

Sanitation Solutions



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Sanitation Solutions

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Instructions

Slides for the Inservice:

- The slides can be shown on computer or projected on a screen using a data projector.
- You can show the slides directly from the Acrobat file by simply clicking on the icon that looks like a computer screen. Or you can go to the tool bar and click on “View” and “Full Screen” to show the slides on your screen.
- Then click the down arrow button or the page down button on your keyboard.

Presenter’s Notes for the Inservice:

- Review the presenter’s notes prior to presenting the slides.
- The presenter’s notes offer additional information not included on the slides, suggestions for how to present some of the information, and activities you may want to incorporate.

Handouts for the Inservice:


- Simply copy the handouts and the pre- post-tests for participants.
- Do not provide the answer key for the pre-post tests.
- You can choose to give the test before and after the training, or just after the training to determine the effectiveness of your inservice and whether or not additional training is needed.



Slides



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Objectives for Today

Participants will learn how to enhance food safety and reduce food contamination through demonstration of proper:

1. Hand washing techniques
2. Dish washing and sanitizing
3. Cleaning and sanitizing of equipment and work areas
4. Pest and garbage control





F371 Sanitary Conditions

According to CMS guidelines, skilled nursing facilities must:


- Store, prepare, distribute, and serve food under sanitary conditions
- Follow proper sanitation and food handling practices to prevent the outbreak of foodborne illness (FBI)





Food Service Observation

- Surveyors will focus their observations of the kitchen and the facility's storage, preparation, distribution, and service of food to residents




The focus is on preventing the contamination of food and the spread of foodborne illness (FBI)



Food Storage

- Refrigerator and freezer shelves and floors should be clean and free of spillage
- Foods should be free of slime and mold
- Use the first in, first out (FIFO) method
- Freezer temps: 0° F or below and
- Refrigerator temps: maintain food at 41° F or below




Cover, label, and date all items in refrigerators and freezers



Dry Storage Areas

- Foods must be 6” off floor/18” from ceiling
- Clean/organize shelves
- Sweep floors daily
- Store chemicals/non-food items away from food
- Remove damaged cans or packages
- Keep at room temperature: 50-70° F
- Cover, label, and date all opened foods



Use first in, first out method (FIFO)



Food Preparation

- Clean and sanitize food contact surfaces and utensils to prevent cross contamination
- Keep raw food separate from cooked food
 - Use different preparation sinks for produce and meat (sanitize after each use)
 - Use different cutting boards for meat, poultry, and produce (sanitize after each use)





Handwashing

- Wash hands before beginning work, between tasks, after handling raw meat, after taking a break, after using the restroom, and any time it seems needed
- **If in doubt, wash your hands**




Proper handwashing is essential to preventing FBI



Cleaning and Sanitizing

- **Cleaning** is removing food, dirt, rust, stains, minerals, or other deposits
- **Sanitizing** reduces pathogens to safe levels, reducing risk of FBI



Clean, rinse and sanitize all food contact surfaces (utensils, dishes, pots and pans, and countertops)



When to Clean and Sanitize

- After a food contact surface is used
- When switching from one type of food to another on a surface or in a container (ex: cutting board used for meat then produce)
- Any time contamination has occurred
- After 4 hours if item/surface is in constant use



When in doubt, clean and sanitize



Types of Sanitizing

- Heat sanitizing
 - Soak in hot water (at least 171°F for at least 30 seconds)
- Chemical Sanitizing
 - Follow manufacturer's instructions
 - Use test strips to test concentration
 - Chlorine (50-99 ppm recommended)
 - Iodine 12.5-25 ppm recommended)
 - Quaternary ammonium compounds (quats): ≤500 ppm recommended)





High Temperature Dishwasher

Heat Sanitation Recommendations

- Wash 150°-165° F
- 180° F final rinse
- Follow manufacturers instructions for wash and rinse cycle temperatures
- Record temperatures before each use





Low Temperature Dishwasher

Chemical sanitation

- 120° F wash (or according to manufacturer); and
- 50 ppm hypochlorite (chlorine) on dish surface in final rinse
- Record temperatures before each use





Machine Dishwashing Tips

- Always have one person loading “dirty” dishes and a different person pulling the “clean” dishes
- Use clean gloves to pull clean dishes
- Don’t stack dishes too tightly on the racks
- Inspect all dishes to be sure they are clean
- Double wash silverware
- Clean stains on coffee mugs on a regular basis





Handling Clean Dishes

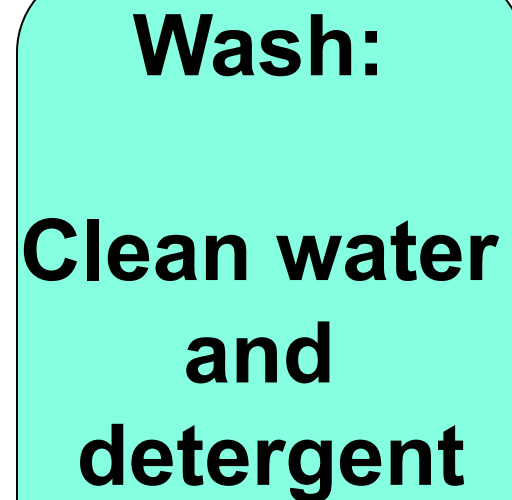
- Air dry
- Stack only when completely dry
- Inspect each dish to be sure it is clean and dry
- Avoid bare hand contact with:
 - Mouthpieces of silverware
 - Rims of glasses and cups
 - Inside of bowls or plates
- Store inverted in clean, dry place





3 Compartment Sink: Sink 1

1. Measure detergent into a clean sink
2. Fill the sink with hot water to the water line
3. Wash dishes thoroughly. Be sure dishes are clean!
4. Change water frequently



Wash:
Clean water
and
detergent





3 Compartment Sink: Sink 2

1. Fill the clean sink with hot water
2. Rinse the clean dishes thoroughly
3. Place the clean dishes in the sanitizing sink (Sink #3)



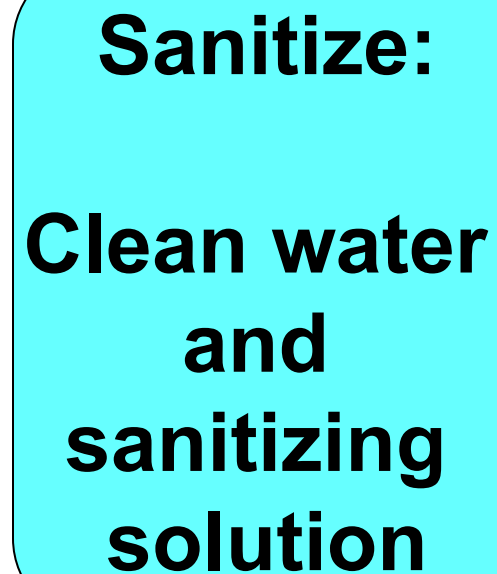
**Rinse:
Clean
water**





3 Compartment Sink: Sink 3

1. Measure sanitizer into the clean sink
2. Follow manufacturer's directions for sanitizer
3. Test water/solution (___ PPM)
4. Place clean, rinsed dishes in sanitizing solution for 10-30 seconds (or per manufacturer's instructions)
5. Invert dishes to air dry





**Sanitize:
Clean water
and
sanitizing
solution**



Keep Food Safe During Service

- Food trays, dinnerware and utensils should be clean, sanitized, and in good condition
- Keep foods covered until served
- Protect food should from contamination during transportation and distribution



Keep hot foods at $\geq 135^{\circ}$ F and
cold foods at $< 41^{\circ}$ F



Food Handling During Food Service

- Avoid touching mouth pieces of silverware, rims of cups, insides of plates and bowls
- Do not touch food or ice directly with your hands (use utensils or gloves)
- Do not add new food to old
- Practice good hygiene
 - Handwashing
 - No bare hand contact with food





Personal Hygiene

- Keep clothes clean and in good condition
- Keep hands and nails clean; wear gloves when needed
- Wear hair nets or clean hats to cover all hair
- Don't chew gum, smoke, or eat in the kitchen
- Keep jewelry to a minimum
- Follow facility procedures for working when ill or with open wounds





Cleaning

Clean as you go!

- Follow daily, weekly, and monthly cleaning schedules
- Complete follow-up checks to assure the job is completed
- Follow instructions for mixing and using cleaning agents
- Follow instructions for cleaning all items





Ice Machine

- Store scoops outside of machine in a closed, clean container
- Wash hands before dispensing ice
- Place ice in a clean, sanitized container
- Clean the ice dispenser regularly
- A special ice bucket should be used for ice only
 - Wash and sanitize these on a regular schedule





Wiping Cloths

Use containers of sanitizing solution for wiping cloths

- Place above the floor
- Prevent contamination of equipment and utensils
- Change cloths and sanitizing solution regularly
- Store containers away from food preparation areas





Pest Control

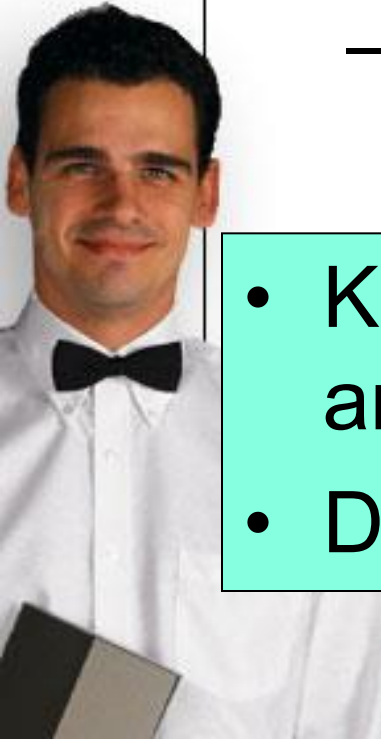

- Notify supervisor of any signs of pests:
 - Mice, mice droppings, flies, cockroaches, drain flies, fruit flies, etc.
- Keep environment clean
- Notify supervisor of cracks in windows and doors, problems with dumpsters
- Keep outside doors closed
- Don't allow spraying during food preparation times





Garbage Cans and Dumpsters

- Keep lids on cans when not preparing food
 - Use plastic can liners in the cans
- Empty cans as often as needed
 - Clean cans after emptying if needed
 - Wash cans weekly or as needed

- 
- 
- Keep areas around the dumpsters clean and free of debris
 - Do not allow dumpsters to overflow



Floors and Walls

- Sweep and mop daily and as needed
- Use an approved floor cleaner
- Pay extra attention to the dish room and fryer area
- Use caution signs to prevent accidents
- Clean floors and walls behind the dishwasher, fryers, steamers
- Clean walls wherever there are splatters or dust





Material Safety Data Sheets

- MSDS sheets are readily accessible
- Understand how to use chemicals safely
- Know what to do in the event of chemical emergencies



If in doubt, ask your supervisor



Key Sanitation Practices

- Store, prepare, distribute and serve food under sanitary conditions
- Follow proper sanitation and food handling practices to prevent the outbreak of foodborne illness
- Avoid cross contamination
- Sanitize surfaces that come in contact with food
- Practice good personal hygiene, regular handwashing





Presenter's Notes

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Presenter Note: Prior to conducting this inservice, you may want to review these materials:

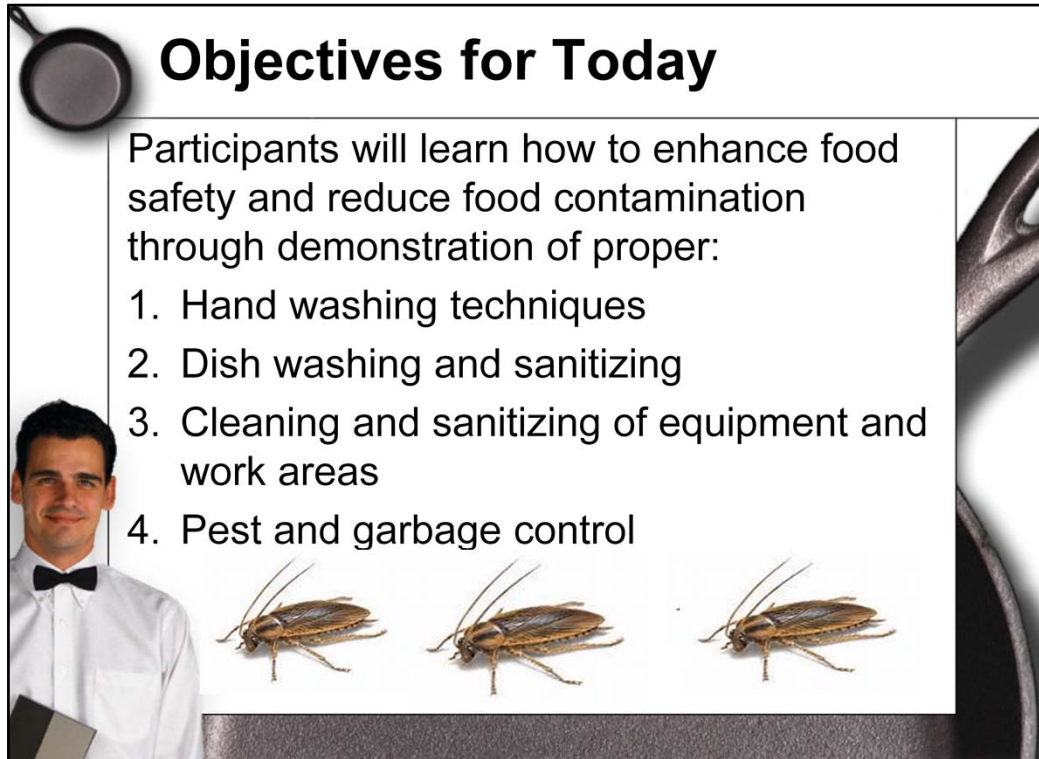
- Federal Food Code (<http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/default.htm>)
- For Nursing Homes: Center for Medicare & Medicaid Services State Operations Manual, Appendix PP, FTag F371 available at https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf
- Your state and local health regulations for food service operations
- **There are a variety of food safety handouts you might consider using for the presentation available at <http://www.foodsafety.gov/> and <http://www.fda.gov/Food/FoodborneIllnessContaminants/default.htm>.**

Audience: Food and dining services staff.

