

# Quick Tips: School Food Service Sanitation

## School Lunch Golden Rules

- Always document temperatures of coolers, freezers, storerooms, and items that are ready to be served on your line.
- Store all potentially hazardous food below or away from foods that are ready to eat (items that do not need further preparation).
- Make sure the dish room has two individuals working—one handling soiled dishes and the other handling clean dishes. If one person is handling both, he/she must wash hands between handling clean and dirty dishes.
- Remember that you probably cannot wash your hands enough, your gloves are only as good as one hand washing. Do not touch your face.
- Keep raw food and ready to eat food separate—**AVOID CROSS CONTAMINATION!**
- “If ever in doubt, throw it out”—and cook all foods to 165° if unsure of proper cooking temps.

## Personal Hygiene in a School Kitchen

Masks are strongly encouraged but not required. Each kitchen will decide on their own procedure.  
Do not touch face – properly wash hands if you do.

*Hair should be restrained:  
Hair net, hat, toque, pony tail  
No hair clips or other accessories.  
Facial hair is covered.  
Ask your Health Inspector for preference.*

*Properly washed hands.  
Open wounds should be covered.*

*Aprons should be clean. Remove aprons when leaving the prep area.*

*Closed toe shoes that have non-skid soles.*



*No Earrings, necklaces, chains, bracelets, wristwatches, rings (other than plain wedding band). May also include nose-, eyebrow-, lip-, tongue-, or other ring or accessory.*

*No fingernail polish, false nails, false eyelashes.*

*Nails should be short, filed and clean.*

*No gum chewing, smoking or eating/drinking while working.*

*Clothes should be clean and neat. Torn clothing should be repaired or replaced.*

## FIGHT GERMS BY WASHING YOUR HANDS!

- 1** Wet your hands
- 2** Soap
- 3** Lather and scrub - 20 sec
- 4** Rinse - 10 sec
- 5** Turn off tap
- 6** Dry your hands

**DONT FORGET TO WASH:**

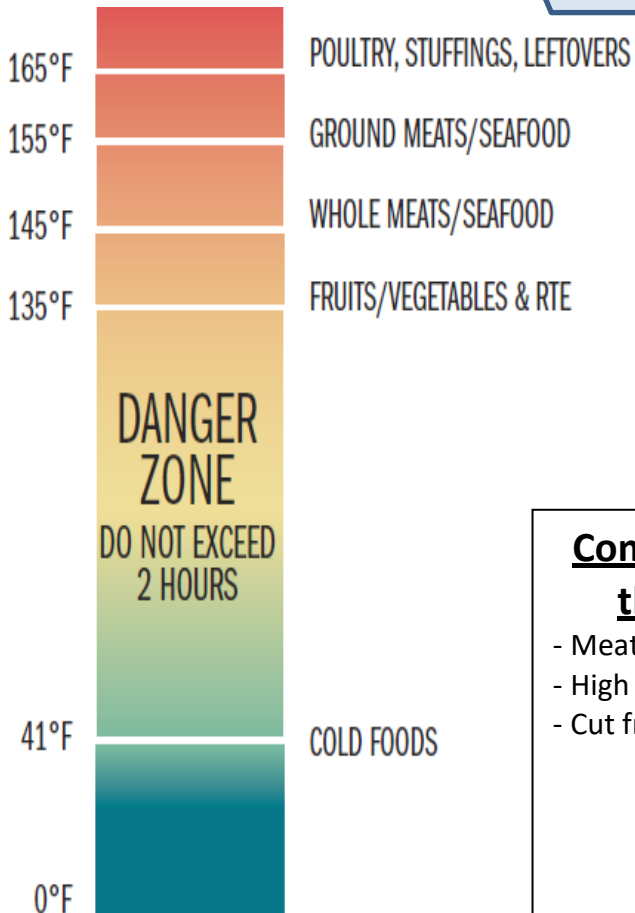
- between your fingers
- under your nails
- the tops of your hands

## Wear Gloves The Right Way

- 1** Wear food service gloves or use sanitary utensils or deli tissue when handling ready-to-eat foods.
- 2** Always wash your hands before putting on gloves.
- 3** Change your gloves any time you would need to wash your hands.
  - ✓ After touching your body
  - ✓ After using the toilet
  - ✓ After eating or drinking
  - ✓ After handling dirty equipment or utensils
  - ✓ After handling raw food
  - ✓ After any other activities that contaminate your gloves
- 4** Remove your gloves before washing hands.

**ALL School Food Service staff have responsibility for food safety!**

## Danger Zone



### Potentially Hazardous Foods

- \* Potentially hazardous foods are the favorite foods of food poisoning microorganisms.
- \* Food poisoning microorganisms grow very quickly on potentially hazardous foods.
- \* Potentially hazardous foods must be kept at safe temperatures of **AT or BELOW 41°F or ABOVE 135°F** to prevent rapid growth of these harmful organisms.

### Common Foods served in School Cafeteria that are Potentially Hazardous Foods

- Meats/fish/shellfish/poultry	- Dairy products
- High protein foods	- Creams or custards
- Cut fruits and produce	- Potato dishes

### Foods Not Commonly served in School BUT be Aware of

- Oils in garlic mixtures	- Sprouts
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