Food safety orientation for new employees in Florida schools

Segment One: Personal Hygiene

CHEF CYNDIE: Welcome to our Serve it Up Safely new employee orientation video. This training video is made up of four segments focusing on personal hygiene, proper use and care of thermometers, food preparation, and cleaning and sanitizing. In addition, a humorous story of a new employee’s first day on the job unfolds throughout each segment. Be sure to keep your eye on the new hire. I have several friends that would like to welcome you as well as we embark on a journey together to understand the basic food safety practices you need to know every day you come to work.

CHEF CYNDIE: A big welcome and Buenos Dias to all; let’s get started.

CHEF CYNDIE: Did you know that there are millions of school lunches and breakfasts served every day to students in Florida schools? As a new school foodservice professional you have a huge responsibility to make sure school meals are safe for every student to eat. Nutritious meals must first be safe meals.

So, sit up and pay attention because our students are depending on us each and every school day! Our goal: “Serve it Up Safely every day.”

CHEF CYNDIE: Our first segment is about personal hygiene. During this segment you will learn about proper dress code, hand washing, glove use, and treatment of cuts and open sores. We will also address some policies such as eating, drinking and chewing gum in the workplace.

MANAGER: Atteeennntntion! Ladies…and Bob, this is our NEW HIRE. She’ll be joining us beginning today. I expect you to share with her your knowledge, experience and expertise. Okay, let’s get dressed! Hut…Hut.

MANAGER: The proper uniform is essential. This is your official uniform, and you are expected to change into a clean uniform every day before starting work.

CHEF CYNDIE: (voice over) – Dressed for success begins at home BEFORE you arrive to work. Foodservice employees must bathe daily, and arrive to work on time in a clean uniform. Employees wearing dirty clothes not only may give a bad impression of your operation, but may be contaminating food. Poor personal hygiene is a major contributing factor to food borne illness. Employees who arrive to work in an unclean uniform will not be allowed to work in the kitchen.

CHEF CYNDIE: (voice over) – Aprons are considered part of the uniform and should be worn in the food production and serving areas ONLY. Don’t wear your apron to work, and NEVER wear your apron when using the restroom or taking out the garbage. Be sure to secure apron ties so that they don’t dangle and become a hazard. For safe storage, hang your apron on a hook when it is not being worn.
CHEF CYNDIE: (Live) – Hair restraints are important! No one wants to find hair in their food! Did you know that on average we loose 150 hairs per day? So, be sure to put your hair restraint on BEFORE handling or serving food. The Florida Department of Education recommends a hair net or cap as a hair restraint. Here’s how we wear them.

CHEF CYNDIE (voice over)- When putting on a hairnet, be sure to fully cover your hair with the net. This means that the net should be pulled over any bangs in the front and all hair, including long hair in the back should be secured and covered. If you are wearing a cap, make sure any long hair has been pulled up, secured and covered by the cap. Long hair may be pulled into a ponytail then placed up into the cap.

CHEF CYNDIE: (voice over) – Jewelry can be hazardous to customers, but also to foodservice employees. Necklaces can heat over hot equipment and cause 2nd degree burns, bracelets may get caught in equipment and cause injury, even hoop style earrings have gotten caught on shelving and caused serious injuries to employees in the kitchen. So, Remember to remove jewelry from hands and arms before working with food and equipment. Only simple stud earrings and a plain wedding band may be worn in the production or serving area. If you wear a medical identification tag, please wear the necklace under your uniform or wear the bracelet as an ankle bracelet.

CHEF CYNDIE: (voice over) – Small droplets of saliva can contain thousands of pathogens. So due to concerns of saliva contamination, employees may not eat, drink, chew gum or tobacco while in the kitchen, or on the serving line.

MANAGER: Basia, get ready to serve. The kids will be here in a few seconds.

CHEF CYNDIE: Foodservice employees should only consume foods and beverage during scheduled breaks. The Florida Dept. of Health does allow employees to drink from a container, as long as the container has a tight fitting lid with a straw.

CHEF CYNDIE: At times you may need to taste test foods prior to serving them. The proper taste testing method is to place the food in a container step away and use a spoon or fork to taste. Do not hang your head over the cooking unit or preparation area and use the utensil to taste foods.

CHEF CYNDIE: (voice over) – Like jewelry, if acrylic nails or fingernail polish get into the food; it could be dangerous to students. Best practice is not to wear false nails or nail polish during food production and service. Nails should be kept cleaned, short, and smooth. Some facilities allow gloves to be worn over acrylic nails or polish, but that is definitely not a best practice.

