



# Ronald McDonald House Charities of Eastern Wisconsin, Inc.

## Safe Food Handling for Volunteers

Updated February 2017



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Eastern Wisconsin

# We Appreciate Your Support

Thank you for volunteering to support our guest families by providing a nutritious meal or snack prepared right here in our Ronald McDonald House kitchens. Families living here in our House often do not have the time, energy or funds to eat a proper meal. Many would be existing on vending machine food were it not for your help. The service you are providing is essential to the health and well-being of our caregivers and ill children.

Following correct food safety guidelines is of the utmost importance. When immune systems are already compromised, preventing even simple illnesses is crucial. Bacteria that would have no effect on a well individual can lead to dire consequences for a sick child or his/her caregiver.

While these guidelines should not be considered any type of food safety certification, it is our hope to communicate to our volunteers the importance of taking a few extra steps to ensure our food is safe for everyone. We appreciate you taking the time to review this information to ensure our guest families' good health.



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# Food Borne Illness

**A food borne illness is a disease that is transmitted to people by food.**

Each year, approximately 76 million cases of food borne illness occur in the United States alone, according to the Centers for Disease Control and Prevention (CDC). Of those cases of food borne illness, more than 325,000 people are hospitalized and about 5,000 deaths occur.

It takes anywhere from a half hour to six weeks to become ill from unsafe foods. A person may become sick later, even if he/she felt fine after eating. Signs and symptoms can include upset stomach, fever, diarrhea, and vomiting.



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# Food Borne Illness

While everyone is at risk for food borne illness, there are those that face a higher risk if they consume unsafe food including:

- Infants and young children
- Pregnant women
- Older adults
- People with **weakened immune systems** caused by:
  - Cancer Treatment
  - Bone marrow and organ transplants
  - Diabetes
  - AIDS

*These categories include our guest families.*



# Potentially Hazardous Foods

Please take extra care to properly handle, clean, cook and/or refrigerate any foods considered potentially hazardous.

- Milk and milk products
- Sliced melon & cut tomatoes
- Garlic-in-oil mixtures
- Beef, pork & lamb
- Poultry
- Shellfish & fish
- Sprouts
- Baked or boiled potatoes
- Shell eggs
- Tofu & soy-protein products
- Cooked rice
- Cooked beans or vegetables
- Unpasteurized juices



# What Makes Food Unsafe?

There are three types of hazards (or contaminants) that can cause a food to be unsafe.

- Biological (microorganisms)
  - fungi
  - parasites
  - bacteria
  - virus
- Chemical
  - sanitizers
  - pesticides
  - whitening agent
  - detergents, polishes, glass cleaners
  - cleaning and drying agents
- Physical
  - any foreign object in food



# The Basics of Food Safety

“Be Food Safe” means preventing food borne illness through four easy steps:



# Clean

WASH hands with warm water and soap for 20 seconds before and after handling food.

WASH cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.

RINSE fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.

RUB firm-skin produce (or scrub with clean brush) under running tap water.

BLOT produce dry with a clean cloth towel or paper towel.





# Avoid Spreading Bacteria

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. To fight bacteria always wash your hands with warm water and soap for at least 20 seconds before and after handling food and after:

- Using the restroom
- Changing diapers
- Handling food – especially uncooked items
- Touching a cut or open sore
- Sneezing, blowing your nose and/or coughing
- Brushing or touching your hair
- Smoking or eating
- Handling pets
- Taking out the trash
- Using cleaning products



# Proper Hand Washing: The Most Effective Way to Stop the Spread of Illness

**START** →



1. Wet your hands and arms.



6. Turn off taps with a paper towel.



5. Use a single-use paper towel to dry your hands and arms.

## HAND WASHING STEPS



2. Apply a generous amount of soap.



3. Scrub vigorously. Don't forget backs of hands, wrists, between fingers and under fingernails.



4. Rinse thoroughly.



# Hand Sanitizers

**Using hand sanitizers DOES NOT REPLACE washing your hands.**

1. Never use a hand sanitizer or “antiseptic” to replace washing your hands
2. Use a hand sanitizer only after washing your hands
3. Make sure your hands are dry after using hand sanitizer before touching food or equipment
4. Follow the manufacturer’s directions when using a hand sanitizer