Welcome and thank you for attending our inservice today on Sanitation Solutions.

Presenter Note (Optional): Before we get started, let's test your knowledge with a short pre-test.

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Objectives for Today

Participants will learn how to enhance food safety and reduce food contamination through demonstration of proper:

1. Hand washing techniques
2. Dish washing and sanitizing
3. Cleaning and sanitizing of equipment and work areas
4. Pest and garbage control


Our objectives today are that participants will learn how to enhance food safety and reduce food contamination through demonstration of:

1. Proper hand washing techniques
2. Proper dish washing and sanitizing
3. Proper cleaning and sanitizing of equipment and work areas
4. Proper pest and garbage control

We will also touch on some other areas of importance, including food temperatures, but will not go in depth into these topics.

Presenter Note: These topics are covered more thoroughly in the inservice on Food Safety Made Easy.


When following the guidelines we discuss today, your food service operation will be prepared for local, state and federal inspections.



F371 Sanitary Conditions

According to CMS guidelines, skilled nursing facilities must:

- Store, prepare, distribute, and serve food under sanitary conditions
- Follow proper sanitation and food handling practices to prevent the outbreak of foodborne illness (FBI)

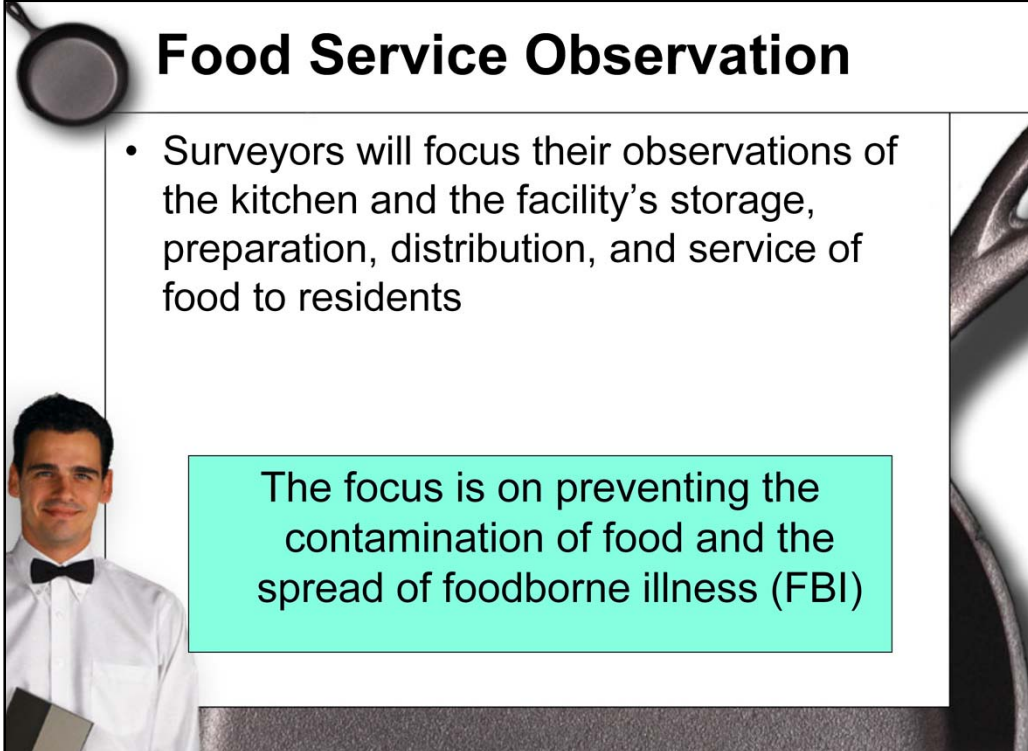


You should be using good sanitation practices every day to help prevent the spread of foodborne illness (FBI).

It is important to keep a clean and sanitized kitchen at all times. Today we'll share some tips and techniques to help you keep the kitchen organized, clean, sanitized for food safety, and ready for survey at anytime.

Tag F371 is often cited in federal health inspections of long-term care facilities. According to CMS guidelines, nursing homes must:


- Store, prepare, distribute, and serve food under sanitary conditions.
- Follow proper sanitation and food handling practices to prevent the outbreak of foodborne illness (FBI).



Food Service Observation

- Surveyors will focus their observations of the kitchen and the facility's storage, preparation, distribution, and service of food to residents

The focus is on preventing the contamination of food and the spread of foodborne illness (FBI)



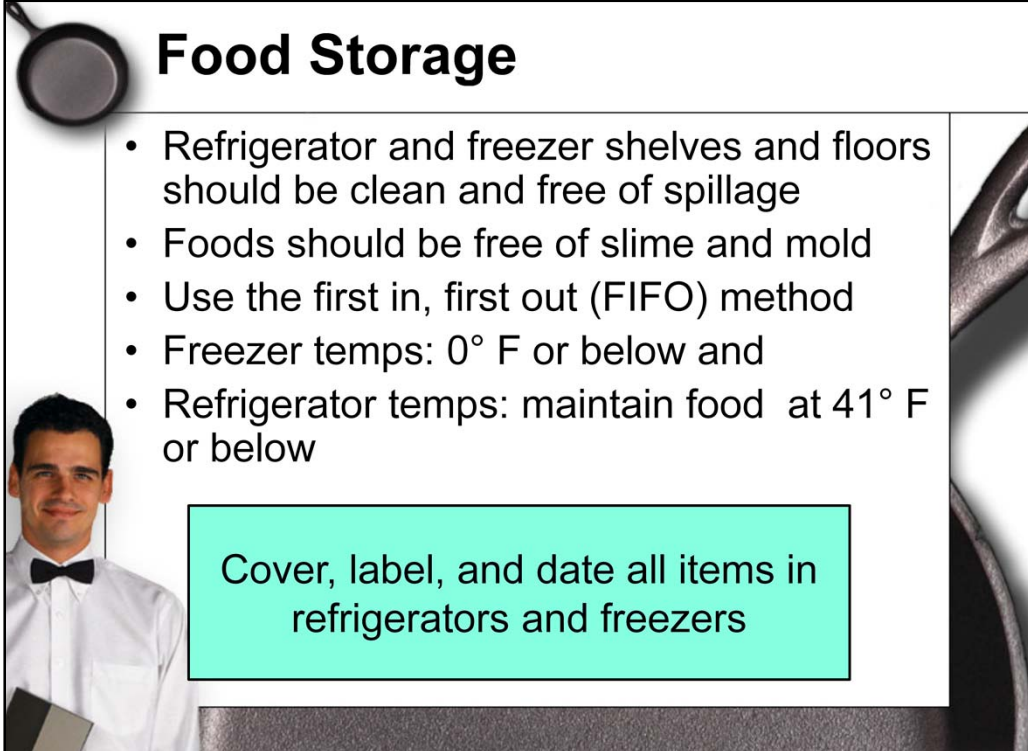
The kitchen may be inspected by local, state or other authorities (local Department of Health, CMS state surveyors for nursing homes, and Joint Commission for hospitals and some nursing homes). Surveyors will focus their observations of the kitchen and the facility's storage, preparation, distribution, and service of food.

Nursing homes: The kitchen is one of the first places the CMS surveyors come when they arrive at the facility. They will return to the kitchen at other times during the survey, to look more closely at sanitation and to observe meal preparation, distribution and meal service to residents. They will also look at storage and conduct an inspection of the kitchen. The focus is on preventing the contamination of food and the spread of foodborne illness (FBI).

You can be prepared and ready in advance.

Today we will discuss the areas that the surveyors will investigate during the survey.

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Food Storage

- Refrigerator and freezer shelves and floors should be clean and free of spillage
- Foods should be free of slime and mold
- Use the first in, first out (FIFO) method
- Freezer temps: 0° F or below and
- Refrigerator temps: maintain food at 41° F or below

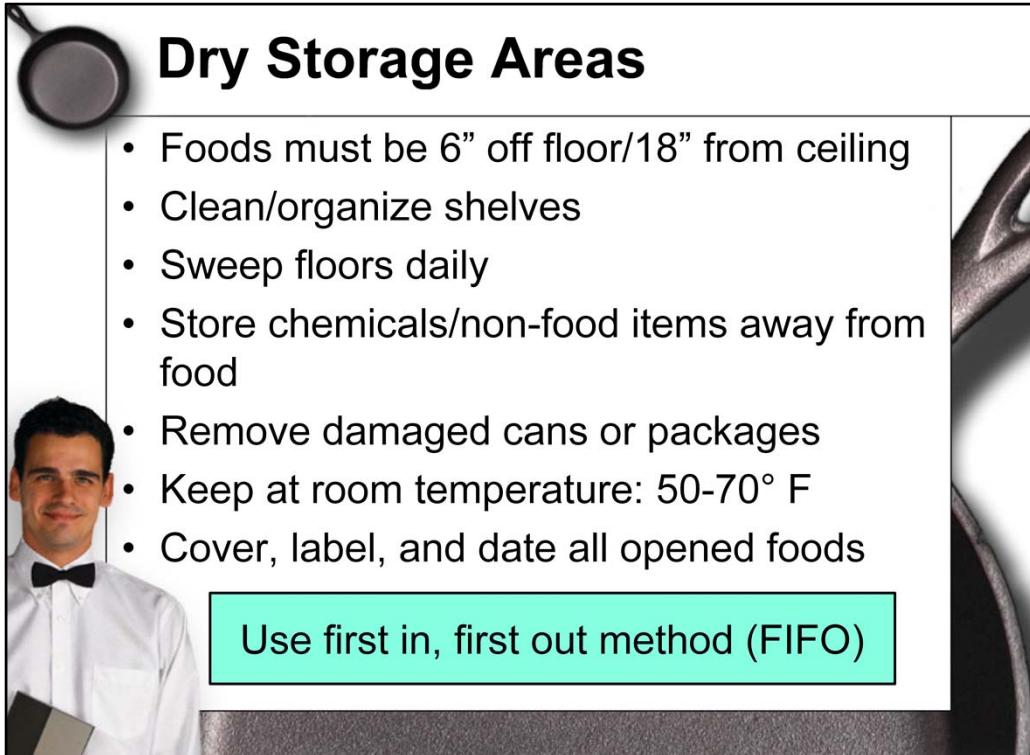
Cover, label, and date all items in refrigerators and freezers

Let's talk about several areas that are important to having a clean, safe, and sanitary food service operation.

Cold storage areas (freezers and refrigerators) must be kept clean, organized, and cold. All foods should be covered, labeled, and dated, even if they will be used the same day.

- Refrigerator and freezer shelves and floors should be clean and free of spillage.
- Foods should be free of slime and mold.
- Use the first in, first out (FIFO) method to assure food is rotated.
- Freezer temperatures should be 0°F or below
- Refrigerators should be cold enough for food to maintain a temperature of 41° F or below.

Presenter Note: There are more details on refrigeration in the Food Safety Inservice.