CHEF CYNDIE: (voice over) – Hands are a major source of cross-contamination. Proper hand washing is one of the best defenses against food borne illness. Even though it may seem like an obvious thing to do, many employees either get busy and forget to wash their hands, or don’t wash their hands effectively. The first step to a successful hand washing program is always to make sure the hand washing station is properly equipped with all the necessary tools. Hand washing stations require hot and cold running water at least 100° Fahrenheit or higher, soap, signage with instructions, AND single use paper towels or a warm air dryer. If you are using paper towels, be sure there is an adequate supply because if there is no way to dry your hands, some employees may use the back of their pants or their apron. AND that may contaminate your hands.
CHEF CYNDIE: (voice over) – The first step to proper hand washing is to wet your hands and arms with warm water. Warm water is necessary to open the pores in your hands and allow the soap to work much better in killing the germs. Next apply soap, and scrub hands and arms for at least 10 to fifteen seconds. Be sure to include fingers and around the fingernail. Rinse hands and arms and dry with a single-use paper towel or warm-air dryer. Hopefully your school has installed foot pedals to control the water flow, but if not, use your paper towel to turn the faucets off. The entire hand washing process should take approximately 20 seconds; about the time it takes to sing happy birthday or do your ears hang low twice! To get an idea how long 20 seconds really is, pretend to wash your hands as we sing happy birthday to you.

CHEF CYNDIE: (voice over) – Researchers at Iowa State University documented bacterial growth of unwashed hands after using the restroom. Doesn’t that look yuckie? If you are a splash and dash hand washer, meaning you just rinse your hands, look at what bacterial growth could occur.

CHEF CYNDIE: (voice over) – Remember, hand washing is the most important part of a good personal hygiene program. Be sure to wash, wash, wash your hands often and especially after touching your body, coughing or sneezing, handling chemicals or just anything that could contaminate your hands. Can you just imagine how many people have touched a dollar bill before it is handed to you? Or how many employees have touched the refrigerator door handle today? Speaking of sneezing, practice the sleeve sneeze. Did you know we sneeze at about 100 miles per hour? OH, and hand sanitizer must NOT be used in the place of proper hand washing. If you want to use it after proper hand washing as an extra barrier, that is OK.

CHEF CYNDIE: (voice over) – Food production gloves are used to keep food safe by creating a barrier between your hands and food, especially food that is ready to eat. To safely wear gloves, wash your hands before putting on your gloves and when changing to a new pair. Gloves MUST be worn when handling raw meat or poultry, and handling ready to eat foods. Be sure to change your gloves when changing tasks, when they become contaminated or torn, and after handling raw meat or poultry. And remember NEVER wash and reuse gloves; they are single use only. And don’t put on gloves like this

CHEF CYNDIE: (voice over) – Cuts, wounds and abrasions are at risk for infections that may cause food borne illness. All cuts, wounds and abrasions should be immediately reported to your supervisor. Cuts and wounds on the hands must be bandaged, then gloved to prevent contamination. Employees with serious, infected cuts and sores may not be allowed to work in foodservice operations.

MANAGER: NEW HIRE, there’s someone I’d like you to meet. This is Danielle she’s the head of food distribution for the county.

CHEF CYNDIE: Did you see how often the new hire was required to change her gloves? Gloves can become contaminated so easily—be sure to change yours often. Let’s keep going. We have so much to share.

CHEF CYNDIE: (voice over) – Sick employees could put your operation at risk for food borne illness. Employees must be free from illness. If employees have symptoms of vomiting, diarrhea, sore throat with fever, or jaundice they will not be allowed to work. Jaundice is the yellowing of skin and eyes that is associated with the food borne hepatitis A virus. If YOU have any of these symptoms (have graphic with symptoms here), you MUST report to the manager immediately. If you have been diagnosed with any of the following (have graphic with food borne illnesses here) food borne illnesses, notify your manager and do NOT report to work until cleared by your local health department or physician. Not only is it the employee’s responsibility to report illnesses, it is the manager’s responsibility to make sure ill employees do not work. In some instances employees may be reassigned to other duties that do not involve handling food or equipment. See your local school district employee health policy for more information.
CHEF CYNDIE: (voice over) – We have just learned about the importance of personal hygiene in foodservice. Everyday, you are expected to be ready for work in a clean uniform, proper hair restraint, free of jewelry except for stud earrings, and a plain wedding band. If you wear a medical ID, please tuck it underneath your uniform or wear an ankle bracelet. And remember chewing gum is not acceptable in food preparation or serving areas. Hand washing and the proper use of gloves are critical to a safe kitchen. And, please check with your manager about the local employee health policy.