# How Do You Define a Clean Worker?

## A clean worker . . .

- Showers or bathes daily and wears clean clothes
- Has trim, clean fingernails and leaves jewelry at home
- Has clean, neat hair that is tied back or covered (Hairnets can be provided upon request)
- Does not wear scarves or clothes with strings that could fall into foods
- Washes hands before handling food
- Washes hands after touching face or hair
- Washes hands after using the restroom and smoking
- Avoids eating while working or serving food
- **Wears gloves**
- Does not prepare foods if sick
- Does not talk on cell phone while preparing foods



# Avoid Spreading Bacteria

- Wash your cutting boards, dishes, utensils after preparing each food item and before you go on to the next food
- Wash walls, shelving, garbage cans and any surface (i.e. knives, refrigerators, counter tops) that may come into contact with food frequently with hot soapy water often
- Use paper towels to clean up kitchen surfaces. If you must use cloth towels change them often; dirty or damp washcloths and sponges are ideal environments for bacterial growth
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water



# No Bare Hand Contact

## **Hands spread germs!**

Do NOT touch foods that are ready to eat with bare hands!  
Use gloves (we will supply), tongs, deli tissue or other utensils.

## **You should wear single-use gloves when . . .**

- Preparing food, especially when preparing raw meat, poultry and seafood
- Before handling ready-to-eat foods and food service
- At all times if you have a cut or wound on your hand
- After taking out the trash

## **Wash your hands and change gloves . . .**

- *Every time* you move on to a new task
- If you touch your hair, face or clothing
- If your glove becomes ripped or torn



# Washing Dishes

Dishes washed in a *dishwasher* are *more sterile* than *hand washed dishes*. Dishes too large to fit into the machine, may be hand washed.

To avoid contamination, always remember to wash your hands before putting away clean dishes, whether they have been hand washed or cleaned in the dishwasher.

## Dishwasher

- Scrape, rinse or soak items before washing, and presoak items with dried food
- Never overload the racks and use the right rack for the items you are washing
- Load racks so that the water spray will reach all surfaces
- As each rack comes off the machine, check for dirty items and rewash them

## Hand washing

Use a proper dish washing soap (RMH supplies). Use the hottest water possible, and change the water when necessary. Air dry all items.



# Separate

KEEP raw meat, poultry, seafood and their juices apart from other food items in your grocery cart.

USE different cutting boards for each food.



STORE raw meat, poultry, and seafood in a container or on a plate so juices can't drip on other foods.





# Be Smart, Keep Foods Apart

Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, utensils, etc., if they are not handled properly.

- Keep raw meat, poultry, seafood, eggs and fruit and vegetables and their juices away from other foods; whether in your grocery cart, grocery bags, in your refrigerator *or while preparing*
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs
- When you go back for seconds, always take a clean plate
- Wrap foods before storing and store in containers used for food ONLY



# Prevent Cross Contamination

## REMEMBER TO . . .

- Not touch with your hands the parts of the dishes, glassware or utensils that come into contact with food
- Stack glasses when carrying them and place them upside down on a clean, sanitized surface
- Store flatware and utensils handles up
- Not use bare hands when serving ready-to-eat food
- Never refill a dirty plate
- Always store all items at least 6 inches off of the floor

## NEVER . . .

- Scoop ice with your bare hands
- Serve ice that was used to chill food items
- Use towels for cleaning food spills for any other purpose
- Use the same utensils when handling ready-to-eat food, cut fruits and vegetables and raw proteins
- ***Serve food that you know has been contaminated***



# Cleaning/Prepping

## Meats

**DO NOT** wash raw meat and poultry. Washing increases the danger of cross-contamination, spreading bacteria present on the surface of meat and poultry to ready-to-eat foods, kitchen utensils and counter surfaces.

## Fruits & Vegetables

1. Remove and discard outer leaves. Cut away bruised and damaged areas.
2. Rinse under clean, running water just before preparing or eating. Bacteria on the outside of fruits can be transferred to the inside when fruit is peeled or cut – *even melons or bananas!*
3. Rub briskly – scrubbing with a clean brush or hands – to remove dirt and surface microorganisms. *Don't use soap or detergent.*
4. After washing, dry with a clean cloth or paper towel. Moisture left on produce may promote survival and growth of microorganisms. Drying is critical if food won't be eaten or cooked right away.
5. Cover and refrigerate cut/peeled fruit and vegetables.
6. Toss cut/peeled fresh produce if left at room temperature longer than two hours.



