

COOL

— it down

135°F - 70°F
within **2** hours

70°F - 41°F
within **4** hours

(maximum 6 hours)

METHODS

- Shallow pans
- Place in refrigerator
- Leave uncovered
- Ice paddle
- Ice bath
- Ice as an ingredient



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HEAT

— it up

Reheat to

165°F

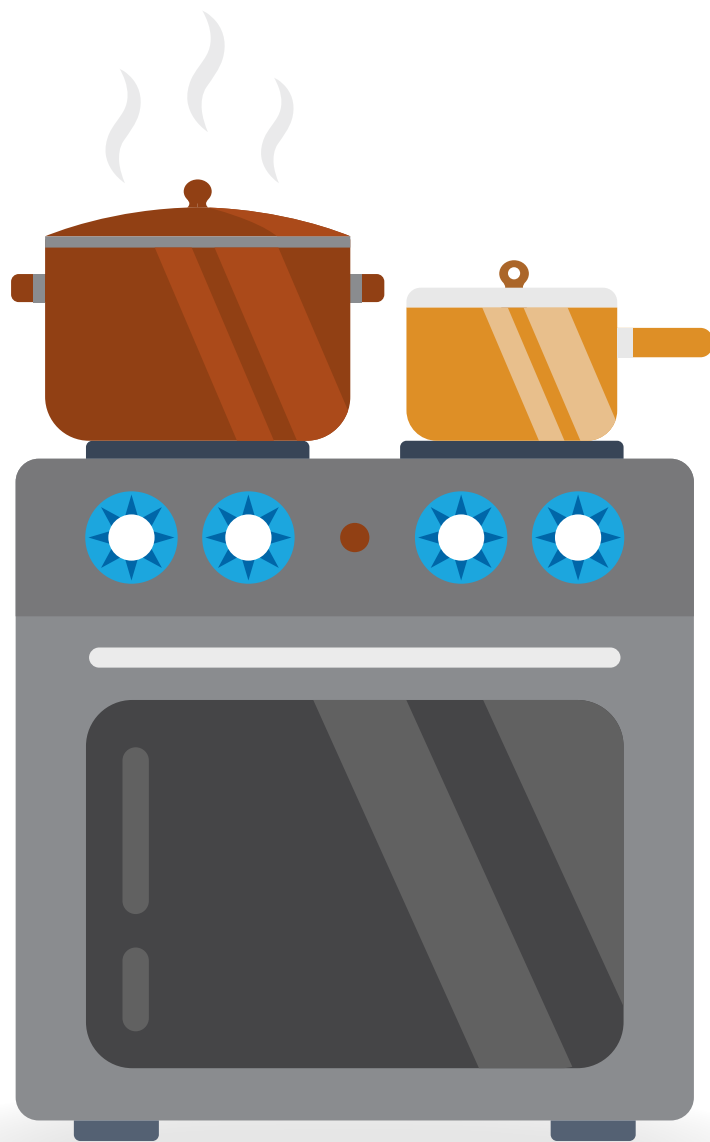
in **2** hours or less.

METHODS

- Stove
- Grill
- Oven
- Microwave



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THAW

— it safely



SAFE WAYS TO THAW FOOD:

- BOTTOM SHELF OF THE REFRIGERATOR
- UNDER COLD, RUNNING WATER
- AS PART OF THE COOKING PROCESS
- IN A MICROWAVE OVEN IMMEDIATELY BEFORE COOKING



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COOK

— it hot



165°F

Poultry
Stuffed foods



155°F

for 17 seconds

Ground meats
(pork • beef • fish)



145°F

for 15 seconds

Seafood/fish
Pork • Beef • Eggs



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DANGER

— zone



135°F

Bacteria do not grow fast when temperature of food is **colder** than 41°F or **hotter** than 135°F.