CHEF CYNDIE: Please take a few moments to answer the review questions.

1. A good personal hygiene program includes:
   A. good communication skills
   B. team building activities
   C. reducing pest infestation
   D. proper hand washing techniques

CHEF CYNDIE: The correct answer is D, proper hand washing techniques. We cannot stress enough the importance of taking the time to wash, wash, wash your hands effectively. Practicing proper hand washing is good for you and your customers.

2. Jewelry that may be worn in the production kitchen or on the serving line as recommended by State of Florida Department of Education are ___________ and ___________.
   A. necklaces, and hoop earrings
   B. simple stud earrings and a plain wedding band
   C. simple stud earrings and a watch
   D. necklaces and a plain wedding band

CHEF CYNDIE: The correct answer is B; you may wear simple stud earrings and a plain wedding band when working in the kitchen and serving area. If you must wear a medical identification tag, be sure to wear under your uniform or as an ankle bracelet.

3. Items that MUST be located at a hand washing sink include:
   A. hot and cold running water, soap, signage with instructions, and single use paper towels or warm air dryer
   B. hot and cold running water, hand sanitizer, nylon brush, and single use paper towels
   C. running water, soap, signage with instructions, and single use paper towels
   D. mirror, hot and cold running water, soap, and single use paper towels

CHEF CYNDIE: The correct answer is A. Hot and cold running water, soap, signage with instructions, and single use paper towels or warm air dryer. And if using paper towels be sure to restock immediately if found empty

4. True or False: Disposable gloves may be washed and reused.

CHEF CYNDIE: The correct answer is FALSE. Gloves are single use only and must be changed often while working in food production and serving. Never wash and reuse disposable gloves.

5. If an employee has diarrhea, he/she must:
   A. see a physician
   B. work in the dish room only
   C. report this to a manager immediately
   D. stay in the manager’s office

CHEF CYNDIE: The correct answer is C. Report this to a manager immediately. Remember, if you have diarrhea, vomiting, sore throat with fever or jaundice, you may not be allowed to work in the kitchen or serving areas. See your local employee health policy for more information.
Segment Two: Thermometers and Receiving Foods

CHEF CYNDIE: (voice over) – It is critical that foods are received, stored, thawed, cooked, served and cooled according to Florida Department of Health food safety rules. To do this, you must have a thermometer. Without a thermometer, you will have no idea what is the internal temperature of a food item. Plus, you never want to stick your finger into food to determine how cold or hot it is! If you are using the type of thermometer known as a bi-metallic stemmed thermometer, you always want to make sure it is cleaned, sanitized and CALIBRATED.

CHEF CYNDIE: (voice over) – Let’s look at the steps involved in calibrating this type of thermometer:

1. First Fill a large container with crushed ice and cover with water; a ½ or full quart measure works well.
2. Place thermometer in wrench that is attached on the sleeve.
3. Place thermometer in ice bath and wait until the needle stops.
4. Rotate dial until the needle reads 32° Fahrenheit.
5. Remove the thermometer from the ice bath; wait a minute and place it back into the ice bath to make sure it reads 32° Fahrenheit. Now you can be assured that the thermometer has been calibrated.
6. Lastly Be sure to record the calibration temperature on the thermometer calibration log.

CHEF CYNDIE: (voice over)- Bimetallic stemmed thermometers measure temperatures through its metal stem. The sensing area is from the tip to the dimple. You must make sure this sensing area is covered completely by the food. For example, if you are taking the temperature of thins foods such as a hamburger or chicken patty, place it in the side of the patty, or stack chicken nuggets to cover the sensing area for a more accurate reading.

CHEF CYNDIE: (voice over) – Digital thermistor thermometers are more accurate than bi-metallic stemmed and provide a quick readout of the food temperature. Plus the sensing area is located in the tip of the metal stem. These thermometers should not be calibrated in the kitchen. Send these units back to the manufacturer periodically to be calibrated. Just be sure they are powered up and ready to go. AND, if your digital thermometer has an on/off switch, be sure to power it off at the end of the work day.

