eat foods.
- Clean and sanitize food-contact surfaces and cloths.

What’s the difference between cross-contact and cross-contamination?

- Cross-contamination is when bacteria or viruses get in your food and make it unsafe to eat. When this happens, cooking the food removes the bacteria or virus and lowers your chances of getting sick. **This is not the same as cross-contact with food allergens. The cooking process does not remove allergens from food.**

Practicing Personal Hygiene

- Changing Gloves Often and between tasks.
- Observe strict rules for eating, drinking, and smoking.
- Prevent ill employees from working.
- Maintain general personal cleanliness.
- Wear clean uniforms.
- Stay healthy.
- Do not wear jewelry.
- Wear proper hair restraint.

What's The Difference...

Cleaning

- Uses detergent & water
- Removes food and other soils "things you can see"
- Lowers risk of spreading infection

Sanitizing

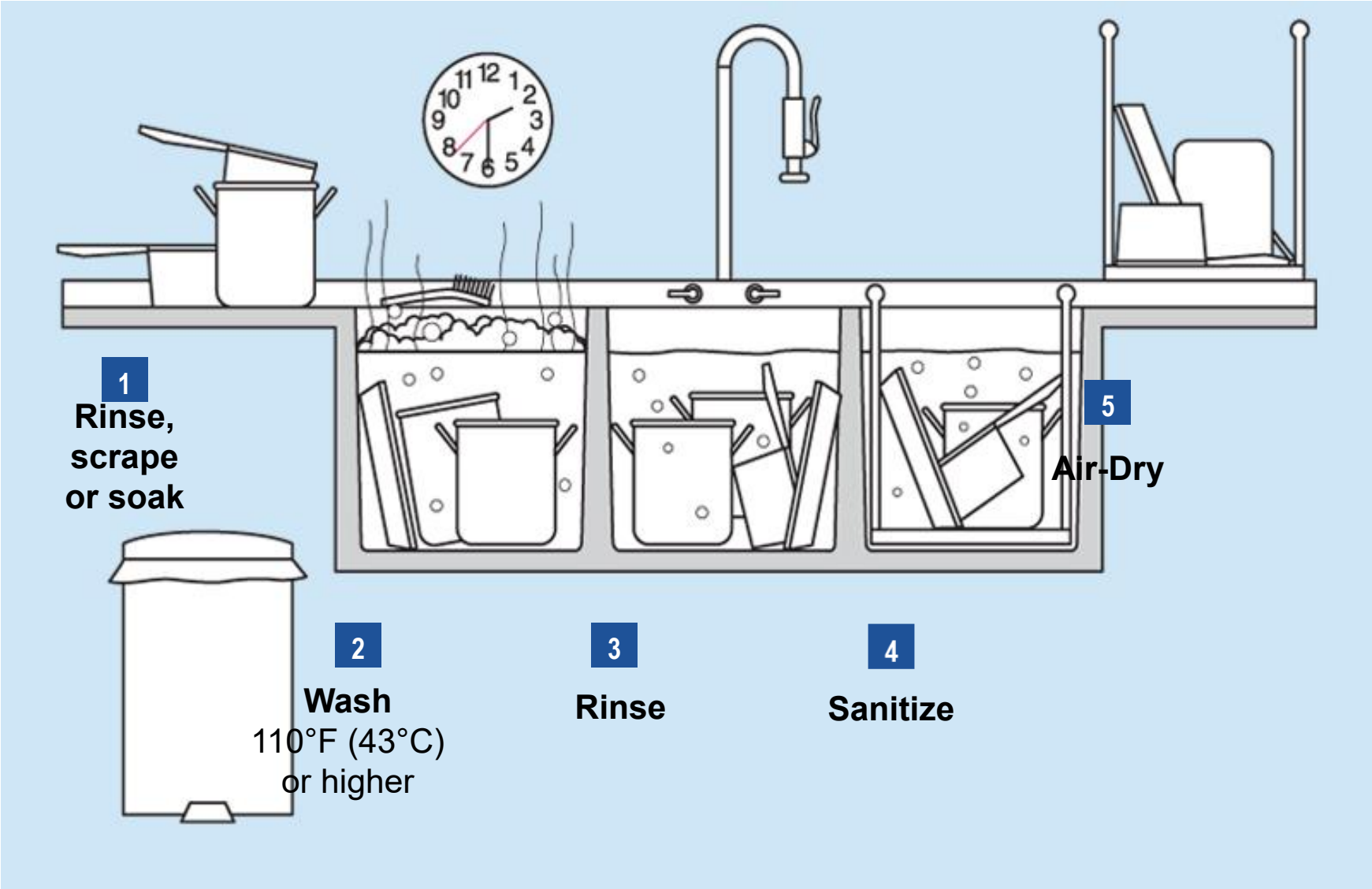
- Reduces microorganisms "things you can't see" to safe levels
- Surfaces must be washed and rinsed before sanitizing
- Regulated by EPA

Disinfecting

- Destroys microorganisms listed on the materials' efficacy label and may require specific contact/dwell time
- Kills and cleans at the same time
- Regulated by EPA

When Do We Clean Food Contact Surfaces?

- Food contact surfaces must be washed, rinsed and sanitized:
- After each use
- Anytime you begin working with another type of food (changing tasks)
- After a task has been interrupted and the items may have been contaminated
- At 4-hour intervals if the items are in constant use


1
Rinse,
scrape
or soak
2
Wash
110°F (43°C)
or higher
3
Rinse
4
Sanitize
5
Air-Dry

Safety/ Protect Yourself

- Follow the manufacturer's procedures for mixing and use for all cleaning materials and chemicals
- Protect yourself - use personal protective equipment (PPE)
  - Germs are everywhere
  - Cleaning chemicals, hot water, etc. can cause skin irritation.
- SDS – "recipe" cards for cleaning materials that are necessary in the event of an accident.

Thank you!

Please contact CVS Food Service (586) 723-2106 for more information.