

SHAKER PLACE REHABILITATION AND NURSING CENTER



Dietary Department FOOD SAFETY

Policy:

Food and nutrition services staff will be trained on food safety policies and procedures. Supervisors will monitor staff and correct any problems or concerns at the time they occur. The director of food and nutrition services will implement a food safety system to prevent food borne illness.

Definitions:

- **Food borne illness (FBI)** is an illness that is transmitted to humans through food.
- **Food borne outbreak** is when two (2) or more people have the same illness after ingesting a common food.
- **Contamination** is caused by harmful substances present in foods or added to foods (usually accidentally by food handlers).
- **Hazard** is a food product that may cause health risk to customers.
 - **Food hazards** may be biological, chemical or physical.
 - **Biological hazards** account for 93% of all FBI (survival and growth of bacteria and viruses). Chemical hazards account for approximately 4% of all FBI: toxins, heavy metals, pesticides, cleaning compounds, and food additives/preservatives.
 - **Physical hazards** may include: foreign objects such as metal, glass, plastic or wood.
 - **Cross contamination** occurs when harmful substances are transferred from one source (i.e. hands, food contact surfaces, unsanitary cleaning cloths, raw foods) to the food.

It is vital to control the growth of bacteria during food storage and preparation because raw or uncooked food may naturally contain pathogenic organisms (i.e. bacteria such as salmonella in poultry).

Procedure:

1. Staff will adhere to the following policies: *Hand Hygiene Policy* and the *Hand Contact with Food and Use of Plastic Gloves*.
2. Staff will be aware of the following sources of food-borne organisms in food service:
 - a. Humans (nose and throat, hands, infections, feces and clothing): Poor personal hygiene; poor hand washing practices.
 - b. Foods of animal origin (poultry, meat, eggs, fish/shellfish): Inadequate cooking and improper holding temperatures; unsafe food sources; cross contamination.
 - c. Foods of plant origin (due to contaminated soils and water): Unsafe food sources; cross contamination.
 - d. Contaminated equipment: Improper sanitation; cross contamination.
 - e. Improper handling or cross contamination of ice.
3. Staff will understand that some individuals are at a higher risk of FBI: older adults, children, pregnant women, and immune-compromised individuals, those who have had recent surgery or have chronic illness.

4. Staff will recognize potentially hazardous foods because of their protein content, moisture content and food source. They are referred to as time/temperature controlled for safety (TCS) foods. Staff will be careful when handling:
 - Milk and milk products (yogurt, cottage cheese, cheese, sour cream, etc.)
 - Poultry
 - Fish and shellfish
 - Soy protein foods/Tofu
 - Shell eggs/unpasteurized eggs
 - Meat (beef, pork)
 - Sliced or cut melon
 - Baked or boiled potatoes
 - Raw seeds and sprouts
5. Bacteria need certain things to reproduce: warmth, moisture, food, and time. It is helpful to remember the acronym, **FAT TOM**:
 - a. **Food** - High protein food or foods that are already contaminated.
 - b. **Acidity** of the food - pH (Acidity is measured from 0 which is very acid to 14 which is very alkaline). An acidity of <5.0 inhibits bacterial growth (ex: vinegar, lemon juice).
 - c. **Time** - Avoid the Temperature Danger Zone (TDZ) for more than 4 hours during entire preparation and service time. Be sure foods are not past expiration dates.
 - d. **Temperature** - Avoid TDZ of 41° F to 135° F.
 - e. **Oxygen** - Most bacteria need oxygen, some do not (botulism).
 - f. **Moisture** - Free moisture available in food (water activity or Aw) of > 0.85 such as meat and poultry which have an Aw of 0.98. Also described as the water percentage of food. Foods with a high water level encourage bacterial growth.

Time and temperature are the most critical factors and are easily controllable. Food should not be exposed to any of the above elements for long periods of time. Bacteria can grow rapidly especially in the right conditions.

6. There is a flow of food as it goes through kitchens:
Receive ⇒ Store ⇒ Prep ⇒ Cook ⇒ Hold ⇒ Serve ⇒ Cool ⇒ Re-heat.
Most operations handle food at every step.
7. There are certain **critical control points** at which food is handled when contamination or bacteria growth can be prevented. The goals are to eliminate or reduce significantly the possibility of a hazard or food borne illness (FBI), and/or prevent a hazard from happening. The most critical control points are:
 - a. Cooking
 - b. Cooling
 - c. Holding
 - d. Re-heating
8. The leading cause of FBI is **improperly cooled foods**, followed by:
 - a. Food not thoroughly heated or cooked
 - b. Infected employees/poor personal hygiene
 - c. Food prepared a day or more in advance of serving
 - d. Raw, contaminated ingredients added to food
 - e. Food left too long at temperatures that favor bacterial growth
 - f. Failure to reheat food to temperatures that kill bacteria
 - g. Cross contamination - cooked food contaminated by raw food (ex. cooked vegetables contaminated by raw chicken), equipment not properly cleaned/sanitized, mishandling of food by employees

Policy Date: 8/2022