CHEF CYNDIE: (voice over) – Some school districts have purchased higher-end thermocouple thermometers that not only take the temperature of the food, but some can create an instant record that may be printed at the end of the school day. Thermocouples are not calibrated in the kitchen. Send these units back to the manufacturer periodically to be recalibrated. If you want to check the temperature of the ice bath used to calibrate the bi-metallic stemmed, use a digital thermistor or thermocouple to check to make sure it has reached 32 degrees. No matter what type of thermometer you are using, if you think your thermometer may not be working properly, please let your manager know.

CHEF CYNDIE: (voice over) – You cannot make food safer AFTER you have received and signed for it. You must make sure that food is properly received and that includes visually inspecting frozen foods to make sure they are frozen and that there are no signs of ice crystals. Ice crystals indicate a product has been thawed and re-frozen and that could increase the chances of food borne illness. Inspect fresh produce for signs of spoilage, mold and insect infestation. Also, be sure to take and record the temperature of foods requiring time and temperature control such as milk.
CHEF CYNDIE: (voice over) – If fully prepared items are being received, make sure cold food is cold (41°F or below) and hot food is hot (140°F or above). The State of Florida Department of Health has identified 41°F to 140°F as the temperature danger zone. In other words, keep foods requiring time and temperature control OUT of the temperature danger zone. And lastly, be sure to record the temperature of received foods. Check with your local school district food safety policy for the proper receiving temperatures of foods requiring time and temperature control.

CHEF CYNDIE: (voice over) – Once food has been properly received, it must be immediately placed in the proper storage area. Temperatures of your freezer, cooler, and dry storage areas must be taken every day. Some school districts require the temperature of freezers and coolers to be taken in the morning and the afternoon. Others may have installed a temperature monitoring device that notifies staff when freezer or cooler temperatures start to rise. CHEF CYNDIE: (voice over) – To make sure your storage temperatures are safe, thermometers must be used. Place freezer and cooler thermometers in the warmest part of the unit that would be nearest to the door. Your freezer temperatures should range from zero to minus 10° Fahrenheit. Your cooler temperatures should be below 41 degrees F. And don’t forget your dry storage. Your dry storage areas should be between 50 and 70° Fahrenheit. Your dry storage areas should be between 50 and 70° Fahrenheit.

CHEF CYNDIE: (voice over) – All received food must be dated so that the older products are used first. In the food business, we call this FIFO or “First In – First Out.” Always make sure that you date a product when it is received if it isn’t already dated, and place the new stock BEHIND the stock already on the shelf. If product requiring time and temperature control, such as tuna or chicken salad is prepared in house, and will be stored for longer than 24 hours, it must be dated with the use by or expiration date. These foods have a maximum 7 day shelf life. Of course, best practice is to use it up sooner rather than later. Try to use tuna, chicken, egg and other meat or pasta salad within two to three days. And remember to check the cooler daily to make sure all foods are being fully utilized.

CHEF CYNDIE: This segment covered a number of critical food safety practices including how to calibrate, sanitize and use a bi-metallic stemmed thermometer, proper receiving and storage of foods, especially frozen foods and foods requiring time and temperature control for safety, and first in first out. And finally, don’t forget to record food temperatures during receiving and storing.

CHEF CYNDIE: Please take a few moments to answer the review questions.

1. The safe way to identify the temperature of hot spaghetti sauce is:
   A. to look for steam
   B. to use a sanitized and calibrated thermometer
   C. to feel the side of the pan
   D. to cook for at least 30 minutes

   CHEF CYNDIE: The correct answer is B. To use a sanitized and calibrated thermometer. You MUST use a cleaned, sanitized, calibrated thermometer to determine if foods are being cooked, cooled, or served at safe temperatures. Don’t forget to record the temperatures on the appropriate log.

2. When using the ice bath method to calibrate a bi-metallic stemmed thermometer, the needle should read:
   A. 0° F
   B. minus 32° F
   C. 32° F
   D. 23° F
CHEF CYNDIE: The correct answer is C. 32° F. Always make sure you are using a large container filled with ice, then covered with water when calibrating a bimetallic stemmed thermometer.

3. During receiving, if ice crystals are found on frozen foods, what should you do?
A. Thaw and use immediately
B. Place in the back of the freezer
C. Place in the back of the cooler
D. Reject the product

CHEF CYNDIE: The correct answer: D. Reject the product. Ice crystals indicate a product has been thawed and refrozen which could increase the risk of food borne illness. Remember, you can't make it safer later.

