



ServSafe® Food Handler Guide for Food Banking





Food Safety Is Important

Food Borne Illnesses Are Serious

- Food borne illness is a **DISEASE** transmitted to people via food.
- 1 in 6 Americans or (or 48 million people) become sick annually
- 128,000 are hospitalized
- 3,000 people die of foodborne **diseases** each year



COMMUNITY
foodbank
OF CENTRAL ALABAMA

ServSafe
National Restaurant Association

FEEDING
AMERICA

How Food Becomes Unsafe: Contamination

Types of common contaminants include:

- **Physical**: Jewelry, wood, metal, glass, paint chips, bandages, hair, etc.
- **Chemical**: Cleaning chemicals, maintenance chemicals, pest control chemicals, etc.
- **Biological**: **bacteria, viruses, parasites & fungi, rodents, insects, etc.**
- All contaminants have the potential to cause illness or injury.

Other Ways Food Becomes Unsafe

People Practicing Poor Personal Hygiene:

- Transferring pathogens from your body to food
(This is the #1 cause of foodborne illness outbreaks)

Time-Temperature Abuse:

- Letting food stay too long at temperatures that are good for pathogen growth

Through Cross-contamination:

- Transferring pathogens from one surface or food to another

Performing Poor cleaning and sanitizing:

- Transferring pathogens from incorrectly cleaned surfaces to food

How Food Becomes Unsafe: What You Can Do

Use Good Personal Hygiene

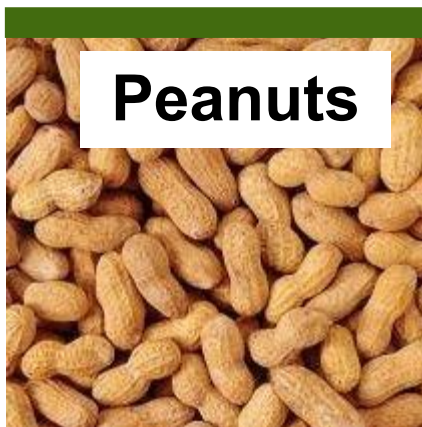
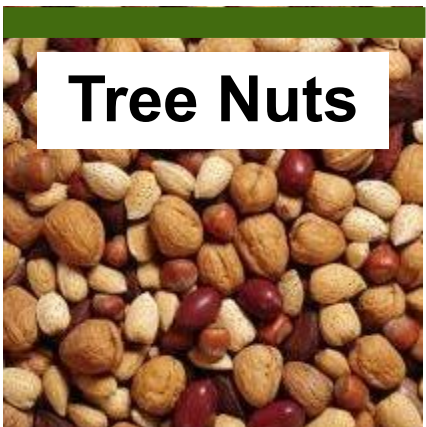
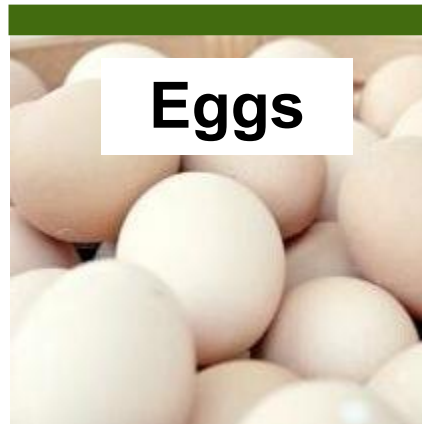
- Wash your hands frequently, especially after eating, drinking, smoking, touching your face, nose, ears, hair, handling waste, using the restroom, coughing or sneezing, etc. **Use hand sanitizers AFTER washing hands.**
 1. **Wet hands and arms with hot water**
 2. **Apply liquid soap**
 3. **Scrub vigorously for 10-15 seconds**
 4. **Rinse thoroughly**
 5. **Dry with disposable paper towels**
 6. **Use paper towels to turn off faucets and open doors**
- Do not handle food if you are ill, or have infected wounds or cuts. Infected wounds or cuts on the hands need to be covered with a bandage and glove.
- Wash hands after handling raw foods & before handling cooked foods.
- Eat, drink, and smoke only in designated areas away from food.
- Keep your work area clean, including all equipment.
- Wear gloves/aprons, if required. **DISPOSE single-use gloves after each use.**

DON'T let food stay too long at temperatures that are good for pathogen growth.

- **Verify the temperature of your storage area with a verified thermometer.**
- **Store and transport refrigerated foods at 41°F, or less.**
- **Store and transport frozen foods at 0°F, or less.**
- **Document temperature readings for a random sample of perishable product at the time of pickup and delivery.**
- **Thaw frozen foods at 41°F, and never at room temperature. Food may also be thawed by using a microwave oven, or under running cold water.**
- **Store whole produce at 50°F, and cut produce at 41°F, or less.**
- **Document temperature readings for your refrigerators and freezers weekly.**

Understanding Food Allergies

What Are the Most Common Food Allergens?



Food allergies occur when the body has a reaction to certain food items.

