Safe Food Handling in the Changing Long Term Care Environment

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F371- Sanitary Conditions
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• Facility must
  o Procure food from sources approved or considered satisfactory by Federal, State or local authorities; and
  o Store, prepare, distribute and serve food under sanitary conditions.
  o Follows proper sanitation and food handling practices to prevent the outbreak of foodborne illness.
  o Reference: CMS-804 (7-95)
Definitions

- Cross Contamination
- Danger Zone
- Food Contamination
- Foodborne Illness
- Dry Storage
- Food Preparation
- Food Service/Distribution
- Highly Susceptible Population
- Pathogen
- Potentially Hazardous Foods
- Ready to eat Food
- Storage
- Toxins
Changes in the Dining Department

- Historical tray line service relied on a “supervisor” and with the transition to “homelike” environment.
- Now ---
- Neighborhoods, households, greenhouses
- Country Kitchens
- Nursing, dietary, universal workers all participate in meal service
Purchasing Food

• Purchase food from approved sources

• Review vendors - HACCP (Flow of Food, from receiving to serving) procedures in place with vendors, continues throughout food handling at community
Receiving Food

- Inspect products on delivery
- Check temperatures of products
- Dry Food Storage
Refrigerator Storage

- Cover, label, and date - have expiration date on product
- Determine policy for discarding perishable foods
- Monitor temperatures of all refrigerator equipment
Refrigerator Storage

- Refrigerator should be below 41 degrees F – if above this, contact a supervisor
  
- Cover all foods

- Raw Meats on bottom shelves, see Proper Refrigerator Storage Handout
Infection Control/Cross Contamination

• Avoid Cross-Contamination through Safe Food Handling.

• Basic infection control practices will prevent the contamination of food with infectious microorganisms (bacteria, viruses).
Rules of the Kitchen

- No smoking, eating, drinking beverages, chewing gum or using toothpicks while on duty.
- Do not come to work ill, report any illness to your supervisor..........
- Handouts: Food Employee Health Policy questionnaire and Foodborne illness guidelines
- Uniforms, haircoverings
- Follow the hand washing procedures
Handwashing

• All employees associated with the handling of food must wash their hands.

• Alcohol based sanitizer is not a replacement for washing hands.

• Hand washing Procedure
Safe Food Preparation

- Thawing – Keep foods out of the danger zone
  - In refrigerator
  - Cold running potable water
  - Microwaved, then cooked immediately
  - As part of a continuous cooking process

- Preparation – Be aware of the length of time PHF is in the Danger Zone
Cooking Temperatures

• Cooking is a Critical control point for preventing Foodborne illness.

• Cook to the appropriate temperature

• Hold the food at the appropriate temperature
Keep Hot Foods Hot!
Keep Cold Foods Cold!
Cooking Temperatures

- Procedure for taking a temperature
- Temperature Logs
- Reheating Foods
Assuring Compliance with Decentralized Service

• Train on hiring and on-going
• Pre meal Service
  o Include menu, portions, serving utensils and food allergies
  o Add a short training or communication tip
• Reference material available on unit (equipment use)
• Quality Assurance Performance Improvement
Food Handling

- Dish Handling
- Ice Handling
- Silverware and utensils
Serving Guidelines

• While serving, be sure the serving utensil handle remains out of the food.
• Use a spatula, tongs or wear disposable gloves while handling food. Change those gloves if moving to another activity or food.
• Do not wipe hands on apron or uniform.
• If handling money, wash hands before serving food again.
Cooling Food

• Food should be cooled quickly out of the Danger Zone
• Use shallow pans, with product no more than 2 inches deep
• Change the pan from one that the food was cooked or held in.
• Cut into smaller portions
• Cool in the walk-in cooler, not in smaller units
• Food must drop from 120 degrees to 70 degrees in 2 hours and then to less than 41 degrees within 4 additional hours
Food Distribution

- Passing and transporting food
- Wash hands before beginning service
- Avoid cross-contamination, when clearing soiled dishes wash hands before passing food
- Snacks, same food handling rules
- Take out or bag lunches
- Ice handling
Cleaning and Sanitizing

- Improper cleaning and sanitizing is a potential cause for foodborne illness.
- Protect equipment from contamination
- Review dish machine and manual washing processes
Cleaning vs Sanitizing

• Cleaning is the removal of visible dirt from a surface and must be completed before the sanitizing step.
• Sanitizing eliminates bacteria or microorganisms that can lead to illness.
• Remember, clean the surface or dish, rinse and then sanitize.
Sanitizing Musts

• Be sure the concentration is correct
• Be sure the water is at the proper temperature per manufacturers directions for your warewashing products.
• Be sure the sanitizing solution remains in contact with the surface for the correct amount of time
Dish Machine

- Check temperature and record

- High Temperature Dishwasher (heat sanitization)
  - 150-165 degree F wash, 180 degree F rinse
  - Follow Manufacturer recommendations for each machine

- Low Temperature Dishwasher (chemical sanitization)

- AIR DRY ALL ITEMS

- Monitor for Cross-Contamination
Food Code

- Michigan follows the 2009 Food Code – adopted 10/1 2012
- Contains more definitive references/guidelines
- Always follow the most strict rule
Regulatory Success in Your Kitchen

- General Kitchen walk through
- Refrigerators
- Dishwasher/Pot & Pan area
- Ensure that proper air gaps and/or backflow preventers are in place.
- Storeroom
- Refrigerators on nursing units
- Production
Food Allergy

- What is it?
  - Immune system response to a food the body mistakenly determines as harmful

- Symptoms

- Anaphylaxis
Common Food Allergies

- Peanuts
- Fish and Shellfish
- Tree Nuts
- Milk
- Eggs
- Wheat
- Soy
Hidden Ingredients

• Read the Food Label

• Ingredients: Durum Wheat Flour, semolina, ricotta cheese, eggs, romano cheese, water, tomato, onions.

• Contains: Milk, wheat and egg ingredients.
Awareness

• Cross-Contact

• Do not try to “Fix” the meal – Discard it

• Start over!
Discussion