Dry Storage Areas

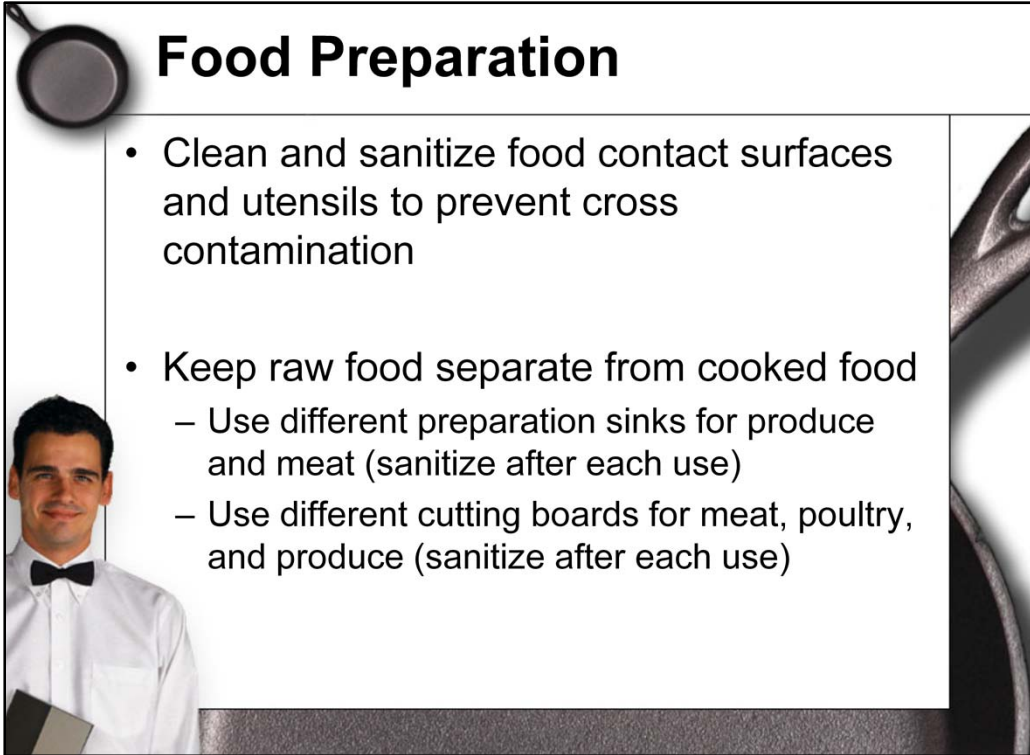
- Foods must be 6” off floor/18” from ceiling
- Clean/organize shelves
- Sweep floors daily
- Store chemicals/non-food items away from food
- Remove damaged cans or packages
- Keep at room temperature: 50-70° F
- Cover, label, and date all opened foods

Use first in, first out method (FIFO)

Dry storage areas must be clean and organized:

- Food items must be 6” off the floor and 18” from the ceiling.
- Shelves should be clean and organized. Floors should be swept at least daily.
- Chemicals should be stored separately. Store non-food items in one area of the dry storage room.
- Remove damaged cans or packages.
- Keep the storeroom at room temperature: 50-70° F.
- Any food not stored in its original container must be labeled. Any food not stored in its original container must be labeled (for example, sugar that is removed from bags and stored in a different container).

Be sure to rearrange foods so that the oldest foods will be the first foods pulled off the shelves (“first in, first out” or FIFO).



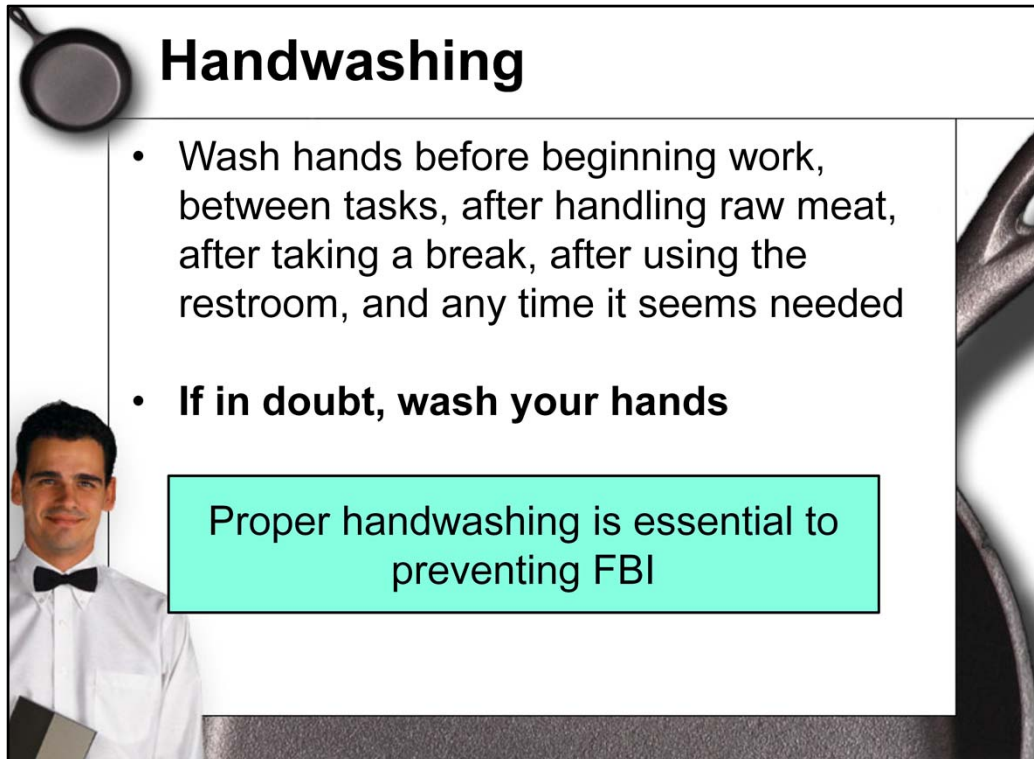
Food Preparation

- Clean and sanitize food contact surfaces and utensils to prevent cross contamination
- Keep raw food separate from cooked food
 - Use different preparation sinks for produce and meat (sanitize after each use)
 - Use different cutting boards for meat, poultry, and produce (sanitize after each use)

Food contact surfaces and utensils should be cleaned and sanitized to prevent cross contamination. This will be discussed in depth in a few minutes.

Raw food should be kept separate from cooked foods:

- Use different preparation sinks for produce and meat. If this is not possible, sanitize the sink between uses using the proper concentration of chlorine, iodine, or quats (this will be discussed in a few minutes).
- Use different cutting boards for meat, poultry, and produce. Always sanitize cutting boards after using.



Handwashing

- Wash hands before beginning work, between tasks, after handling raw meat, after taking a break, after using the restroom, and any time it seems needed
- **If in doubt, wash your hands**

Proper handwashing is essential to preventing FBI

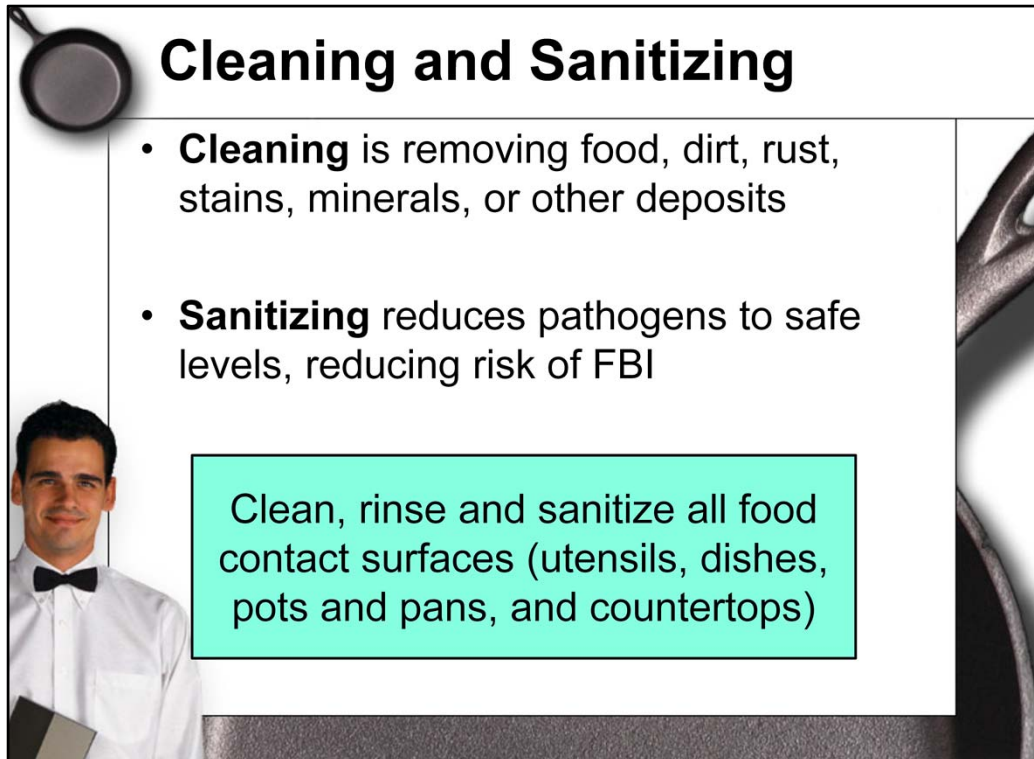
Our hands touch surfaces that are covered with bacteria and viruses that we can't see.

- Always wash your hands before beginning work, between tasks, after handling raw meat, after taking a break, after visiting the restroom, after smoking, blowing your nose, touching your face, and any time it seems necessary.
- **If in doubt, wash your hands.**
- **Wash your hands in a designated hand washing sink, not in food preparation sinks. Do not wash or store dishes or pans in or on top of the handwashing sink.**
- Washing hands properly and often is essential to preventing the spread of foodborne illness.

Presenter Note: Ask one of the participants to demonstrate proper handwashing techniques. Refer to the Food Safety Made Easy Inservice for detailed instructions on handwashing.

- Never touch food with your bare hands – use a utensil or gloves. (**Presenter Note:** Glove use is covered in the Food Safety Inservice).

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Cleaning and Sanitizing

- **Cleaning** is removing food, dirt, rust, stains, minerals, or other deposits
- **Sanitizing** reduces pathogens to safe levels, reducing risk of FBI

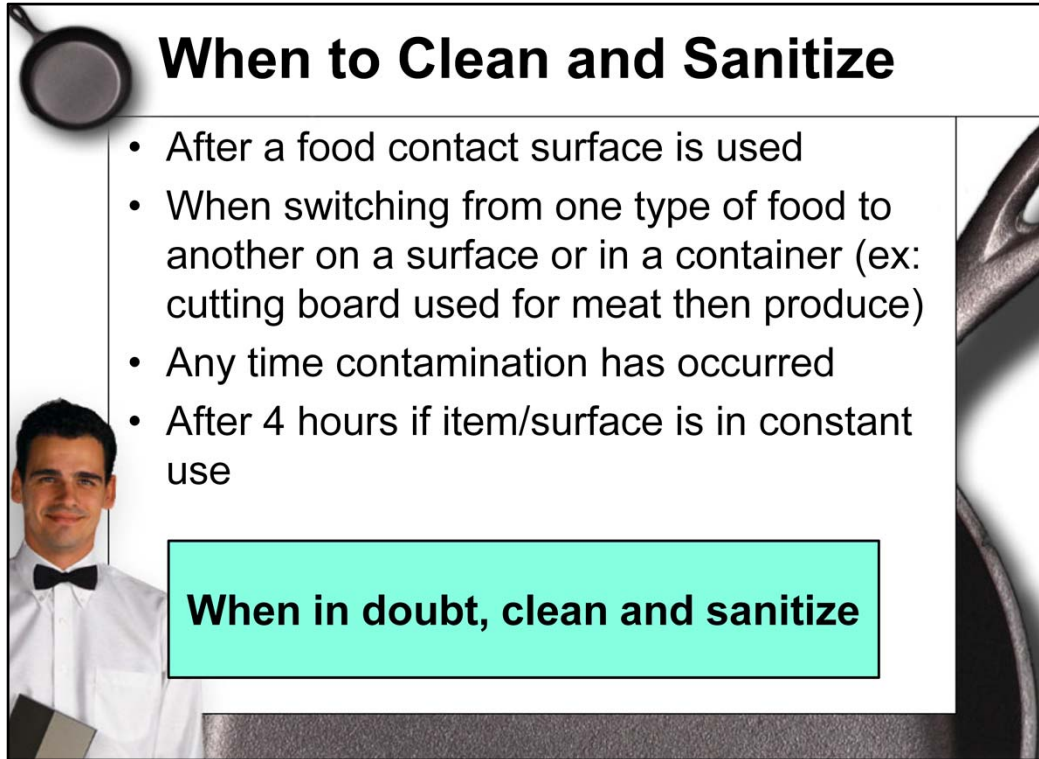
Clean, rinse and sanitize all food contact surfaces (utensils, dishes, pots and pans, and countertops)

Cleaning and sanitizing are NOT the same thing.

- **Cleaning** is removing food, dirt, rust, stains, minerals, or other deposits.
- **Sanitizing** reduces pathogens to safe levels, reducing risk of FBI.