4. The State of Florida Department of Health has identified _______ to _______ as the temperature danger zone.
A. 41° F to 140° F
B. 40° F to 140° F
C. 41° F to 135° F
D. 40° F to 135° F

CHEF CYNDIE: The correct answer is: A. 41° F to 140° F. All foods requiring time and temperature control for safety MUST stay out of this danger zone. See your local school district for more information about these products.

5. After the delivery inspection, frozen foods should be place immediately into a unit held at temperatures between ______ and ______.
A. 0° F to 32° F
B. minus 10° F to 0° F
C. 10° F to 32° F
D. minus 32° F to 0° F

CHEF CYNDIE: The correct answer is B. minus 10° F to 0° F. Safe freezer, refrigerator and dry storage temperatures must be maintained. These temperatures should be taken and recorded at least on a daily basis.

Segment Three: Food Preparation, Holding, Serving and Cooling

WORKER #2: Hey come on. Get ready. We need to get the ingredients ready. Spaghetti sauce waits for no one!

CHEF CYNDIE: Did you see what the new hire tried to do? She could have injured herself. Although this video focuses on food safety, it is important to remember employee personal safety too. So make safe choices and ask for help if necessary.

CHEF CYNDIE: (voice over) – Well now it is Wednesday and we have a busy day of cooking. We’ll look at safe practices associated with storing, cooking, and serving food. This includes proper food storage temperatures, FIFO, thawing, cooking, serving and cooling of foods.

CHEF CYNDIE: (voice over) – The best practice is to plan ahead and thaw foods in the refrigerator. Raw meats should be thawed on the bottom shelf at 41 degrees or lower. However, it is acceptable to thaw foods under running water at 70° Fahrenheit or below, but I call this the “I forgot to pull it method.” Remember, water is a precious commodity in Florida lets not waist it.
CHEF CYNDIE: (voice over) – Many foods in school foodservice are thawed as part of the cooking process. Be sure to keep foods in the freezer until you are ready to cook them. Most importantly, NEVER thaw foods at room temperature, and if you thaw using a microwave, you must fully cook the product immediately and leftovers must be discarded.

WORKER #3: Hey Paula, how are you doing? I’m making some spaghetti sauce. Let me tell you a story, about three years ago, we had an employee making spaghetti sauce using ground beef. She thought that once the meat turned from pink to gray it was done. The spaghetti sauce was served to the students and later that day, several students become ill. From that day on, we never saw that employee again BUT, from then on we were required to keep a sanitized thermometer on us to check food temperatures prior to serving.

CHEF CYNDIE: (voice over) – It is critical to cook foods to the required internal temperature. Check with your local school district to find out the specific temperatures used when cooking. When taking the temperature of cooked food, be sure to first sanitize your thermometer, stir food if applicable, then take at least two readings. If the product had not reached the desired temperature in a certain amount of time, keep cooking, but also check to make sure the equipment is working properly.

CHEF CYNDIE: (voice over) – When the final cooking temperature is reached, record the temperature on the cook’s temperature log. Remember, if it is not documented, IT IS NOT DONE! Completed temperature logs prove the food has been handled safely in case questions arise.

CHEF CYNDIE: (voice over) – The faster food travels from cooking to serving, the less likely something can go wrong, and less time for bacteria to grow. That’s why batch cooking is so important. PLUS, the quality of the product is improved when food is not held prior to serving.

CHEF CYNDIE: (voice over) – Remember the hot food hot and cold foods cold rule? For food safety and food quality we want to follow this rule. Cold foods should be held at 41° Fahrenheit or lower. Do not stack containers above the cooling unit as the temperature may rise to unsafe levels. Hot foods must be held at or above 140° Fahrenheit. During serving the temperature of the foods should be taken and recorded. The Florida Department of Education recommends recording the temperature on the food production record. If a product has to be held in a warmer prior to serving, be sure to take and record the temperature prior to serving. If the product is found below 140 degrees during holding or serving and has been held for less than 4 hours, it may be reheated to 165 as a corrective action. Be sure to note this corrective action on the food production record.

CHEF CYNDIE: (voice over) – Serving utensils should be stored in the food during serving. And remember, if you replace the pan with a new pan of food, you need a new, cleaned and sanitized serving utensil.

