

Do You Feel Well Today?

If your job involves preparing, cooking, or serving food and you may be carrying an illness that can be transmitted through food - you are required to report your condition to your supervisor.

Immediately let your supervisor know if you've been diagnosed with any of the following:

- Campylobacteriosis
- Cryptosporidiosis
- Shiga toxin - Producing Escherichia Coli
- Cyclosporiasis
- Amoebiasis
- Giardia
- Hepatitis A Virus
- Norovirus
- Typhoid Fever
- Salmonella
- Shigellosis
- Cholera
- Yersinia

You must also inform your supervisor if you have the following symptoms:

- Diarrhea
- Fever
- Jaundice (yellow skin)
- Open, infected, or draining wound
- Sore throat with a fever
- Vomiting

contact us at

(330)723-9688 option 3

for more information about food safety

Services are partially funded by your local health levy. We are an equal opportunity provider.



Foods that have been

COOKED

THEN

COOLED

must be

REHEATED

to a temperature of 165° F
for 15 seconds
on a stovetop, conventional oven,
or in a microwave within

2 HOURS

Note: Steam tables, warmers, or similar equipment do not heat food quickly enough and must not be used for reheating food.

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FOOD ALLERGIES

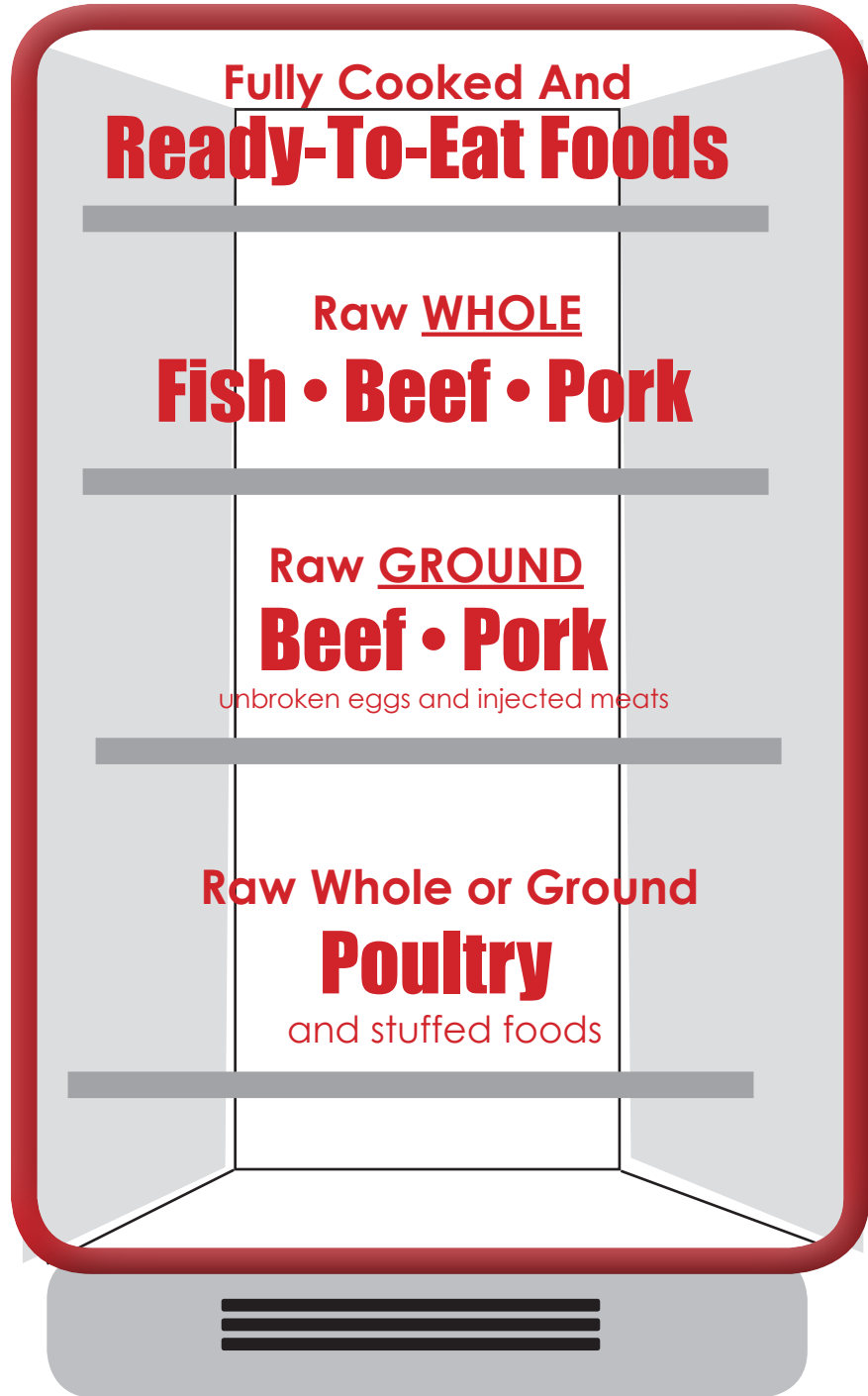
More than 160 foods can cause allergic reactions. The most common come from milk, egg, fish, shellfish, tree nuts, wheat, legume/peanuts, and soybeans. Some of these foods can cause severe life-threatening reactions.