Food contact surfaces of all kinds must be sanitized after they have been cleaned and rinsed.

Food contact surfaces refers to anything that touches food, including dishes, pots, pans, counter top slicers, blenders, knives, food preparation surfaces like tables or cutting boards, and utensils used to prepare or serve food.



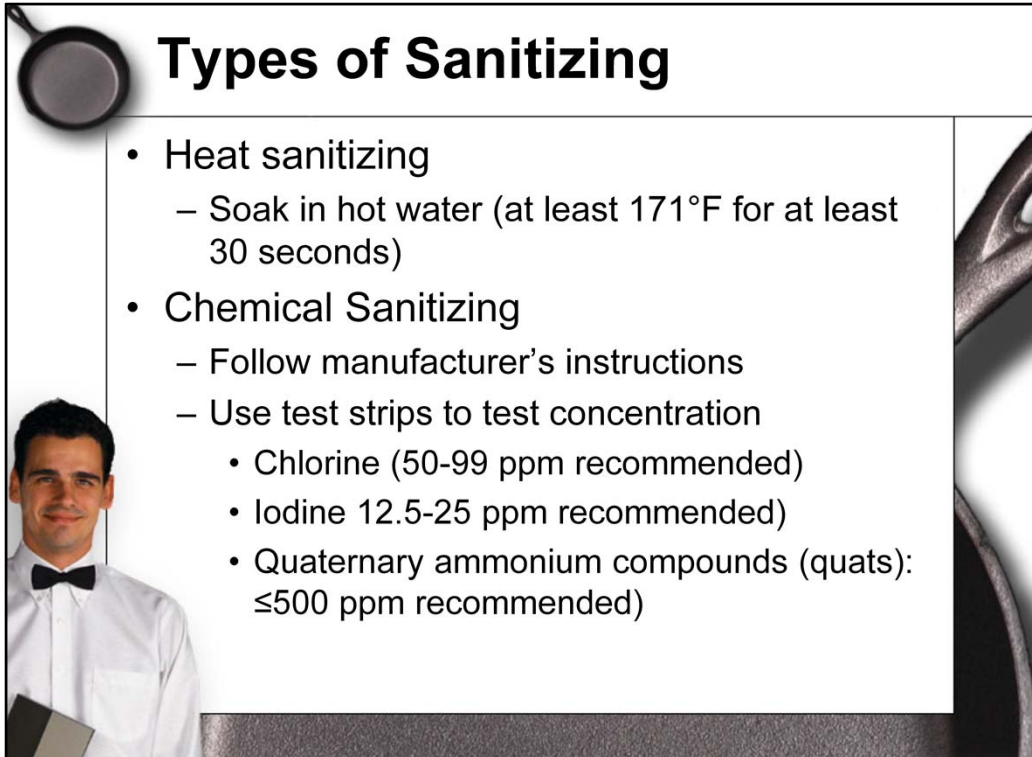
When to Clean and Sanitize

- After a food contact surface is used
- When switching from one type of food to another on a surface or in a container (ex: cutting board used for meat then produce)
- Any time contamination has occurred
- After 4 hours if item/surface is in constant use

When in doubt, clean and sanitize

Always clean and sanitize:

- After a food contact surface is used.
- When switching from one type of food to another on a surface or in a container (ex: a cutting board using meat then switching to produce).
- Any time contamination has occurred.
- After four hours if item/surface is in constant use.
- When in doubt, clean and sanitize.



Types of Sanitizing

- Heat sanitizing
 - Soak in hot water (at least 171°F for at least 30 seconds)
- Chemical Sanitizing
 - Follow manufacturer's instructions
 - Use test strips to test concentration
 - Chlorine (50-99 ppm recommended)
 - Iodine 12.5-25 ppm recommended)
 - Quaternary ammonium compounds (quats): ≤500 ppm recommended)

Types of Sanitizing include heat sanitizing and chemical sanitizing.

Heat sanitizing: Soak in hot water (at least 171°F for at least 30 seconds).

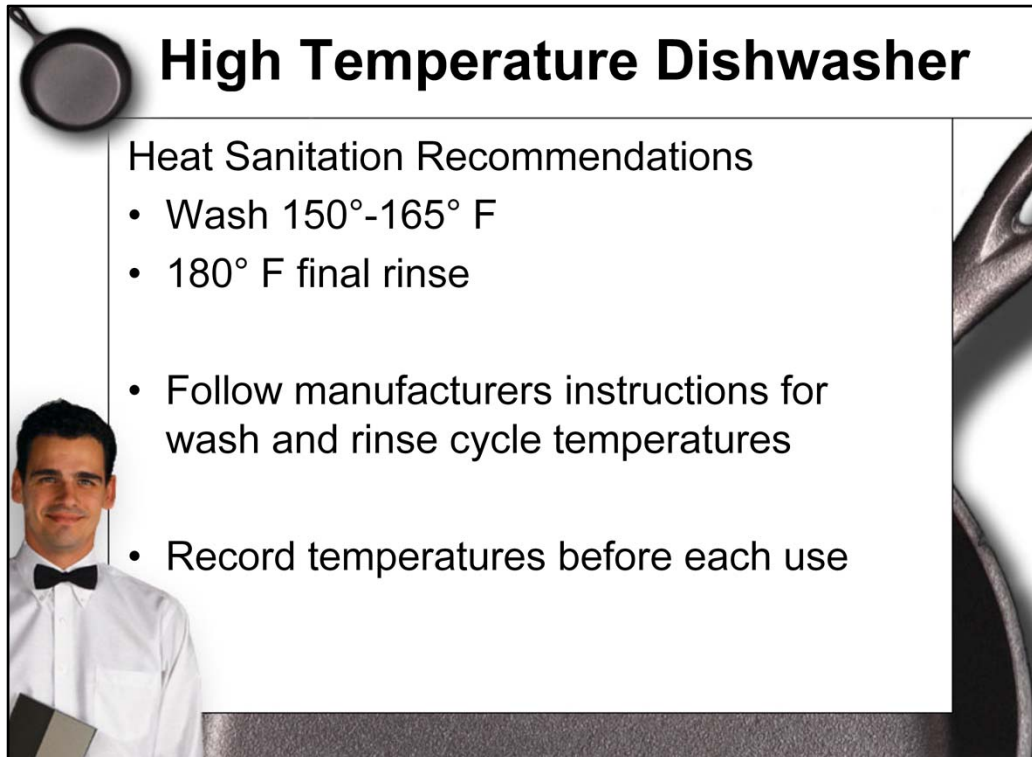
Chemical Sanitizing:

- Follow manufacturer's instructions.
- Use test strips to test concentration:
 - Chlorine (50-99 ppm recommended).
 - Iodine 12.5-25 ppm recommended).
 - Quaternary ammonium compounds (quats): ≤500 ppm is recommended.

Also follow manufacturer's/chemical supplier's instructions for proper concentration, immersion times, and use with wiping cloths.

Know what type of sanitizer you use in your pot sink, dishwasher, and to clean your work tables, and know the proper concentrations for the products you use.

Presenter Note: Review specific information for the products used in your facility.



High Temperature Dishwasher

Heat Sanitation Recommendations

- Wash 150°-165° F
- 180° F final rinse
- Follow manufacturers instructions for wash and rinse cycle temperatures
- Record temperatures before each use

Presenter Note: Obtain details of manufacturer's recommendation for dishwasher temps prior to presentation. Ask participants to describe the procedure in detail and check for their accuracy.

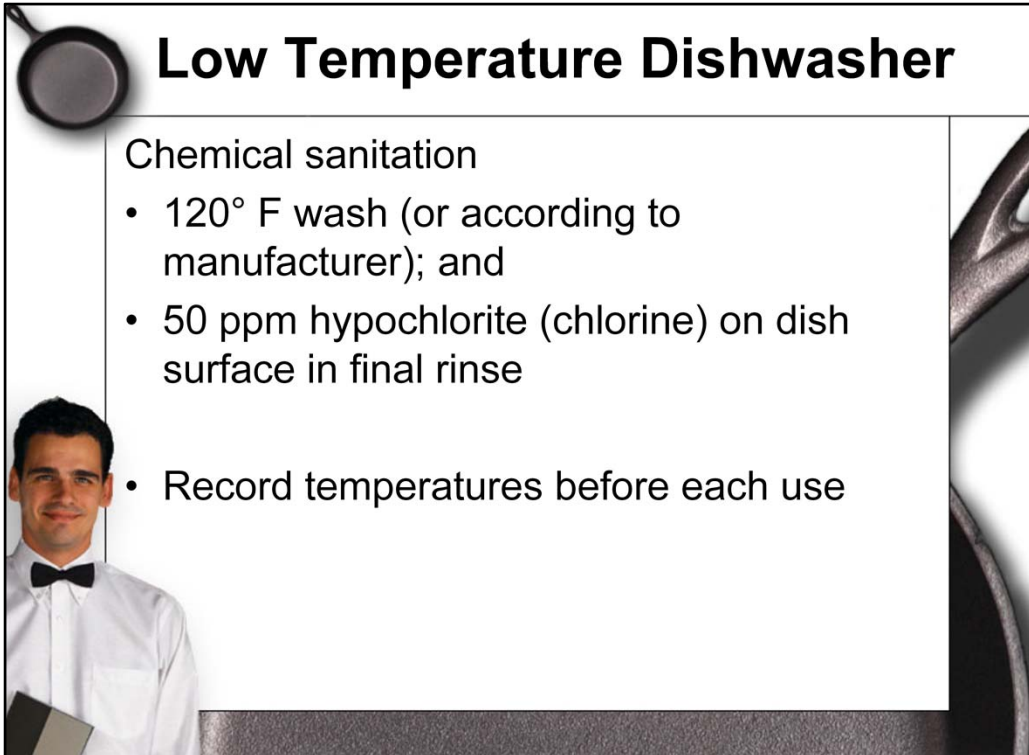
- Dishwasher temperatures should be checked at every meal by the dishwasher, and who is also responsible for taking and logging the temperatures.
- If temperatures aren't as hot as they should be for proper sanitizing, notify your supervisor immediately.

Presenter Note: Temperatures listed on slide are those recommended by CMS (State Operations Manual, Appendix PP, Tag F371), but manufacturer's instructions should be followed.

For high temperature dishwasher (heat sanitization):

- Wash 150°-165° F is recommended.
- 180° F final rinse recommended.
- Follow manufacturers instructions for wash and rinse cycle temperatures.
- Record temperatures before each use.

For all dish machines, dish machine temperatures should be recorded at each mealtime on the form provided.



Low Temperature Dishwasher

Chemical sanitation

- 120° F wash (or according to manufacturer); and
- 50 ppm hypochlorite (chlorine) on dish surface in final rinse
- Record temperatures before each use

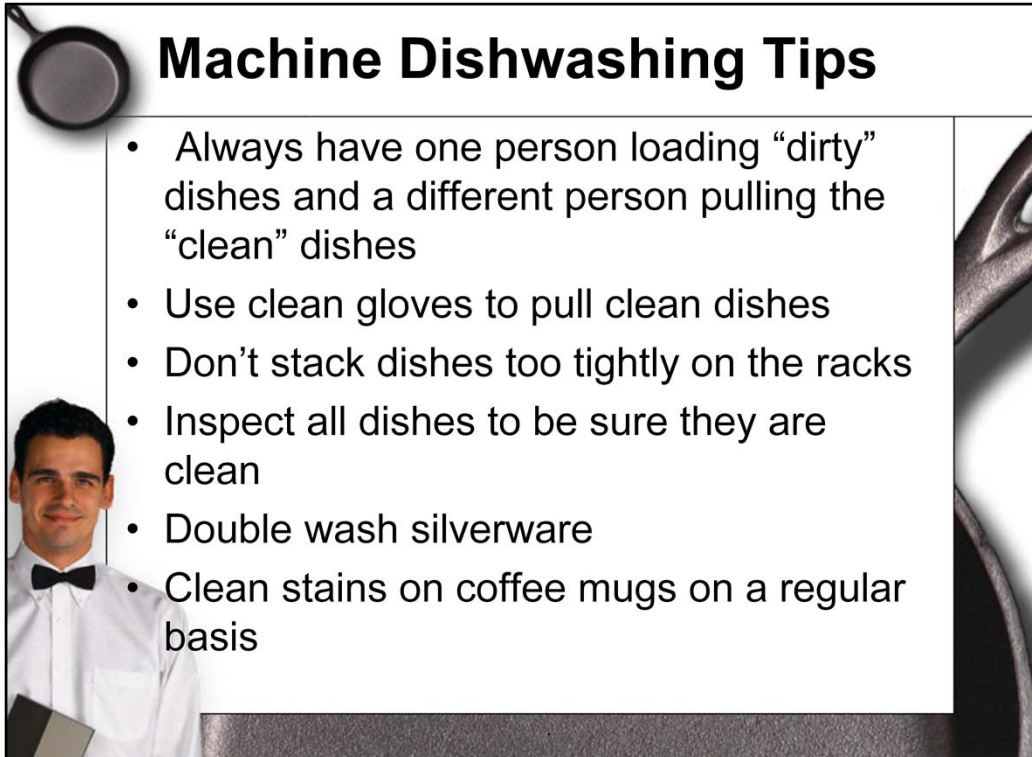
Presenter Note: Obtain details of manufacturer's recommendation for dishwasher temperatures and sanitizing solution prior to the presentation. Ask participants for details and check for their accuracy.