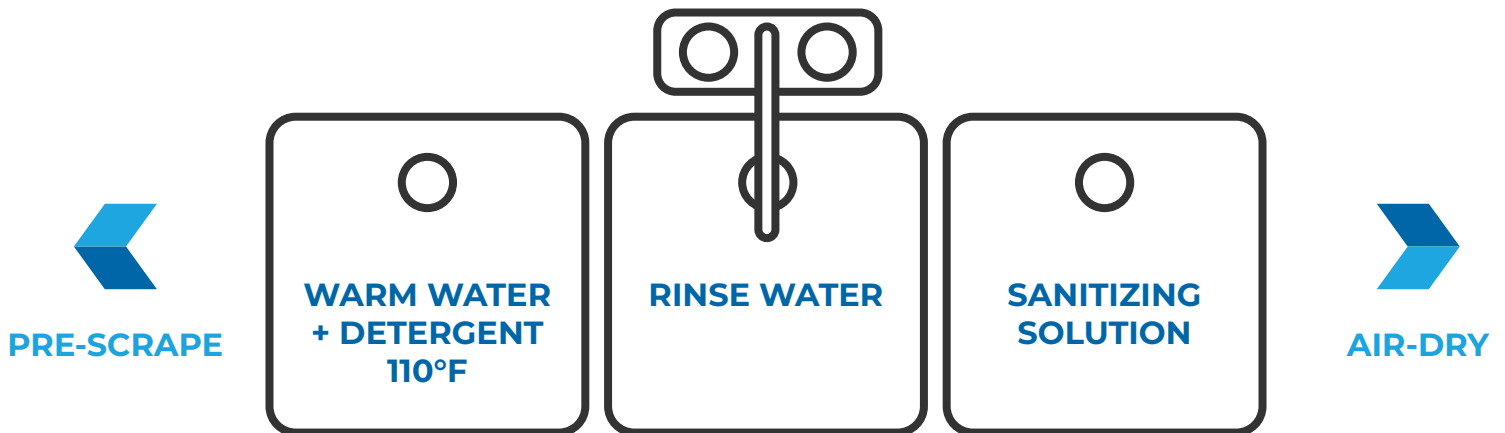
41°F



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how to _____ SANITIZE

3 COMPARTMENT SINK



SANITIZING SOLUTIONS

Quarternary Ammonia Solution

Min. Temp. 75°F
30 sec. 150-400ppm

Chlorine Solution

Temp. range 55°F - 120°F
7-10 sec. 50-100ppm

Lactic Acid

Use according to
manufacturer's
instructions



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All sanitizing solutions and detergents should be used according to EPA registered label. Test sanitizers for effectiveness using a test kit strip.

please use a —
CLEAN PLATE
— for each trip



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OAC 310:257-5-35(b)

employee — HEALTH

EXCLUSIONS

Employees should not work in a food establishment if

INFECTED WITH:

- E. coli
- Salmonella
- Shigella
- Hepatitis A
- Norovirus

SYMPTOMATIC WITH:

- Diarrhea
- Vomiting
- Jaundice

RESTRICTIONS

Employees may come to work but will be restricted from working with exposed food, clean equipment, utensils and linens while they have:

- Sore throat with fever*
- Discharges from the eyes, nose and mouth
- Infected wounds or boils



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* Employee may not come to work if food establishment serves a highly susceptible population.

Not sure? Ask your manager or healthcare provider.

proper food — STORAGE

Level

4

Ready to Eat Foods

cut fruit · vegetables · desserts
fully cooked foods · bread
canned or bottled products

3

Raw Fish, Seafood, Whole Beef

steak · fish fillets · shrimp · beef roast
game animals · raw whole eggs · raw pork