To help reduce health risks, the Ohio Uniform Food Safety Code says that the Person-In-Charge must be able to identify the major food allergens handled in their food service operations or retail food establishments.

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Safe Food Storage



**Never store food with employee personal items
or cleaning chemicals**

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Four WAYS TO THAW food safely

- 1 Store in a refrigerator at 41°F or lower
- 2 Submerge under running water at 70°F or lower. Food temperature must not rise above 41°F
- 3 Defrost in a microwave oven and cook immediately
- 4 As part of the cooking process

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Thermometer Calibration

Fill a small container with packed crushed ice and water.

Insert the thermometer into the water and ice. Be careful that the stem of the thermometer does not touch the sides or bottom of the container.

After a few minutes, adjust the calibration nut (located under the dial) so that the indicating needle reads 32° F.

Note: a suitable small-diameter probe with a dial range of 0° to 220°F should be used to measure meat patties and other thin foods.

Refer to manufacturer's instructions when calibrating a digital thermometer.



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Give Them A ^{clean} Hand

Handwashing and proper glove use are the most important factors to reducing the risk of foodborne illness.

Handwashing

- Hand sanitizers are not a replacement for handwashing. Approved hand sanitizers may be used in addition to proper handwashing.
- Keep soap and individual paper towels supplied at all hand sinks.
- Train employees to wash hands thoroughly for at least 20 seconds.
- Employees must also remember to clean under finger nails.
- Use paper towel to turn faucet off.
- Wash hands before preparing food, after handling raw meats or dirty dishes, after using the restroom, and any other time contamination occurs.



Glove Use

- Gloves must be disposable (thin plastic, vinyl, or nitrile)
- If hand contact can not be avoided for ready-to-eat foods, use deli tissues, utensils, or gloves.
- Hands must be properly washed before wearing gloves.
- Gloves must be changed when soiled, damaged, or when changing tasks.
- Be sure to wash hands between glove changes.
- Latex gloves are prohibited.

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Manual Dishwashing

4 Step Process



1 Wash

Clean, hot water and detergent
No less than 110° F

2 Rinse

Clean warm (75° F) water

3 Sanitize

Soak in one of the following solutions for one minute:

Chlorine 50 ppm - 100 ppm

Quaternary Ammonium Chloride - 200 ppm
(or per manufacturer's recommendations)

4 Air Dry

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Time & Temp



Keep food below 41°F or higher than 135°F

Prepare foods in small batches

Refrigerate food if interrupted during preparation.

Refrigerate or cook food as soon as you are done with preparation.



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Bacteria grows rapidly in foods if temperature controls are not used. Refer to the following time and temperature requirements to ensure a safe food product.

On Hold

Cold Holding Temperatures

- Cold foods must be maintained at 41°F or less.
- Frozen foods have no specific temperature requirement other than to remain frozen. It is recommended that frozen food be maintained at 0°F or less.

Hot Holding Temperatures

If hot holding of a cooked product is necessary, the food must be maintained at 135°F or above. The exceptions are roasts, which must be held at 130°F or above.

Turn Up The Heat

Cooking Temperatures

Eggs for immediate service, fish, meat, and commercially raised game animals must be cooked to:

- 145°F or above for 15 seconds.

Chopped or ground meat, fish, and commercially raised game animals; injected meats; and eggs cooked for hot holding must be cooked to:

- 155°F or above for 15 seconds, or
- 150°F or above for one minute, or
- 145°F or above for three minutes.

Poultry; stuffed food products; stuffing containing fish, meat or poultry must be cooked to:

- 165°F or above for 15 seconds.

Beef and corned beef roasts have specific temperature requirements based on oven type and weight of the roast.

Microwave Cooking

Foods cooked in a microwave must be cooked to 165°F. The product must be covered, and rotated or stirred during the cooking process. After cooking, allow the covered product to stand for two minutes.

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From Hot To Cold

Hot foods must be cooled from 135°F to 70°F within 2 hours and from 135°F to 41°F within 6 hours

Proper Cooling Methods

Before refrigeration (41°F), divide food into smaller portions or place in shallow pans.

AND/OR

Place the food in a storage container that is surrounded by an ice-water mixture or use a chill wand.

Measure temperatures frequently and record times and temps on a designated form.



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