CMS recommends the following temperatures and PPM, however be sure to follow the dish machine manufacturer's instruction.

Chemical sanitation:

- 120° F wash (or according to manufacturer); and
- 50 ppm hypochlorite (chlorine) on dish surface in final rinse
- Record temperatures before each use

For all dish machines, dish machine temperatures should be recorded at each mealtime on the form provided.



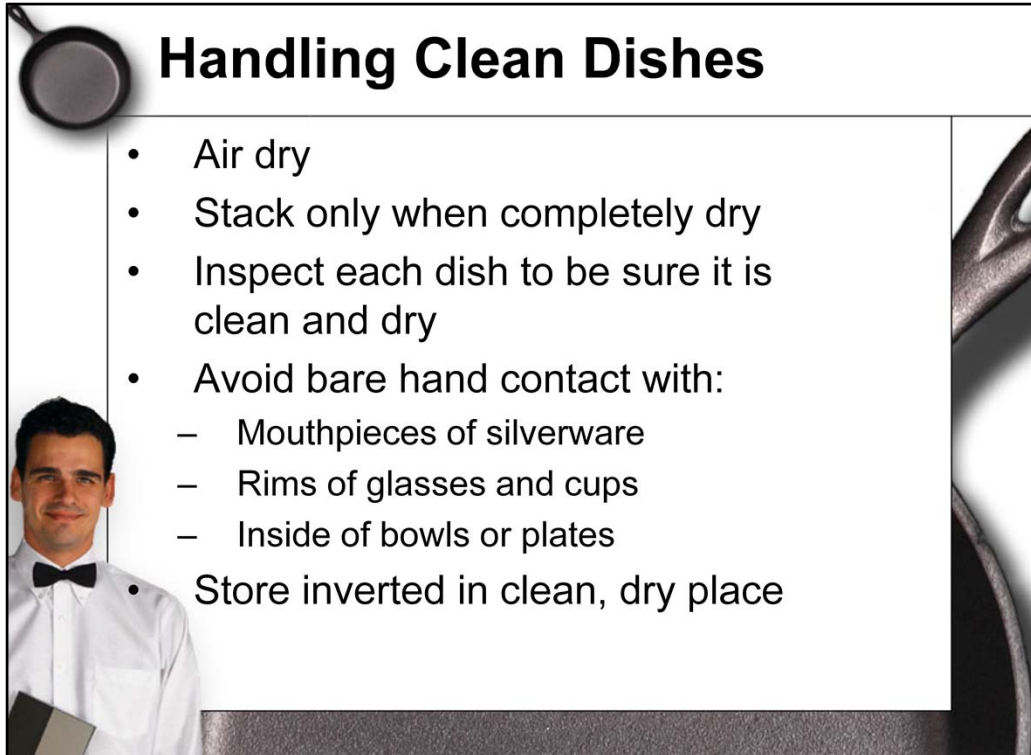
Machine Dishwashing Tips

- Always have one person loading “dirty” dishes and a different person pulling the “clean” dishes
- Use clean gloves to pull clean dishes
- Don’t stack dishes too tightly on the racks
- Inspect all dishes to be sure they are clean
- Double wash silverware
- Clean stains on coffee mugs on a regular basis

Use proper machine dishwashing techniques:

- Always have a person who loads the “dirty” dishes and a different person to pull the “clean” dishes.
- Use clean gloves to pull clean dishes.
- Don’t stack dishes too tightly on the dish racks – they need to be loose enough to let water and chemicals flow between the dishes.
- Inspect clean dishes to be sure they are really clean.
- Double wash silverware.
- Clean stains on coffee mugs on a regular basis.

Presenter Note: Have 2 participants demonstrate how to load a dish rack properly and how to double wash the silverware (typically a single layer of silverware laid out on the rack goes through the dish machine first, then the silverware is loaded into dishwasher silverware containers with mouth pieces down, and it is run through the dish machine a second time). Note that a second participant should pull the clean rack out of the dish machine.



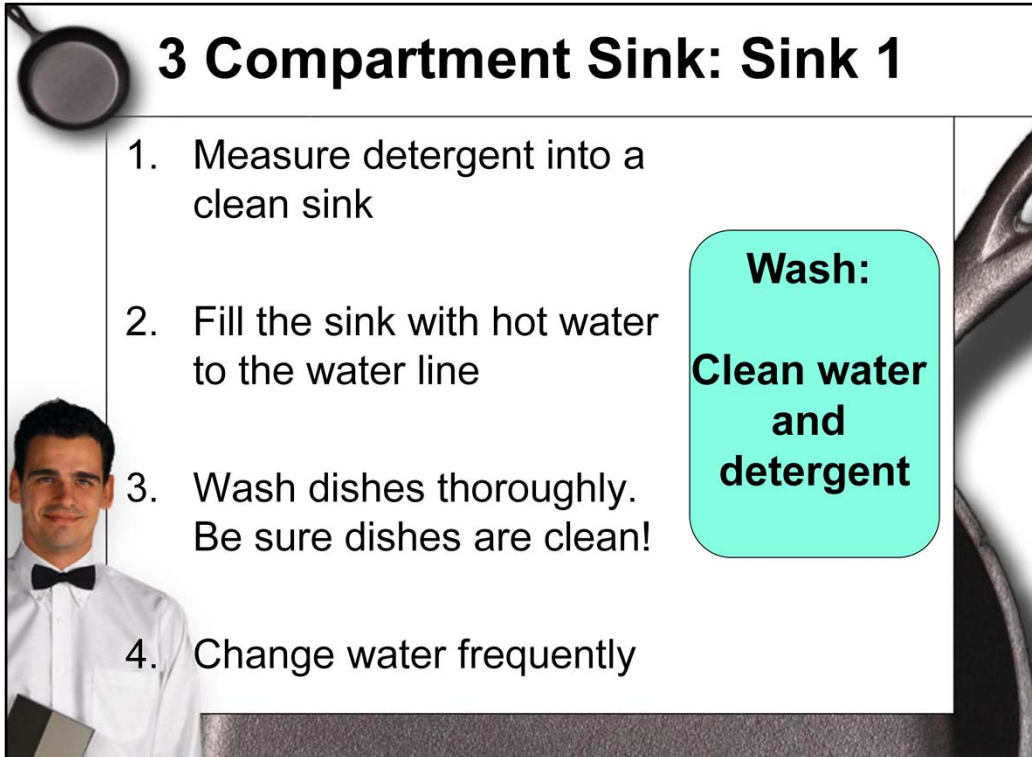
Handling Clean Dishes

- Air dry
- Stack only when completely dry
- Inspect each dish to be sure it is clean and dry
- Avoid bare hand contact with:
 - Mouthpieces of silverware
 - Rims of glasses and cups
 - Inside of bowls or plates
- Store inverted in clean, dry place

Handling Clean Dishes:

- Air dry, do not towel dry.
- Allow for complete air-drying of dishes. Stack only when completely dry.
- Inspect each dish to be sure it is clean and dry.
- Avoid bare hand contact with:
 - Mouthpieces of silverware
 - Rims of glasses and cups
 - Inside of bowls or plates
- Store inverted in a clean, dry place. All dishes and equipment should be either inverted or covered to protect from dust and foreign particles.

Sanitation Solutions



3 Compartment Sink: Sink 1

1. Measure detergent into a clean sink
2. Fill the sink with hot water to the water line
3. Wash dishes thoroughly. Be sure dishes are clean!
4. Change water frequently

Wash:
Clean water and detergent

Do you know how to properly use the 3 sink method?

Presenter Note: See if participants can explain. Key point: Follow manufacturer's instructions for using chemicals and test strips. Staff should know correct method and use of test strips and/or thermometers and where to record testing information. Review this slide and the following 3 slides for how each of the three sinks is used and discuss with participants.

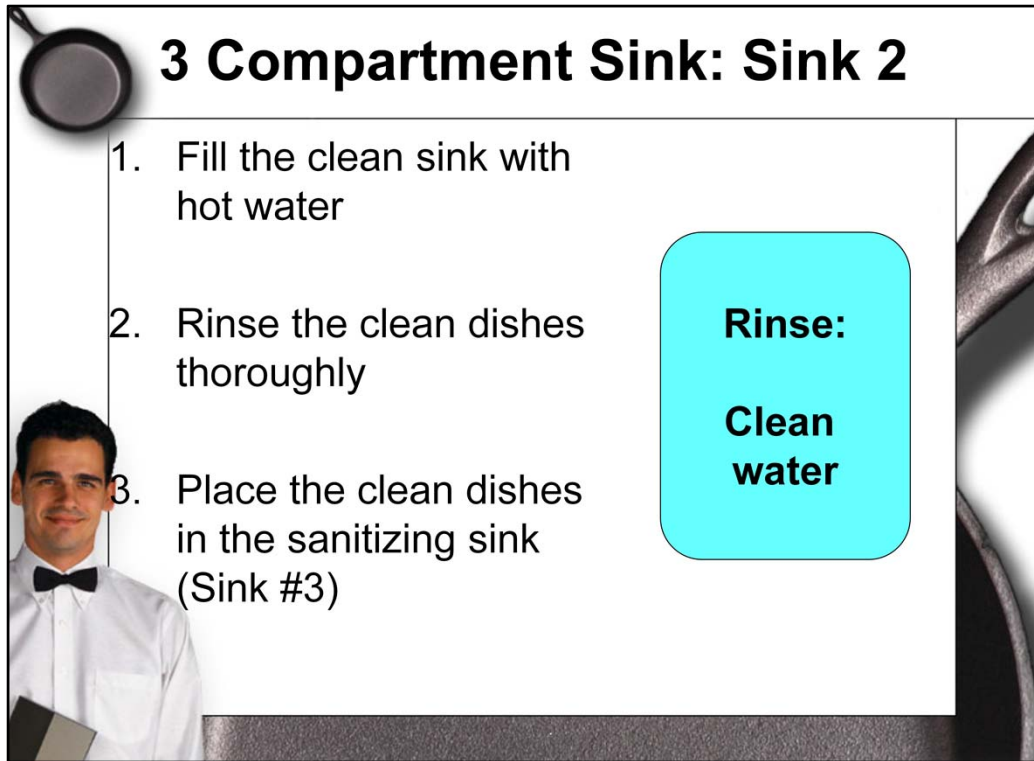
Sink 1:

1. Measure detergent into a clean sink.
2. Fill the sink with hot water to the water line.
3. Clean dishes thoroughly. Be sure dishes are clean!
4. Change water frequently as it becomes dirty.

Follow the chemical manufacturer's instructions for proper water temperature. Most guidelines recommend it should be at least 110° F

Presenter Note: Review the specific manufacturer's guidelines for the products you are using in your facility.

Sanitation Solutions



3 Compartment Sink: Sink 2

1. Fill the clean sink with hot water
2. Rinse the clean dishes thoroughly
3. Place the clean dishes in the sanitizing sink (Sink #3)

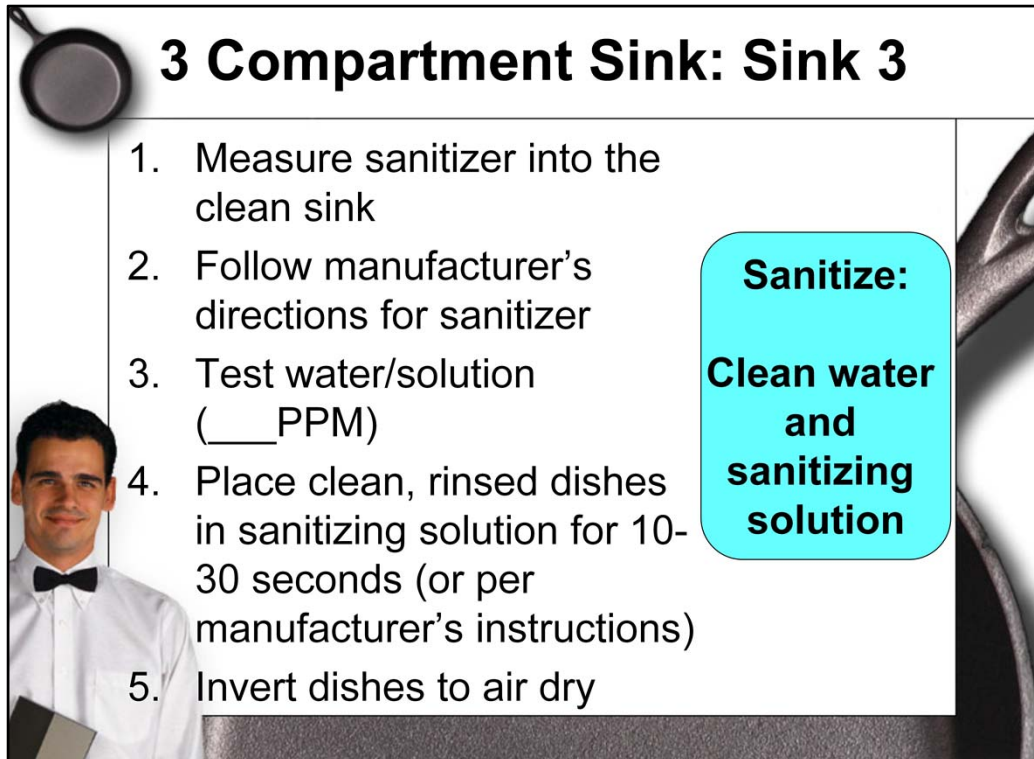
**Rinse:
Clean
water**

Sink 2:

1. Fill the clean sink with hot water.
2. Rinse the clean dishes thoroughly.
3. Place the clean dishes in sanitizing sink (Sink #3).

