

POLICIES AND PROCEDURES MANUAL

KEYSTONE COMMUNITY RESOURCES, INC.

KEYSTONE INDEPENDENT LIVING, INC.



Policy Title:
Prevention of Food Borne Illness

Chapter:

Effective Date:
7/1/1992

Revision Date:
11/25/2008

Policy Number:

Executive Director

SCOPE:

- Chapter 6400 – Community Homes For Individuals With Mental Retardation

INTRODUCTION:

1. Salmonella-B is one of the most common bacterial infections and can be acquired from Contaminated or inadequately processed foods, especially meat, eggs, poultry and milk
2. Salmonella usually results in gastroenteritis with symptoms of diarrhea, abdominal cramps, vomiting and fever occurring six to 72 hours after ingestion of contaminated food. The very young and the very old are particularly vulnerable.
3. Persons handling food include not only food service personnel but other staff and even residents that may be serving snacks, cooking out, having a sack lunch or picnicking. In some cases, maintenance staff life, stack or move heavy food service equipment or crates and packages. Even persons purchasing food supplies need to know basic information about contamination.
4. Food service workers can be carriers of bacteria and other dangerous microorganisms. Smoking can cause ashes to fall into food and handling a cigarette may carry microorganisms from the workers mouth to the fingers and then into the food. Smoking should not occur during food preparation. Because bacteria, as well as hair, can fall from the scalp into the food, hair should be contained to prevent it from falling into the food.
5. Human hands are a primary means of contaminating foods. Hand washing will help prevent the spread of dangerous bacteria and other microorganisms.
6. Cleaning and sanitizing work areas, surfaces and equipment immediately after use prevents contamination. Harmful bacteria can lodge in the corners of work areas and equipment and be transferred to the next product that is prepared in the area.

7. Water temperature for washing dishes and utensils should be at least 180 degrees F for rinsing or an approved chemical sanitizer should be used.
8. The “danger zone” is 40 degrees to 120 degrees F, the range of temperature in which dangerous bacteria multiply rapidly and increase the possibility of food-borne illness. Safe food preparation is the result of both careful planning and good operating procedures. Planning for the number of portions, using standard recipes and preparing the right amount will help eliminate left-overs and last-minute substitutions.
9. Thawing meats and poultry in a refrigerator prevents the product temperature from reaching the danger zone. Thawing on the counter is dangerous because the temperature of the outside parts rises faster than the core. If it must be thawed rapidly place the product in a watertight plastic bag and place in a sink with constantly running cold water or use a microwave on the defrost selection.
10. There are harmful bacteria and microorganisms everywhere in the kitchen and in the food itself. Most harmful bacteria cannot survive temperatures above 140 degrees F for very long. The food must be heated and maintained above 140 degrees or the growth will resume.
11. Cross-contamination requires both the presence of a dangerous level of bacteria on one food product and the means of transporting it to another food product. The harmful organisms can be carried by utensils, equipment, cutting boards or surfaces and human hands. Careful cleaning and sanitizing of work surfaces and equipment, washing hands between steps, proper storage techniques and the separation of work areas helps prevent cross-contamination.
12. Improper cooling has been shown to be the primary cause of food poisoning. The quicker the product cools or is reheated, the less opportunity bacteria will have to multiply. When food is left out for long periods before refrigerating or when refrigerated in large, deep containers, cooling occurs slowly. Food will cool more rapidly in a shallow pan than in a Stock pot, and slices and smaller portions will cool quicker.
13. Reheating foods to an internal temperature of 165 degrees F is important to preventing the Spread of food-borne illness. Bringing foods up to the serving temperature of 110-125 degrees will only bring the food into the danger zone where harmful bacteria can resume their Growth. Use a chef’s thermometer to check the internal temperature before serving.

DISCUSSION: