

# Food Safety

## FACT SHEET



### BASIC GUIDELINES

No running around the preparation area

Keep trash off the floor and counters

Sanitize all work surfaces prior to starting food preparation

Start with clean utensils, totes, and equipment/supplies

Place eggs in a small bowl to prevent them from rolling onto the floor before you can use them

Before preheating an oven, move oven racks to the needed positions

Keep raw foods separate from ready to eat foods

Be sure an appliance is in the "off" position before plugging it in,

Keep portable appliances unplugged when not in use

Avoid using any appliance with a frayed or worn cord

Use a barrier when handling foods if possible. (Gloves, spoons, spatulas, tongs, deli tissue, wax paper etc.)

Gloves may only be used for one task and must be changed if damaged or anytime they become contaminated, this includes if a participant touches a part of their exposed skin, or if they perform a task such as touching trash

Hold by the edges to put on hands, do not blow into them or roll them up your hands

Have gloves that fit, and are not too big

Wipe up all spills immediately with paper towel, cloth or mop

Keep cupboard doors and drawers closed unless in use

Turn handles of sauce pans away from the walk area when being used

Clean and sanitize utensils between uses

Dry hands well before using electric cords or appliances

Use only dry hot pads or oven mitts, damp ones conduct heat

Always open oven, stove or microwave door/lid a crack to vent some steam before looking and tilt lid away from you so steam is released away from your face

Use a thermometer to determine doneness of foods, clean and sanitize after each use

Have a plan for where you'll go with a pan when you take it out of the oven or off the stovetop,

Have cooling racks and counter savers in place

Always turn the burners/skillet off when finished

Disconnect appliances by pulling out the plug, not by tugging on the cord

Unplug small appliances before cleaning

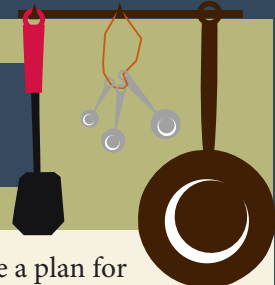
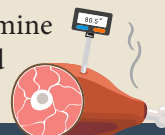
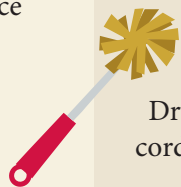
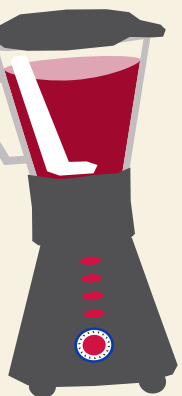
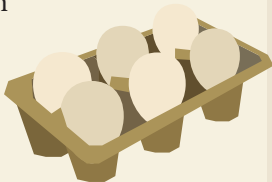
Always use a cutting board to protect yourself and the counter

Do not hold the food in your hand to cut it, even if it is only an apple

Wash knives and sharp objects separately

Never place knives in sink filled with soapy dish water

Store knives in a special compartment or holder



# PERSONAL HYGIENE

Have hair restraint cap, chef's hat, bandana, visor, or hair net etc. (keeps hair from contacting exposed food)

No jewelry or big ear rings (risk of contamination)

Do not wear clothing that is loose or drapes below your wrists

No chewing gum or eating while prepping or presenting

Open cuts/sores MUST be completely covered with waterproof bandage AND covered with a glove if on the hand

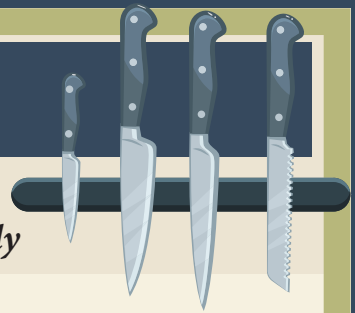


Do not compete if you have persistent discharge from eyes, nose and mouth or are exhibiting symptoms of a foodborne illness (ie. vomiting and/or diarrhea)

Use clean aprons/clothing and closed toed shoes

# KNIFE SAFETY

Select the correct knife for the job and cut into the cutting board away from your body



## CHEF'S KNIFE

A chef's knife is usually the largest knife in the kitchen, with a wide blade that is 8" to 10" long. Choose a knife that feels good and balanced in your hand. The knife should have a full tang. This means that the blade should go all the way through the handle for the best wear and stability.

## PARING KNIFE

Paring knives are generally 2-1/2-4" in length. The most often used knife in the kitchen. It is ideal for peeling and coring fruits and vegetables, cutting small objects, slicing, and other hand tasks.

## UTILITY KNIFE

Utility knives are longer than paring knives but smaller than chef's knives, usually around 5-8" long. They are also called sandwich knives because they are just the right size for slicing meats and cheeses.

## BONING KNIFE

This knife has a more flexible blade to curve around meat and bone. Generally 4-5" long.

## BREAD KNIFE

Bread knives are usually serrated. Most experts recommend a serrated knife that has pointed serrations instead of wavy serrations for better control and longer knife life. You must use a sawing motion when using a serrated knife.

## CAN OPENER

Used to open sealed metal cans. Hold the handle of the can opener, not the sharp edge. After the lid has been cut off the can, pick it up carefully and discard. Look for pieces of the label or metal shavings from the can in the food after opening (physical contamination)



**Keep Knives sharp!**  
*Sharp knives are safer than dull ones*

# PREVENTATIVE MEASURES

## PREVENTING FIRE

Keep a fire extinguisher in the kitchen & know how to use it

Avoid leaving the kitchen if you have food cooking or baking, if you must leave, carry a timer with you to remind you to return on time

Always turn the oven or stove top to off when finished

Smother a grease fire with a tight-fitting lid, never use water it will spread

Clothing on fire: remember stop, drop, roll to smother it



## ELECTRIC SHOCK

Avoid using any appliance with a frayed or worn cord

Keep portable appliances unplugged when not in use

Be sure an appliance is in the "off" position before plugging it in

Never insert metal utensils in electrical appliances that are plugged in