Follow the manufacturer's instructions for proper water temperatures. Since chemical sanitizing will occur in sink 3, water temperature of the rinse sink is not critical.

Sanitation Solutions



3 Compartment Sink: Sink 3

1. Measure sanitizer into the clean sink
2. Follow manufacturer's directions for sanitizer
3. Test water/solution (___ PPM)
4. Place clean, rinsed dishes in sanitizing solution for 10-30 seconds (or per manufacturer's instructions)
5. Invert dishes to air dry

Sanitize:
Clean water and sanitizing solution

Presenter Note: Obtain the details of manufacturer's recommendation for the sanitizing sink prior to presentation. Ask participants to demonstrate the use of sink 3 and check for their accuracy.

Sink 3 (General guidelines):

1. Measure sanitizer into the clean sink (sink 3).
2. Follow the manufacturer's directions for the sanitizer.
3. Test the water/sanitizer solution in the sink. (It should be ___ PPM per the manufacturer's instructions).
4. Place clean, rinsed dishes in the sanitizing solution in the third sink (for 10-30 seconds or according to manufacturer's instructions.).
5. Invert the dishes and allow to air dry.

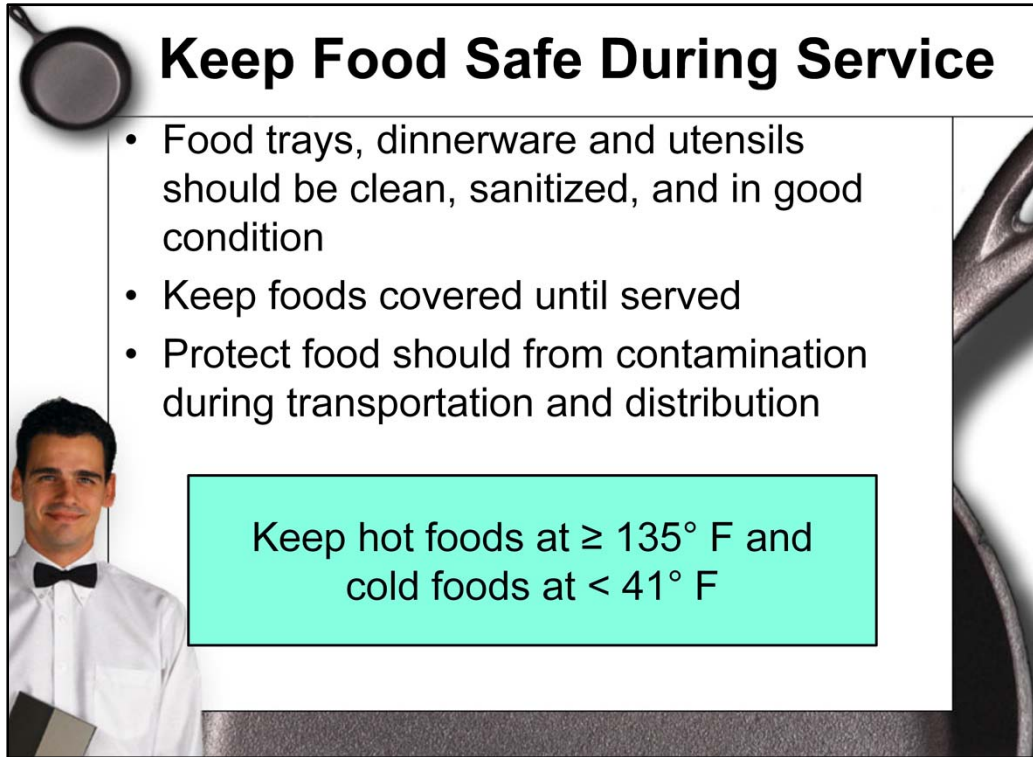
How often do you check to be sure sanitizer sink is at the proper level? Whose responsibility should that be? (Person responsible for dishwashing on each shift). Record ppm on the appropriate form at least ___ times each day. (**Presenter note:** Fill in the blank based on your facility policy).

Recommended by CMS:

- Chlorine 50-100 ppm minimum 10 second contact time.
- Iodine 12.5 ppm minimum 30 second contact time.
- Quaternary: 150-200 ppm. Contact time as per manufacturer's instructions.

Presenter Note: Discuss the appropriate ppm with group based on the specific product you use in your facility; everyone should know the manufacturer's instructions and where to record the sanitizer concentration.

Sanitation Solutions



Keep Food Safe During Service


- Food trays, dinnerware and utensils should be clean, sanitized, and in good condition
- Keep foods covered until served
- Protect food should from contamination during transportation and distribution

Keep hot foods at $\geq 135^{\circ}$ F and cold foods at $< 41^{\circ}$ F

Keep food safe during service:


- Food trays, dinnerware and utensils should be clean, sanitized, and in good condition.
- Foods should stay covered until served.
- Food should be protected from contamination during transportation and distribution.
- Keep hot foods at greater than or equal to 135° F and cold foods at less than or equal to 41° F prior to and during service/delivery.

Surveyors will observe to see if employees are washing their hands before and after handling food, using clean utensils and following infection control practices. They will also check food temperatures to make sure that hot foods are hot and cold foods are cold as they leave the serving area and when they reach the customer.



Food Handling During Food Service


- Avoid touching mouth pieces of silverware, rims of cups, insides of plates and bowls
- Do not touch food or ice directly with your hands (use utensils or gloves)
- Do not add new food to old
- Practice good hygiene
 - Handwashing
 - No bare hand contact with food



Food handling during food service:


- Avoid touching mouth pieces of silverware, rims of cups, inside of plates and bowls.
- Do not touch food or ice directly with hands (use utensils or gloves).
- Do not add new food to old.
- Practice good hygiene:
 - Handwashing
 - No bare hand contact with food

Presenter Note: Glove use is covered in the Food Safety Inservice.



Personal Hygiene

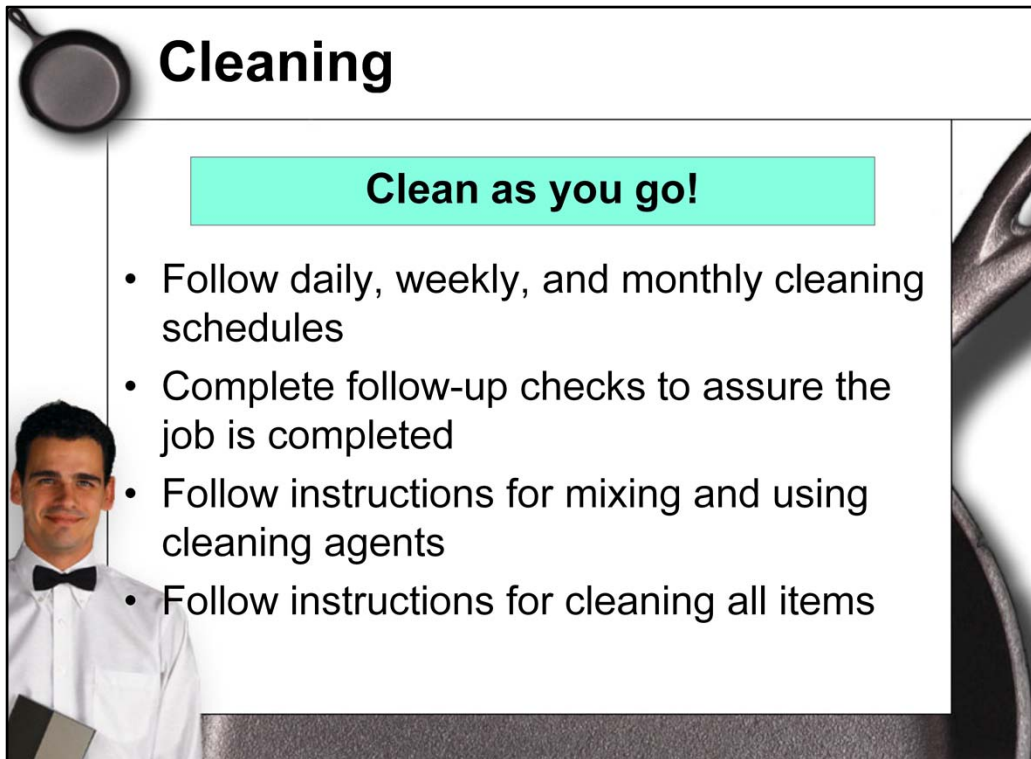
- Keep clothes clean and in good condition
- Keep hands and nails clean; wear gloves when needed
- Wear hair nets or clean hats to cover all hair
- Don't chew gum, smoke, or eat in the kitchen
- Keep jewelry to a minimum
- Follow facility procedures for working when ill or with open wounds



Personal Hygiene:

- Keep clothes clean and in good condition.
- Keep hands and nails clean; wear gloves when needed.
- Wear hair nets or clean hats to cover all hair.
- Don't chew gum, smoke, or eat in kitchen.
- Keep jewelry to a minimum (wedding band, small stud earrings).
- Follow facility procedures for working when ill or with open wounds.
- Always wash hands before returning to work.

Presenter Note: Some regulatory authorities allow food handlers to drink from a covered container in work areas. Check your local and state regulations. Follow your facility dress codes and policies and procedures when reviewing this information.



Cleaning

Clean as you go!

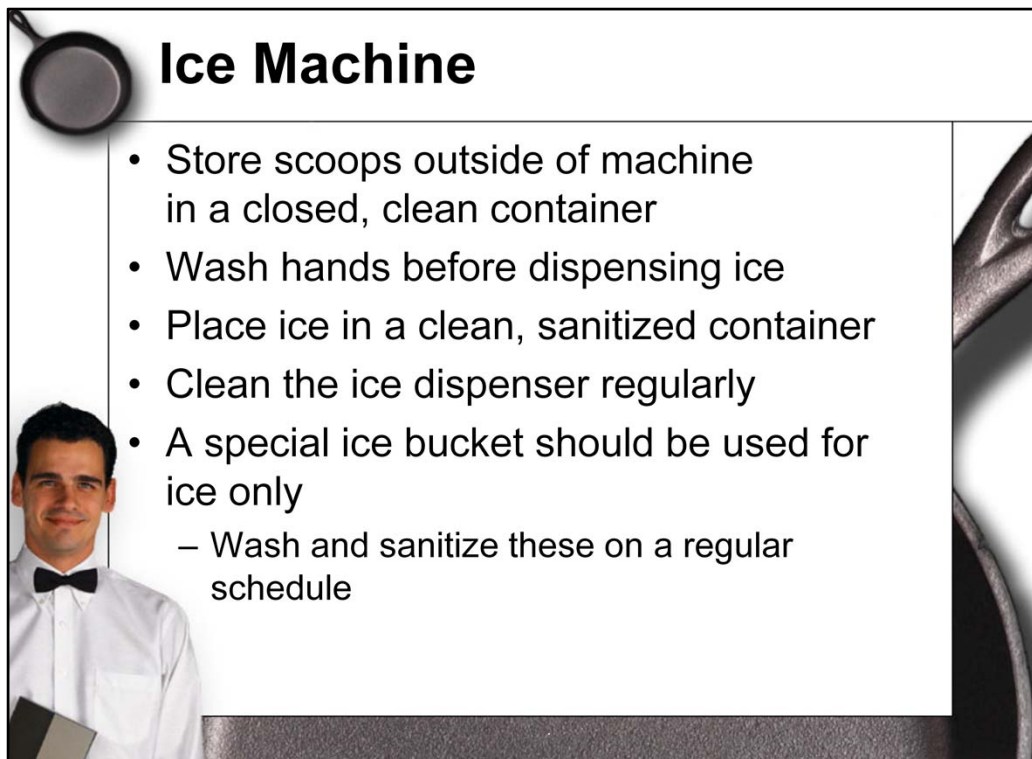
- Follow daily, weekly, and monthly cleaning schedules
- Complete follow-up checks to assure the job is completed
- Follow instructions for mixing and using cleaning agents
- Follow instructions for cleaning all items

Clean as you go: Wipe up spills as soon as possible after they happen.