2

Raw Ground Beef, Fish and Pork

Includes tenderized or injected meats

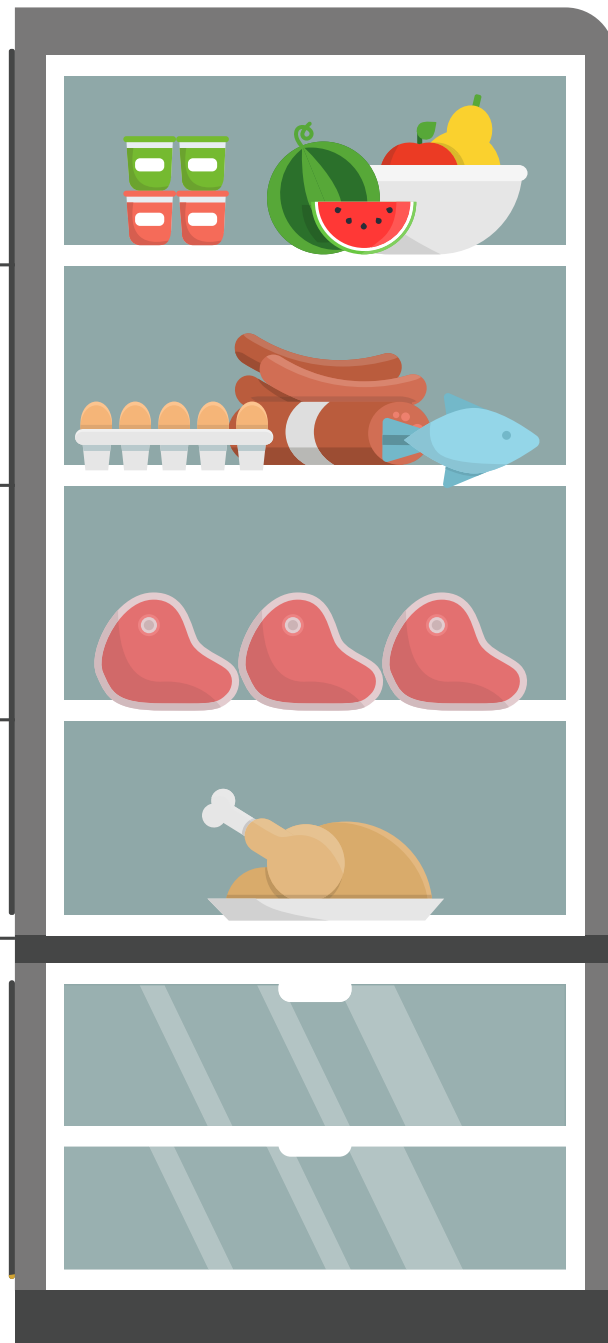
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Raw Poultry

All raw poultry products including ground products or any combination that contains chicken products; all stuffed meat products



**Keep major food allergens
in mind when storing food.**



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FOOD ALLERGIES

— can be deadly

What you need to know:

Millions of Americans have food allergies, including guests of this food establishment. These allergies may result in mild reactions or can be life-threatening. There is no cure for food allergies. Persons with food allergies must avoid contact with food allergens.

Oklahoma State Department of Health rules require employees of food service establishments to be trained in awareness of major food allergens as necessary to perform their assigned duties.

Most common food allergens:



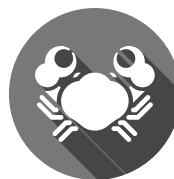
PEANUTS



TREE NUTS



FISH



CRUSTACEAN



EGGS



MILK



WHEAT



SOY



SESAME



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**Signs and symptoms
on reverse.**



**Be aware of major food allergens.
Know the symptoms of allergic reaction.
Don't cross contaminate.**

Major food allergens

milk · egg · fish (such as bass, flounder, cod) · crustacean (such as crab, lobster, shrimp)
tree nuts (such as almonds, pecans, walnuts) · wheat · peanuts · soybeans · sesame
ingredients containing protein from the above

Note: Highly refined oils from the above are NOT food allergens.

Signs and symptoms of allergic reactions to food

Where	Subjective Symptoms	Objective Signs
Skin	Itching	Skin flushing or erythema (redness) Goosebumps Rash: (hives) - acute Eczema (usually delayed, >6 hours) Swelling, especially face
Lips, tongue, palate of the mouth	Itching, numbness, dryness	Swelling, may also include the uvula
Eyes, conjunctiva	Itching	Swelling around eyes, redness of conjunctiva and tearing
Stomach and intestines	Nausea, pain	Vomiting, diarrhea, abdominal pain
Nose	Itching	Nasal congestion or runniness, sneezing
Larynx, throat	Itching, dryness/tightness	Swelling around the larynx and vocal cord, voice hoarseness, wheeze, cough
Lungs	Shortness of breath, catching breath, pain/tightness	Respiratory distress (i.e., increased breathing rate, lowered peak expiratory flow measurement), cough, wheezing
Heart and cardiovascular	Chest pain/tightness, feeling of faintness, dizziness	Fainting or very low blood pressure (shock), abnormal heart rhythm

CLEANUP of vomit or diarrheal events



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Due to the increased evidence of Norovirus cases in the United States, Chapter 257 Food Establishment Regulations (OAC 310:257-3-22) requires food establishments to have a written procedure for the cleanup of Vomit or Diarrheal Events within food establishments.