# Food Allergies

## How do you prevent cross-contamination with food allergies?

- Label any foods containing the most common allergies (i.e. nuts)
- Be prepared to list the ingredients of any dish when asked
- Wash your hands
- Wash, rinse and sanitize cookware, utensils and equipment

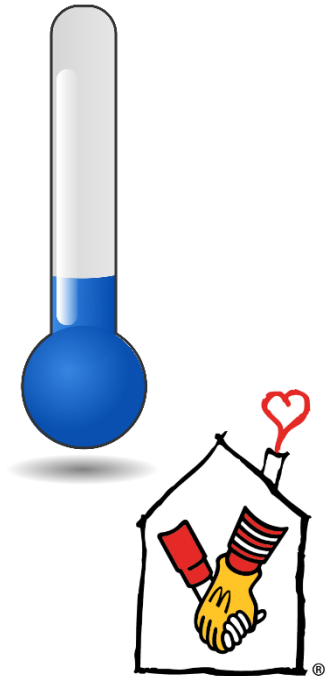
Some common allergens:

- Milk and dairy products
- Eggs and egg products
- Fish and shellfish
- Wheat
- Soy and soy products
- Peanuts and tree nuts



# Chilling Foods

- CHILL leftovers and takeout foods within 2 hours
- KEEP refrigerated at a temperature of **41° F** or lower  
Frozen items should be received/held at a temperature of **0° F** or lower
- THAW meat, poultry, and seafood in the fridge, not on the counter, and don't overstuff the fridge



# Cold Temperatures

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90° F)
- Never defrost food at room temperature
- Always marinate food in the refrigerator; never on the counter
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator. Avoid stacking foods in the refrigerator
- Use or discard refrigerated food on a regular basis



# Defrosting

## The Thaw Law: Plan ahead to defrost foods

### Never defrost food at room temperature or in hot water.

Food left out at room temperature for longer than two hours may enter the danger zone.

There are four safe ways to defrost food:

1. In the refrigerator (the best way.)
2. In cold water -- *Thaw meat and poultry in airtight packaging in cold water if it will be used immediately. Change the water every 30 minutes so the food continues to thaw in cool water.*
3. As part of the cooking process.
4. In the microwave -- *only if you are going to cook it immediately*



# Cooling Foods

It's okay to refrigerate foods while they are still warm.

How to cool:

1. First cool food from 135° F to 70° F within two hours. Then, cool it from 70° F to 41° F within the next four hours.
2. Cool food in shallow containers. Limit the depth of food to 2 inches or less.
3. Place very hot foods on a rack at room temperature for about 20 minutes before refrigeration.
4. Leave container cover slightly cracked until the food has cooled.





# Date Your Leftovers

- When storing leftovers, please use the smallest containers possible and label each container with the contents and date
- Refrigerated leftovers may become unsafe within 3 days



# Bacteria

**Bacteria numbers can double in 20 minutes!**

Question:

How many bacteria will grow from ONE bacteria when left at room temperature in seven hours?

Answer:

**2, 097,152**

**Refrigerate perishable foods within two hours.**

*The time at the grocery store and getting home counts!*



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# Cook

1. USE a food thermometer. You can't tell food is cooked safely by how it looks.
2. FOOD is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that causes illness.
3. REFER to a temperature chart.



# Cooking & Reheating

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause food borne illness.

Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.

How to reheat:

- Reheat to an internal temperature of 165° F for fifteen seconds
- The food must reach this temperature within two hours
- Food can then be held for up to four hours



# What is the Proper Temperature?

Bacteria multiply rapidly and foods become unsafe when they are in the **Danger Zone** (41° to 135° F) for more than two hours. Cook foods to these proper temperatures:

## **165° F for 15 seconds**

Whole, cut or ground poultry, stuffing or stuffed meats and pastas, reheating leftovers

## **155° F for 15 seconds**

Ground meat or seafood, eggs to be hot held for service

## **145° F for 15 seconds**

Seafood, cut meats, (i.e. pork chops), eggs for immediate service

## **145° F for 4 minutes**

Roasts

## **135° F for 15 seconds**

Ready-to-eat or deep fried foods, pasta, fruits, vegetables, rice or beans that will be held for service



# Bimetallic Stemmed Thermometer



The only way to know food has been cooked to a safe internal temperature is to use a food thermometer. You will be provided with thermometers upon arrival. Please check your dishes before serving.

- Can check temperatures between 0° and 222° F
- Can check hot and cold items
- Easy to read
- Retains +/-2° accuracy



# THANK YOU!

We appreciate you taking the time to read over these materials. Encourage the other volunteers in your group to do the same. A copy of this presentation and more information is kept in the kitchen at Ronald McDonald House.

Please do not hesitate to contact us with any questions before, during or after your time here in the House. We want your experience to be a safe and enjoyable one for all involved.



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