Presenter Note: Review the slide and discuss your cleaning schedule in detail.

- Follow daily, weekly, and monthly schedules assigned by job title and dated and initialed for accountability.
- Complete follow-up checks to assure the job is completed.
- Follow instructions for mixing and using cleaning agents.
- Follow instructions for cleaning all items.

Presenter Note: Who is responsible for cleaning hoods, vents, floors (including the dining room)? It may be done by maintenance and/or housekeeping. If so, be sure it is done on a regular cleaning schedule and is actually being done and done properly. How often should hoods and vents be cleaned? It may depend on where they are located, whether they are exposed to a lot of grease and dust, etc. Floors should be cleaned after every meal and on an as needed basis.

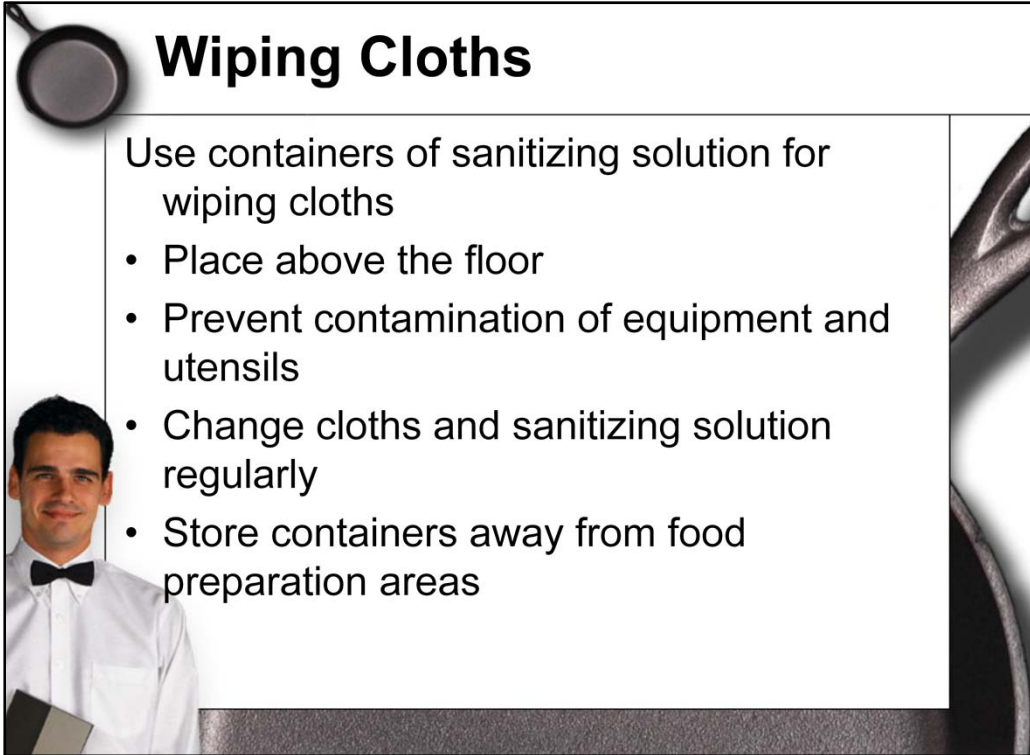


Ice Machine

- Store scoops outside of machine in a closed, clean container
- Wash hands before dispensing ice
- Place ice in a clean, sanitized container
- Clean the ice dispenser regularly
- A special ice bucket should be used for ice only
 - Wash and sanitize these on a regular schedule

Ice Machine:

- Store scoops outside of machine in a closed, clean container.
- Wash hands before dispensing ice.
- Place ice in clean, sanitized container.
- Clean the ice dispenser regularly (follow manufacturer's instructions).
- A special ice bucket and scoop should be used for ice only.
 - Wash and sanitize these on a regular schedule.



Wiping Cloths

Use containers of sanitizing solution for wiping cloths

- Place above the floor
- Prevent contamination of equipment and utensils
- Change cloths and sanitizing solution regularly
- Store containers away from food preparation areas


Wiping Cloths

Use containers of sanitizing solution for storage of wiping cloths during each shift.

- May be placed above the floor and used to prevent contamination of equipment and utensils.
- Change cloths and sanitizing solution regularly.
- Distinguish these containers and place them in areas away from food preparation to prevent chemical contamination.


Laundry must launder kitchen cloths separately from other facility laundry.

Sanitation Solutions



Pest Control

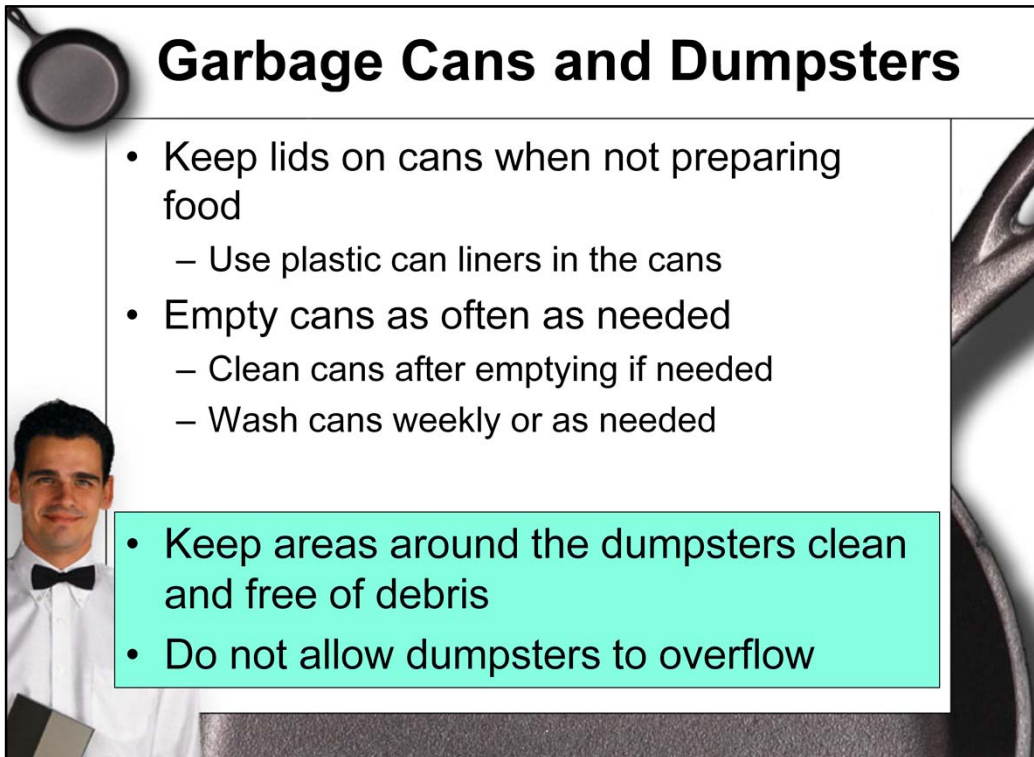
- Notify supervisor of any signs of pests:
 - Mice, mice droppings, flies, cockroaches, drain flies, fruit flies, etc.
- Keep environment clean
- Notify supervisor of cracks in windows and doors, problems with dumpsters
- Keep outside doors closed
- Don't allow spraying during food preparation times



To control pests, follow these steps:

1. Identify and recognize signs of pests: Mice, mice droppings, flies, cockroaches, drain flies, fruit flies, etc. so we can determine conditions that encourage infestation.
2. Keep the environment clean. Keep outside doors and windows closed. Keep dumpsters away from the building.
3. Notify your supervisor of cracks in windows and doors, problems with dumpsters, etc. so we can seal cracks, repair windows and doors, seal doors and pipes, caulk cracks and crevices in walls, floors, etc., repair screens, increase air flow, and reduce humidity if possible, keep outside doors to halls closed (especially those leading to outside doors, garbage, etc.).
4. Eliminate Pests. The pest control company should apply sprays on a regular basis. However, don't allow spraying during food preparation times.
5. Monitor and Evaluate. Notify your supervisor of any signs of pests: Mice, mice droppings, flies, cockroaches, drain flies, fruit flies, etc. so we can make adjustments and improvements as needed.

Presenter Note: Describe your prevention program (regular pest control). Explain your contract with your pest control operator (frequency and timing of visits, etc.).



Garbage Cans and Dumpsters

- Keep lids on cans when not preparing food
 - Use plastic can liners in the cans
- Empty cans as often as needed
 - Clean cans after emptying if needed
 - Wash cans weekly or as needed

• Keep areas around the dumpsters clean and free of debris

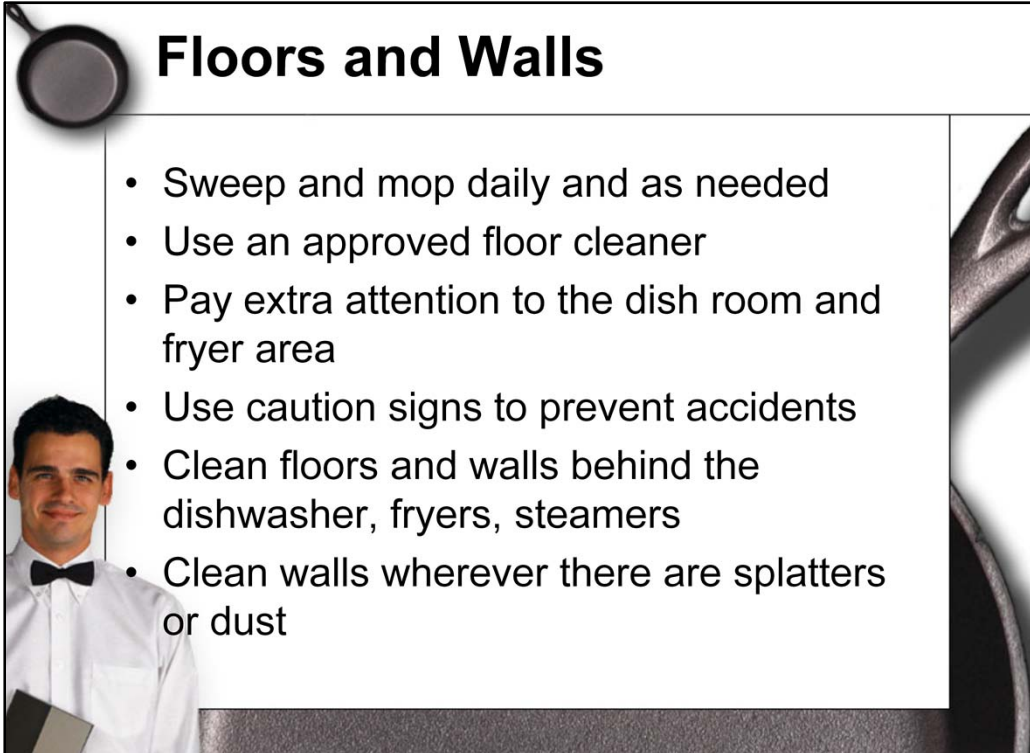
• Do not allow dumpsters to overflow

Garbage Cans and Dumpsters

- Keep the lids on the cans when not preparing food.
 - Use plastic can liners in the cans
- Empty the cans as often as needed.
 - Clean the cans after emptying if needed.
 - Wash the cans weekly or as needed.

Trash cans can be left uncovered in the kitchen during meal preparation to prevent cross contamination when opening and closing lids. Trash should be removed from food preparation areas quickly to prevent odors, pests, and cross contamination. Trash cans should be covered when not being used during food preparation.

The person who is responsible for the dumpster area should be sure that it is checked regularly.