Preventing Food Allergen Contamination

Prevent Cross-Contact:

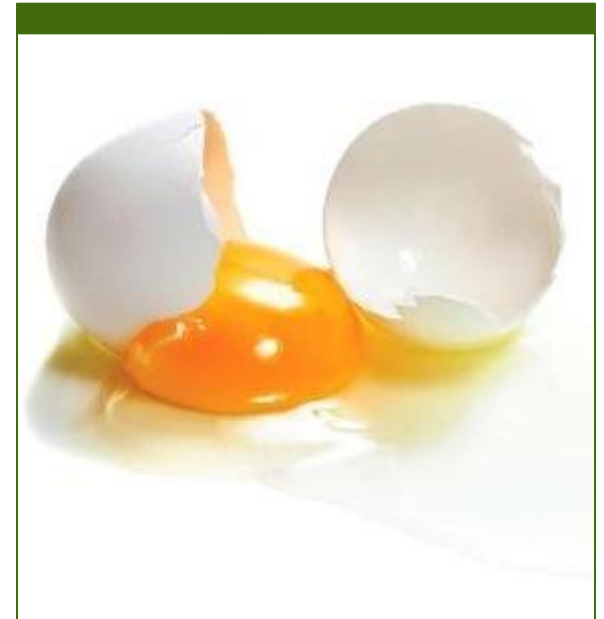
- Clean and sanitize surfaces that have come in contact with an allergen.
- Inspect food packaging for leaks or spills that can cause cross-contact.
- Wash hands and change gloves after handling allergens and before handling allergen-free food.
- **Store food with allergens separately from allergen-free products.**
- **DO NOT** store food containing allergens above allergen-free food.
- **Use dedicated pallets and bins for products containing allergens.**



Preventing Food Allergen Contamination

Prevent Cross-Contact From Spilled Food:

- Immediately isolate spilled food containing an allergen from other food products.
- Inspect surrounding products for contact with the spilled food.
- Dispose of any open products in contact with the spilled food.
- The food may not need to be discarded if in packaging that can be safely cleaned and sanitized.
- **Clean (to remove dirt) AND sanitize (to reduce pathogens)**





Receiving and Storing Food Safely

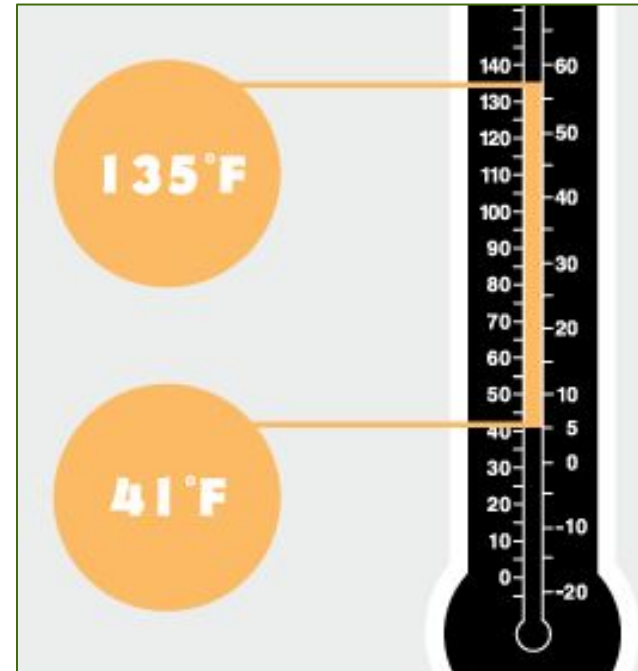
Controlling Temperature

What Is Important About This Temperature Range?

This is the Temperature Danger Zone.

Pathogens on food can grow in this range and cause a foodborne illness.

Food temperatures must be controlled



Inspecting Food During Receiving To Make Sure It Is Safe

Pick up and Maintain Food at These Temperatures

Type of food	Temperature
Refrigerated food	41°F (5°C) or lower.
Frozen food	Frozen solid. Recommend 0°F (-18°C) or lower.
Cut produce	41°F (5°C) or lower.
Whole produce	Dry storage temperatures. For more information see Feeding

Maintaining the “Cold Chain” is so important Food Donors require you to record temperatures twice

- When picking up food donations
- And upon delivery at your food pantry or facility
- These temperature checks ensure the food is held at the correct temperature



Food Donors Require You To Record Temperatures

Use an infrared thermometer

- Record temperatures upon pick up of food donations
- Record temperatures upon receipt of the food donations at your food pantry or facility
- The infrared thermometer only measures surface temperatures so aim it at food in the middle of your stack



Storing Food Safely

General Storage Guidelines:

- Store food at least four to six inches off the floor.
- Store food in a designated area – do not mix non-food items like household cleaning supplies and food
- Allow for ventilation – do not store food flush against a wall



Storing Food Safely

General Storage Guidelines:

- Store ready-to-eat food above raw meat, seafood, and poultry.
- **DO NOT** store these items on the same shelf or pallet.
- **Garbage containers should be cleaned regularly AWAY from food-storage areas.**



Storing Food Safely

Distribute Food Using the **FIRST IN, FIRST OUT (FIFO)** method

Step 1: Store food with the earliest receipt date in front of food with later dates.