1. Remove all persons from the area of the event. Norovirus organisms can be airborne for up to 26 feet. Therefore, removing persons from a 26 foot radius surrounding the area is recommended.
2. Put on personal protective equipment such as single use gloves, shoe protectors, masks and/or a protective apron. Be careful not to track contamination from the event area to other parts of the facility.
3. Spray a sanitizing solution effective against Norovirus over the entire area and allow a few minutes for the sanitizer to work.
4. **Note:** Anything that has been in contact with vomit and diarrhea should be discarded or disinfected. Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners.
5. Steam cleaning may be preferable for carpets and upholstery. Chlorine bleach could permanently stain these.
6. Clean any visibly contaminated material from the area with paper towels. Use kitty litter, baking soda or other absorbent material on carpets and upholstery to absorb liquid; do not vacuum material: pick up using paper towels. Remember vomit does splatter, so clean a wide area including tables, chairs and other equipment/décor in the area.
7. Dispose of paper towels and other waste in a plastic trash bag or biohazard bag.
8. Use soapy water to wash surfaces that contacted vomit or diarrhea and all nearby high-touch surfaces, such as door knobs and toilet handles.
9. Rinse thoroughly with plain water and wipe dry with paper towels.
10. Re-sanitize the entire area.
11. Dispose of or wash and sanitize all equipment used to clean the contaminated area including brooms, dust pans and mops.
12. Remove and wash all clothing or fabric that may have become contaminated with vomit or diarrhea.
13. Machine wash these items with detergent, hot water and bleach if recommended, choosing the longest wash cycle. Machine dry.

IF HARD SURFACES ARE AFFECTED:

e.g., non-porous surfaces, vinyl, ceramic tile, sealed countertops, sinks, toilets

- a. Prepare chlorine bleach solution
- b. Leave solution on surface for at least 5 minutes

3/4 CUP
CONCENTRATED
BLEACH + **1**
GALLON
WATER

CONCENTRATION ~3500 ppm | If using regular strength bleach (5.25%), increase the amount of bleach to 1 cup.

keep **COMMERCIAL DELI SLICERS** safe



DID YOU KNOW?

Deli slicers commonly used in retail and food service establishments to slice meats, cheeses and produce may become difficult or impossible to properly clean and sanitize after a period of use. Failure to adequately clean and sanitize all surfaces of a deli slicer can contaminate food and cause illnesses or death.

- Recent outbreaks of foodborne illness have been associated with the build-up of food soils and disease-causing microorganisms on areas of deli slicers that are difficult to clean and sanitize.
- Outbreaks of serious illness and hospitalizations have resulted.
- Many seams between the connected parts and components of a typical deli slicer are sealed with sealants and gaskets. These seams can become worn, degraded or removed as a result of the heavy use and cleaning process that deli slicers undergo. As these seals and gaskets become degraded, spaces can be created that can trap debris and moisture, which can lead to areas that may not be able to be adequately cleaned and sanitized under normal cleaning conditions.

WHAT YOU CAN DO:

CLEAN and SANITIZE deli slicers per manufacturer's instructions at least once every four hours in order to prevent the growth of disease-causing bacteria.

- Keep the instructions posted near the slicer location and follow them closely.
- Simply wiping down a slicer to remove visible debris is not a substitute for thoroughly cleaning and sanitizing the equipment.

Routinely examine the condition of seams, seals and gaskets to confirm integrity of these seals while the slicer is assembled and before breaking down for cleaning and sanitizing.

- Look in hard-to-reach areas for food and liquid accumulations.

If a seal or gasket is broken, missing, unattached, defective or otherwise not performing its function, remove the slicer from service immediately and contact the slicer manufacturer for repair or replacement.

- All repairs should be performed by the manufacturer's authorized service representative or using repair kits available from or provided by the original manufacturer.

Have the slicer professionally serviced according to the manufacturer's recommended schedule.

- Ensure that the servicing includes examination of all seams and the routine replacement of seals and gaskets.
- Proper servicing may require that components be removed and then reattached with the proper reapplications of sealants or gaskets.



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KEY AREAS OF CONCERN

RING GUARD MOUNT • BLADE GUARD
SLICER HANDLE

wash your — **HANDS** —— often

Don't spread it around.

-  Toilet flush handle
-  Cash register
-  Cell phone
-  Raw meats and eggs
-  Broom handle
-  Chemical spray bottle

1. Wet hands with warm, running water.
2. Apply soap and lather.
3. Vigorously scrub hands and arms for 10-15 seconds. Clean under nails and between fingers.
4. Rinse under warm, running water.
5. Dry with paper towel or air dryer.
6. Use a paper towel to turn off the faucet.



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