

## Clean Hands for Clean Foods

Frequent and thorough hand washing remains the first line of defense in preventing foodborne illness. The following may serve as a guide for the proper method of hand washing:

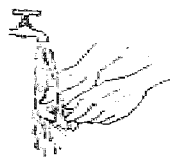


1. Use soap and warm water.

2. Rub your hands vigorously for 20 seconds as you wash them.



3. Wash ALL surfaces including:  
- back of hands  
- wrists  
- between fingers  
- under finger nails



4. Rinse your hands well.

5. Dry hands with paper towel.

### Wash hands after:

- √ Using the toilet      √ Smoking
- √ Handling raw food    √ Handling soiled items
- √ Coughing or sneezing √ Scraping tableware
- √ Touching hair, face or √ Disposing of garbage body



Your Partner for a Healthy Community

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Monday-Friday,  
8:30 A.M. - 4:30 P.M.

*Inclusion by Diversity*

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Food Protection Program  
Tompkins County Health Department  
Environmental Health Division

### References:

"Church Dinners-Do It Safely", Food Protection Environmental Management Division, Manitoba.  
"Food Safety at Temporary Events", The Food Sanitation Professional Development Group International Association of Milk, Food & Environmental Sanitarians, Des Moines, Iowa.

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# Tips for Food Safety at Community Events

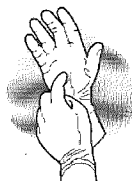
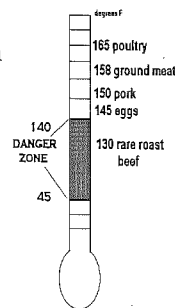
Are your hot foods hot?  
Cold foods cold?  
Equipment and utensils clean?  
Hands washed?  
Probe thermometer available?

## PLANNING A SAFE MEAL

If your church or organization is planning an event which involves the preparation and service of a meal, the following guidelines should be followed:

1. Conduct all of the food preparation in the church/organizations' kitchen.
2. Designate someone with knowledge of food sanitation to coordinate and supervise the food preparation and service.
3. Food workers should be free of illness.
4. Plan the meal so that foods containing eggs, meats, fish, poultry or dairy products are served immediately.
5. Maintain hot foods at 140 degrees F or above during service.
6. Maintain all cold foods at 45 degrees F or below in storage and service.
7. Immediately following preparation, rapidly chill all foods which are to be served cold and maintain foods at an internal temperature of 45 degrees F or below until served. (Use cold ingredients in the preparation of foods which are served cold.)

8. Cook meats, poultry, dressings, gravies and casseroles to an internal temperature of 165 degrees F or above and eggs to 145 degrees F or above.
9. Since foods containing eggs, dairy products, meat, fish, poultry, custard and cream fillings are involved in foodborne illness, it is absolutely necessary that the temperature of these foods be maintained either at 140 degrees F or above or 45 degrees F or below.
10. Have a metal stem probe thermometer at the event to frequently check food temperatures.
11. Use gloves and/or utensils to eliminate bare hand contact with foods that are ready to serve such as salads, precooked meats, uncooked vegetables, breads, rolls and condiments.
12. Wash hands thoroughly and often.



13. Use disposable utensils for food service when possible. Keep your hands away from food contact surfaces and never reuse disposable ware. Wash equipment and utensils using a 4-step process:
  - ◆ Wash in hot soapy water
  - ◆ Rinse in hot water
  - ◆ Chemically sanitize such as with chlorine bleach
  - ◆ Air dry



14. Ice used to cool cans and bottles should not be used in beverages. Use a scoop to dispense ice, never your bare hands or a glass.

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The Tompkins County Environmental Health Division will provide a qualified staff member to offer your church or organization guidance in safe planning, preparation and serving of meals.

**NOTE:** Preparation and service of meals to the public more than once per week requires a permit from the Health Department.