Step 2: Use the food stored in front first.



Storing Food Safely

Has the Food Been Stored Correctly?



A. YES

B. NO

The food is stored on the floor

Storing Food Safely

Has the Food Been Stored Correctly?



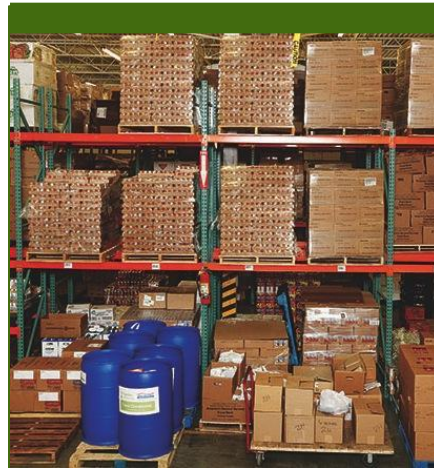
A. YES

B. NO

The temperature of the product is too high

Storing Food Safely

Has the Food Been Stored Correctly?



A. YES

B. NO

The food is stored in a designated food storage area and it is off the ground

Storing Food Safely

Has the Food Been Stored Correctly?



A. YES

B. NO

The food is stored against the wall

Storing Food Safely

What's Wrong?

- Keep chemicals separate from food.





Evaluating, Repacking, and Transporting Food Safely

Section 3: How to Evaluate Food Donations

- A. **Background: What the dates on products mean**
- B. **Step One: Box Evaluation**
- C. **Step Two: Separate Food from Non-Food Items**
- D. **Step Three: Evaluate Food Items**

Section 3: Background

First, what do the different kinds of dates on food items mean?

Packing or Manufacturing Date

Sell by Date

Use by Date / Expiration Date

Best by Date



Packing or Manufacturing Date:

- Used by manufacturers for tracking and recalls
- Not an expiration date



A quality date

- Tells the store how long to display the product for sale
- The product is still safe to eat past this date – particularly if it is frozen



Use-By / Expiration Date:

- This is the last date recommended for the product while at peak quality or taste.
- The product is still safe to eat past this date – except for baby food.
- Discard all baby food past the expiration date to ensure its nutritional value.



Step One: Examine the boxes first

Take an unsorted box from a pallet and put it on your sorting table:

Examine the condition of the box – look for stains from leaking products, insects, mold, broken glass, signs of pests.

If a box appears contaminated dispose of the affected items immediately

Please do not set any food boxes or items on the floor – keep them always on a table or pallet.



Step Two: Separate Food

Separate These Items From Food

- Move cleaning products with toxins to a designated pallet or section
- Move pet food to a designated pallet or section
- Place food into designated categories and weigh



Step Three: Evaluate Food Items

Throw Away

- Cans or packages with missing labels
- Unreadable labels due to stains or tears



Throw Away Cans:

- With a severe dent in the seams
- Deep dents in the body so the can cannot be stacked (mild dents are ok)



Throw Away Cans :

- With swollen or bulging ends



Throw Away

- Items that do not have an ingredient list such as individual packets of oatmeal or single fruit cups that are missing their outer packaging
- Products without a ingredient list are dangerous to residents with life threatening food allergies



Throw away jars and bottles with:

- Dented lids, broken seal
- Swollen lids
- Rusted lids where the rust cannot be wiped off



Dented lid

Throw away jars with

- Signs of leakage
- Chipped or broken jars



Signs of leakage

Throw away boxed or package food with:

- Signs of pests:
 - Gnaw marks
 - Droppings
 - Insects (dead or alive)
 - Nests
 - Product damage



Gnaw marks

- **Insects and rodents carry pathogens that can make people sick**
- **The Food Bank requires (at least) quarterly pest control**

Throw away packaged foods with:

- Holes in the packaging
- Torn inner bags
- Packages with holes that have been taped up
- Outer package is stained



Keep Items If

- Rust can be wiped clean
- Dents are flat or moderate (except for pop top meals)
- Products have an intact inner seal even if outer box may be damaged



Which of These Cans Should be Discarded?

A



B



Which of These Cans Should be Discarded?

A



B



Which of These Cans Should be Discarded?

A



B



Should This Can be Discarded?



When In Doubt

When in Doubt, Throw It Out!



Loading and Distributing Food Safely

When Loading and Transporting Food:

- Pick up food in a clean vehicle
- **Cover ALL open-bed trucks/trailers with tarps**
- **DO NOT** bring pets when picking up food
- Keep items that could contaminate food separate from the delivery
 - Oil, antifreeze, wiper fluid
- Keep food cold in unrefrigerated vehicles.
 - **Always cover refrigerated and frozen food with thermal blankets.**
 - Or place it in coolers with ice packs.



Your role is critical!

Thank you,

**for helping to end hunger
in your community!**