CHEF CYNDIE: (voice over) – If you are starving, it may not be a good idea to serve food to students. You may be tempted to taste test. And we NEVER eat food from the serving line while serving. Plus, all the rules of personal hygiene you learned in the first segment apply during serving food. Remember to wear a hair restraint, preferable a hairnet or cap, wash your hands properly, and wear a clean apron to serve food – not the one covered with spaghetti sauce that you just prepared. And, if you use disposable aprons, put a fresh one on for serving your students. Looking professional goes a long way in school foodservice.
CHEF CYNDIE: (voice over) – A major reason for food borne illness is improper cooling of foods. If you prepare today for service another day, or if you have hot leftovers you wish to cool and use later, it is extremely critical that you follow the rules of safe cooling. Let me say this loud and clear: NEVER cool foods at room temperature. And placing foods in front of a fan is NOT cooling. If food is left sitting out, this time must be added to the total cooling time.

CHEF CYNDIE: (voice over) – According to the Florida Department of Health, food must be cooled using one stage cooling.

CHEF CYNDIE: (voice over) – In one stage cooling, the temperature of the food must go from 140° Fahrenheit down to 41° Fahrenheit within four hours. AND, be sure to document the cooling temperatures on the cooling log. Once food has reached 41 degrees Fahrenheit, it may be placed in the cooler.

CHEF CYNDIE: (voice over) – To help you cool foods faster, you can use an ice bath, chill stick, blast chiller, or add ice as an ingredient. When using an ice bath, place foods into a small container, like a 2 inch steam table pan instead of a 4 inch pan. Stirring the food frequently helps to release the heat and cool it faster. In addition, 2 inch pans used for cooling may be frozen prior to placing food in them to help speed the cooling process. Chill sticks work like an ice bath from the inside out. They can be prepared in one of two ways: When planning ahead, chill sticks may be filled with water and frozen, or if in a last minute pinch, fill with ice and use immediately. Another option for rapid cooling is to place food in a sheet pan or 2 inch pan and place on the top shelf of the cooler or on a baker’s rack. A sheet pan may be placed on the top rack to prevent something from falling into the food. Or cover the food with a single layer of place wrap, never foil because that would hold in more heat. The corner may be folded back to release the heat, then fully cover once the food has reached 41 degree F.

CHEF CYNDIE: (voice over) – All along the food production chain, you must make sure food is in the correct temperature range. Foods may be thawed in the refrigerator or under cold running water that is 70° Fahrenheit or below. Many frozen prepared foods can go directly from the freezer to the oven.

Cook foods to the required internal temperature, and remember to take at least two readings when recording the temperature. Cold foods should be held and served at 41° Fahrenheit or lower, and hot foods should be held and served at 140° Fahrenheit or higher.

And, remember, all along the food production way, you need to record temperatures onto the temperature logs provided in your kitchen.

CHEF CYNDIE: Please take a few moments to answer the review questions.

1. The best practice for thawing foods is to:
   A. thaw outside on a sunny Florida day
   B. thaw using the warmer
   C. thaw in the refrigerator
   D. thaw in the dry storage at 70 ° F

   CHEF CYNDIE: The correct answer is C. Thaw in the refrigerator. Best practice is to thaw foods in the refrigerator at 41degrees F. In a pinch, you may thaw foods under running water at 70 degrees F or below. Remember never thaw at room temperature or in standing water.
2. After taking the final internal cooking temperature, using a clean, sanitized, calibrated thermometer you should:
   A. cook for an additional 15 minutes
   B. record the final internal cooking temperature on the appropriate log
   C. tell your manager what is the final temperature of the food
   D. take a 15 minute break
   
   CHEF CYNDIE: The correct answer is B. Record the final internal cooking temperature on the appropriate log. It is critical that final cooking temperatures be taken AND recorded in the event that questions arise.

3. When holding and serving food, hot foods must be held at _____ and above and cold foods must be held at _____ or below.
   A. 170° F and 71° F
   B. 160 ° F and 61° F
   C. 150° F and 51° F
   D. 140° F and 41° F
   
   CHEF CYNDIE: The correct answer is D. 140° F and 41° F. This is the hot foods hot, cold foods cold rule. The only way to make sure this rule is followed is to take and record serving line temperatures of food requiring time and temperature control.

4. To cool foods faster, you can:
   A. use an ice bath
   B. turn the steam table line off one hour early
   C. place food in front of a fan
   D. place food in the freezer
   
   CHEF CYNDIE: The correct answer is A. use an ice bath. Other methods for cooling food include chill stick, blast chiller, or placing food on a sheet pan or in a 2 inch steam table pan and placing in the cooler. Just remember never cool foods at room temperature.