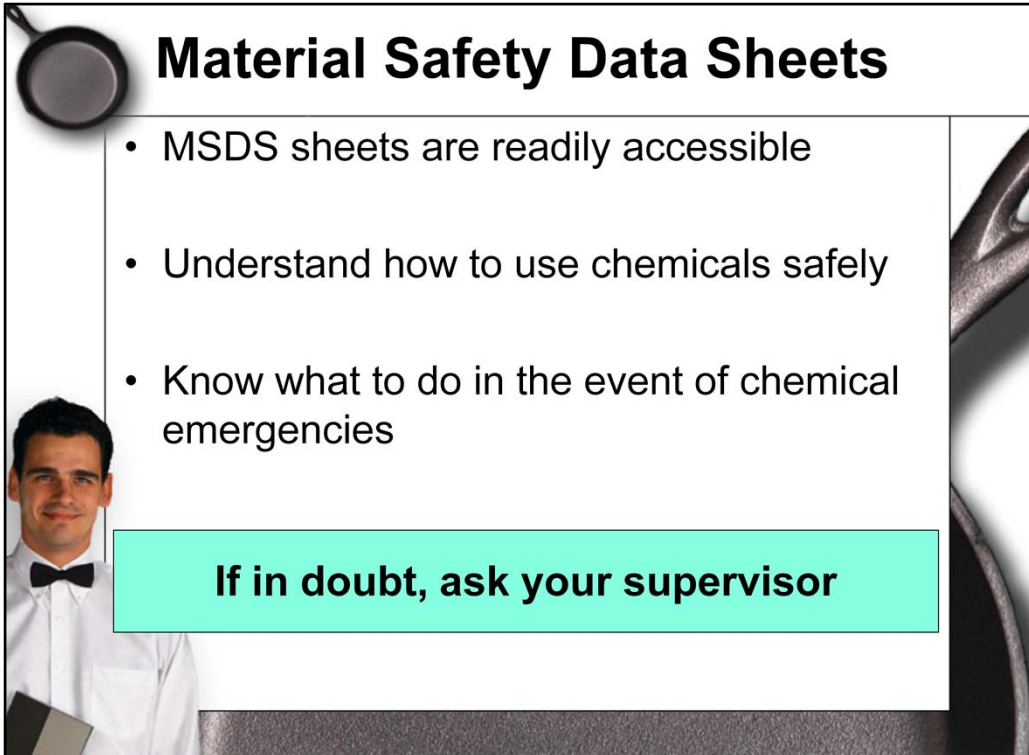
Floors and Walls

- Sweep and mop daily and as needed
- Use an approved floor cleaner
- Pay extra attention to the dish room and fryer area
- Use caution signs to prevent accidents
- Clean floors and walls behind the dishwasher, fryers, steamers
- Clean walls wherever there are splatters or dust

Floors and Walls

- Sweep and mop daily and as needed.
- Use approved floor cleaners.
- Pay extra attention to the dish room and fryer area.
- Use caution signs to prevent accidents.
- Clean floors and walls behind the dishwasher, fryers and steamers.
- Clean walls wherever there are splatters or dust.

Remember: Cleaning is not sanitizing. All food contact surfaces must be sanitized. Ceiling and walls must be clean and free from debris that could fall into food.



Material Safety Data Sheets

- MSDS sheets are readily accessible
- Understand how to use chemicals safely
- Know what to do in the event of chemical emergencies

If in doubt, ask your supervisor

Presenter Notes:

- Ask staff where MSDS sheets are located. They should know.
- Ask if there are any questions on safe chemical use. (Be sure that staff are trained on safe use of chemicals regularly).
- Ask if there are any questions on what to do in a chemical emergency.

Material Safety Data Sheets:

- MSDS sheets are readily accessible.
- You have all been trained on the safe use of chemicals. But if you have any questions, ask your supervisor.
- You have all been trained on what to do in the event of chemical emergencies. But if you have any questions, ask your supervisor.



Key Sanitation Practices

- Store, prepare, distribute and serve food under sanitary conditions
- Follow proper sanitation and food handling practices to prevent the outbreak of foodborne illness
- Avoid cross contamination
- Sanitize surfaces that come in contact with food
- Practice good personal hygiene, regular handwashing

Key Sanitation Practices:

- Store, prepare, distribute and serve food under sanitary conditions.
- Follow proper sanitation and food handling practices to prevent the outbreak of foodborne illness.
- Avoid cross contamination during storage, preparation, and delivery of food.
- Sanitize surfaces that come in contact with food: wares, utensils, work surfaces, and equipment.
- Practice good personal hygiene. Practice proper handwashing and avoid bare hand contact with food.

It's our responsibility to keep food safe. Our main goal is to provide wholesome, tasty, and safe food to the people we serve.

We all share the responsibility.

Presenter Notes:

Questions and Answers.

Optional: Post-test.



Handouts


Sanitation Solutions



Objectives for Today

Participants will learn how to enhance food safety and reduce food contamination through demonstration of proper:


1. Hand washing techniques
2. Dish washing and sanitizing
3. Cleaning and sanitizing of equipment and work areas
4. Pest and garbage control



F371 Sanitary Conditions

According to CMS guidelines, skilled nursing facilities must:


- Store, prepare, distribute, and serve food under sanitary conditions
- Follow proper sanitation and food handling practices to prevent the outbreak of foodborne illness (FBI)



Food Service Observation

- Surveyors will focus their observations of the kitchen and the facility's storage, preparation, distribution, and service of food to residents


The focus is on preventing the contamination of food and the spread of foodborne illness (FBI)



Food Storage

- Refrigerator and freezer shelves and floors should be clean and free of spillage
- Foods should be free of slime and mold
- Use the first in, first out (FIFO) method
- Freezer temps: 0° F or below and
- Refrigerator temps: maintain food at 41° F or below


Cover, label, and date all items in refrigerators and freezers



Dry Storage Areas

- Foods must be 6" off floor/18" from ceiling
- Clean/organize shelves
- Sweep floors daily
- Store chemicals/non-food items away from food
- Remove damaged cans or packages
- Keep at room temperature: 50-70° F
- Cover, label, and date all opened foods

Use first in, first out method (FIFO)



Sanitation Solutions

Food Preparation

- Clean and sanitize food contact surfaces and utensils to prevent cross contamination
- Keep raw food separate from cooked food
 - Use different preparation sinks for produce and meat (sanitize after each use)
 - Use different cutting boards for meat, poultry, and produce (sanitize after each use)



Handwashing

- Wash hands before beginning work, between tasks, after handling raw meat, after taking a break, after using the restroom, and any time it seems needed
- **If in doubt, wash your hands**



Proper handwashing is essential to preventing FBI

Cleaning and Sanitizing

- **Cleaning** is removing food, dirt, rust, stains, minerals, or other deposits
- **Sanitizing** reduces pathogens to safe levels, reducing risk of FBI



Clean, rinse and sanitize all food contact surfaces (utensils, dishes, pots and pans, and countertops)

When to Clean and Sanitize

- After a food contact surface is used
- When switching from one type of food to another on a surface or in a container (ex: cutting board used for meat then produce)
- Any time contamination has occurred
- After 4 hours if item/surface is in constant use



When in doubt, clean and sanitize

Types of Sanitizing

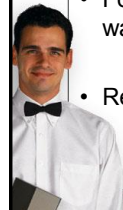
- Heat sanitizing
 - Soak in hot water (at least 171°F for at least 30 seconds)
- Chemical Sanitizing
 - Follow manufacturer's instructions
 - Use test strips to test concentration
 - Chlorine (50-99 ppm recommended)
 - Iodine 12.5-25 ppm recommended)
 - Quaternary ammonium compounds (quats): ≤500 ppm recommended)



High Temperature Dishwasher

Heat Sanitation Recommendations

- Wash 150°-165° F
- 180° F final rinse
- Follow manufacturers instructions for wash and rinse cycle temperatures
- Record temperatures before each use



Sanitation Solutions

Low Temperature Dishwasher

Chemical sanitation

- 120° F wash (or according to manufacturer); and
- 50 ppm hypochlorite (chlorine) on dish surface in final rinse
- Record temperatures before each use

Machine Dishwashing Tips

- Always have one person loading “dirty” dishes and a different person pulling the “clean” dishes
- Use clean gloves to pull clean dishes
- Don’t stack dishes too tightly on the racks
- Inspect all dishes to be sure they are clean
- Double wash silverware
- Clean stains on coffee mugs on a regular basis

Handling Clean Dishes

- Air dry
- Stack only when completely dry
- Inspect each dish to be sure it is clean and dry
- Avoid bare hand contact with:
 - Mouthpieces of silverware
 - Rims of glasses and cups
 - Inside of bowls or plates
- Store inverted in clean, dry place

3 Compartment Sink: Sink 1

1. Measure detergent into a clean sink
2. Fill the sink with hot water to the water line
3. Wash dishes thoroughly. Be sure dishes are clean!
4. Change water frequently

Wash:
Clean water and detergent

3 Compartment Sink: Sink 2

1. Fill the clean sink with hot water
2. Rinse the clean dishes thoroughly
3. Place the clean dishes in the sanitizing sink (Sink #3)

Rinse:
Clean water

3 Compartment Sink: Sink 3

1. Measure sanitizer into the clean sink
2. Follow manufacturer's directions for sanitizer
3. Test water/solution (___PPM)
4. Place clean, rinsed dishes in sanitizing solution for 10-30 seconds (or per manufacturer's instructions)
5. Invert dishes to air dry

Sanitize:
Clean water and sanitizing solution

Sanitation Solutions

Keep Food Safe During Service

- Food trays, dinnerware and utensils should be clean, sanitized, and in good condition
- Keep foods covered until served
- Protect food should from contamination during transportation and distribution

Keep hot foods at $\geq 135^{\circ}$ F and cold foods at $< 41^{\circ}$ F

Food Handling During Food Service

- Avoid touching mouth pieces of silverware, rims of cups, insides of plates and bowls
- Do not touch food or ice directly with your hands (use utensils or gloves)
- Do not add new food to old
- Practice good hygiene
 - Handwashing
 - No bare hand contact with food

Personal Hygiene

- Keep clothes clean and in good condition
- Keep hands and nails clean; wear gloves when needed
- Wear hair nets or clean hats to cover all hair
- Don't chew gum, smoke, or eat in the kitchen
- Keep jewelry to a minimum
- Follow facility procedures for working when ill or with open wounds

Cleaning

Clean as you go!

- Follow daily, weekly, and monthly cleaning schedules
- Complete follow-up checks to assure the job is completed
- Follow instructions for mixing and using cleaning agents
- Follow instructions for cleaning all items

Ice Machine

- Store scoops outside of machine in a closed, clean container
- Wash hands before dispensing ice
- Place ice in a clean, sanitized container
- Clean the ice dispenser regularly
- A special ice bucket should be used for ice only
 - Wash and sanitize these on a regular schedule

Wiping Cloths

- Use containers of sanitizing solution for wiping cloths
- Place above the floor
 - Prevent contamination of equipment and utensils
 - Change cloths and sanitizing solution regularly
 - Store containers away from food preparation areas

Sanitation Solutions

Pest Control

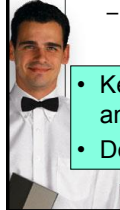
- Notify supervisor of any signs of pests:
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- Keep environment clean
- Notify supervisor of cracks in windows and doors, problems with dumpsters
- Keep outside doors closed
- Don't allow spraying during food preparation times



Garbage Cans and Dumpsters

- Keep lids on cans when not preparing food
 - Use plastic can liners in the cans
- Empty cans as often as needed
 - Clean cans after emptying if needed
 - Wash cans weekly or as needed

- Keep areas around the dumpsters clean and free of debris
- Do not allow dumpsters to overflow



Floors and Walls

- Sweep and mop daily and as needed
- Use an approved floor cleaner
- Pay extra attention to the dish room and fryer area
- Use caution signs to prevent accidents
- Clean floors and walls behind the dishwasher, fryers, steamers
- Clean walls wherever there are splatters or dust



Material Safety Data Sheets

- MSDS sheets are readily accessible
- Understand how to use chemicals safely
- Know what to do in the event of chemical emergencies

If in doubt, ask your supervisor



Key Sanitation Practices

- Store, prepare, distribute and serve food under sanitary conditions
- Follow proper sanitation and food handling practices to prevent the outbreak of foodborne illness
- Avoid cross contamination
- Sanitize surfaces that come in contact with food
- Practice good personal hygiene, regular handwashing



Sanitation Solutions

Pre/Post Test

True/False (*Circle your choice*)

1. One of the easiest ways to reduce food borne illness is to wash your hands.
True **False**
2. When dishes are wet, use a towel to dry them if you need to.
True **False**
3. Cleaning knives and cutting boards will prevent foodborne illness.
True **False**
4. The person washing the dishes should put them away.
True **False**
5. All dishes should be stacked right side up to air dry.
True **False**
6. MSDS should be kept in the administrator's office.
True **False**
7. Staff should be informed of when sanitation inspections are going to be done.
True **False**
8. Boxes of bananas and potatoes should be kept covered and off the floor.
True **False**
9. Keep the ice machine scoop inside the machine for easy access.
True **False**
10. Dishes can be sanitized by heat or by chemicals.
True **False**

Sanitation Solutions

Pre/Post Test Answer Key

1. True
2. False
3. False
4. False
5. False
6. False
7. False
8. True
9. False
10. True



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