5. True or False: Chill sticks may be made out of used 2 liter plastic bottles.
   
   CHEF CYNDIE: The correct answer is FALSE. You cannot make your own chill stick; only manufactured chill sticks made out of hard plastic may be used.

 Segment Four: Cleaning and Sanitizing

 MANAGER: New hire, come here. I have a gift for you. I need all this cleaned up and in tip top shape within an hour. Everything you need is over here. I expect you to have this kitchen in tip top shape in an hour and that will be your gift to me.

 EMPLOYEE: What’s up Paula? What’s going on?

 Paula: Oh, just trying to clean the kitchen up for the manager. She says it has to be in tip top shape.

 EMPLOYEE: What do you have to do?

 EMPLOYEE: Are you choking Paula? Are you Ok? Are you OK? Can you speak?
CHEF CYNDIE: WOW, looks like the new hire has made a big mistake in handling chemicals properly. Don’t let this happen to you. Pay close attention to our final segment where we will review how to prepare cleaning and sanitizing solutions, how to use chemical test strips, cleaning and sanitizing food contact surfaces, pot and pan sink setup, use of the dish machine for final sanitizing, and material safety data sheets.

CHEF CYNDIE: (voice over) – Handling chemicals in your facility is serious business! In addition to maintaining safe temperature control, the cleaning and sanitizing of your facility is a critical step in preventing food borne illness. First, food contact surfaces must be cleaned, then sanitized utilizing one of three types of sanitizer: quaternary ammonia, also known as quats, chlorine, or iodine. Follow the manufacturer’s instructions when combining the required amount of sanitizer with the required amount of water. Get this combination wrong and you may not be killing viruses and bacteria.

CHEF CYNDIE: (voice over) – If you don’t know how much sanitizer to water is required for your buckets or spray bottles, then fill these items from the sanitizer sink after properly mixing and testing with a chemical test strip. If you are using quats, be sure to dampen your terry cloth towels with running water before adding to the bucket. Dry towels will soak up your sanitizer and reduce the concentration of your solution.

CHEF CYNDIE: (voice over) – The strength or killing power of your sanitizer is measure in PPMs, or parts per million. The only way to know if your sanitizer is working is to use a test strip. Be sure to choose the right test strip for each type of sanitizer. Chlorine strips do not test for quats!

CHEF CYNDIE: (voice over) – All food contact surfaces must be cleaned, then sanitized before and after each use. A food contact surface is any surface that comes in contact with food, such as work tables, cutting boards, slicers, food processors and even utensils

CHEF CYNDIE: (voice over) – To prepare the pot and pan sink, fill the 1st sink with detergent. The water temperature should be around 110° Fahrenheit. Fill the 2nd sink with rinse water. Be sure to fully fill this sink up so that pots and pans are completely rinsed before being immersed in the sanitizer. Sanitizer is destroyed by food bits and leftover detergent. Fill the final sink with a sanitizing solution of sanitizer and water mixed at the correct concentration according to the manufacturer’s instructions.

CHEF CYNDIE: (voice over) – The first step to washing, rinsing and sanitizing is to scrape, rinse or soak the items before washing them. Some kitchens are equipped with a four compartment sink which makes this ideal. Next, wash pots and pans in detergent, place in the rinse sink and rinse well, and then place in the sanitizer sink. Different sanitizers require different immersion times. Please check with your manager to find out how long items must be immersed in the sanitizing solution. And final step, air dry.

CHEF CYNDIE: (voice over) – Some schools use a dish machine or commercial dishwasher for the final sanitizing step. Items are washed and rinsed using the pot and pan sink, then run through the dish machine. If the dish machine uses heat as the sanitizer, be sure it reaches sanitizing temperatures. This may be measured with a dishwasher safe digital thermometer or a heat-sensitive T-stick. If the dish machine uses a chemical sanitizer, be sure the concentration is set at the correct level and test using the appropriate chemical test strip.
CHEF CYNDIE: (voice over) – We’ve talked a lot about chemicals used in the kitchen. For your safety and the safety of others, always refer to the Material Safety Data Sheet, sometimes referred to as the MSDS. These sheets must be kept on file in your kitchen. They provide information on use, mixing, equipment requirements (such as masks or gloves) and first aid information for chemicals used in the kitchen. Chemicals should be stored separately and always away from any food item. Chemicals may not be on work surfaces during food production. Speaking of mixing, NEVER combine chemical products to make your own special cleaning and sanitizing concoction. When ammonia and chlorine are mixed together it immediately creates a gas that could be fatal when inhaled.

CHEF CYNDIE: We’ve covered a lot of information about cleaning and sanitizing, from preparing the correct sanitizing solutions and testing them to make sure the concentration is correct, to actual cleaning and sanitizing pots and pans. And don’t forget to review Material safety data sheets, they provide valuable information about the use of chemicals in a school kitchen.

CHEF CYNDIE: Please take a few moments to answer the review questions.

1. Sanitizing solutions MUST be correctly mixed in order to:
A. Save money
B. kill viruses and bacteria
C. remove dirt and grease
D. create a pleasant smell in the kitchen

CHEF CYNDIE: The correct answer is B. kill viruses and bacteria. Be sure to check with your manufacturer to find out how much sanitizer is combined with what amount of water. AND be sure to store towels in the sanitizing solution; don’t leave towels on the work surface.

2. The only way to tell if your sanitizer strength is killing viruses and bacteria is to:
A. smell it
B. pour in extra amounts
C. use a chemical test strip
D. use a thermometer

CHEF CYNDIE: The correct answer is C. Use a chemical test strip. The only way to know if your sanitizer is effective in killing germs is to use a test strip to measure the strength.

3. The steps to cleaning and sanitizing in a 3 compartment sink consist of the following:
A. Scrape, rinse or soak pans first, then wash, rinse, sanitize, and air dry
B. Scrape, rinse, sanitize, and air dry
C. Scrape, wash, and air dry
D. Scrape, rinse or soak pans first, then rinse and air dry

CHEF CYNDIE: The correct answer is A. Scrape, rinse or soak pans first, then wash, rinse, sanitize, and air dry. If you don’t have enough room on the sink to air dry, then use a baker’s rack for additional space.

4. To check the temperature of a high temp dish machine, you may:
A. feel the water with your hands to be sure it is hot
B. watch for steam coming out of the machine
C. feel how hot the pan is when it is removed from the dish machine
D. use a t-stick or dish machine safe thermometer

CHEF CYNDIE: The correct answer is D. Use a t-stick or dish machine safe thermometer to make sure your high temp dish machine is reaching a sanitizing temperature of 180° F. See your manufacturer for low temp or chemical sanitizing machines.
5. True or False: Material Safety Data Sheets provide instructions for first aid.

CHEF CYNDIE: The correct answer is TRUE. As a foodservice employee you should know where the MSDS are located in case of an emergency, PLUS lots of great information regarding the product may be found on these sheets, such as how to properly mix, equipment requirements, and a toll free number to call for more information on the chemical. And VERY importantly, Remember NEVER to combine chemicals to make your own special concoction.

MANAGER: New hire, This is a little hard to say...but this is not working out and I’m going to have to let you go. I’m sorry (awkwardly)

NEW HIRE: (laughs a little) Good job! Good job! You passed!

NEW HIRE: Let me explain. I work for the Superintendent. He’s sending me around to all the schools in the county to pose as an incompetent worker- to monitor kitchen safety and training. You’re the first school that’s done well so far. You passed! No need to worry, I’ll be sending a positive report.

MANAGER: The superintendent sent you?

NEW HIRE: Yes, the superintendent!

MANAGER: Well, okay. I guess there’s no issue then.

NEW HIRE: No thank you. Great job. And I’ll be seeing you soon.

MANAGER: Mr. Superintendent? Hi, yes, this is Chris Lester...You sly dog. NEW HIRE just told me you sent her down here to spy on me......YEAH, NEW HIRE....How you sent her down here to pose as a bad worker...To check on our safety program......No?....no, Really?....Okay....

MANAGER: Attttennn HUT! Ladies and Bob. Today I have some good news and some bad news. I’ll give you the bad news first. New hire did not make our team. The good news is, she was secretly sent by the superintendent’s office to check our food safety practices; AND WE PASSED!

MANAGER: (voice over) Well, we never heard or saw NEW HIRE again. It was a mysterious to all of us at the school. In the end, it doesn’t really matter. I suppose, in her own mysterious way, she made all of us a little more conscious of what safety means. And that’s all that matters.

CHEF CYNDIE: We’d like to thank you for spending time with us today. We hope that you have gained valuable information to make the school kitchen you work in a safer place for students and adults. Here’s to your successful food safety program!