



# Cottage Food Safety



## Personal Hygiene

Practicing good personal hygiene helps prevent the spread of foodborne pathogens to food. Good personal hygiene also reduces the spread of foodborne illness.

## Ways to practice good personal hygiene

- Washing hands properly
- Treating cuts, wounds, and sores properly
- Eating, drinking or using tobacco in a way that does not contaminate food
- Wearing proper hair restraints
- Keeping nails well groomed and wearing jewelry properly on arms and hands
- Wearing clean clothing or uniforms



## Handwashing

Proper handwashing helps prevent the spread of bacteria and viruses that can cause foodborne illness

### Note: Glove Use

After washing your hands, be sure to wear food service gloves when handling foods.

Do not use bare hands to handle any foods that are ready-to-eat!

## When to wash hands

- Before starting work with food, utensils, or equipment
- Before putting on food service gloves
- After using the bathroom
- After coughing, sneezing, using a tissue, using tobacco products and after eating/drinking
- After handling utensils and equipment that are soiled or that have contacted raw food
- When switching between raw foods and ready-to-eat foods
- At all other times during food preparation when hands become contaminated



## How to wash hands

1. WET HANDS
2. SOAP HANDS
3. RUB HANDS (20) SECONDS
4. RINSE HANDS
5. DRY HANDS



## Dishwashing

Follow the 5 steps when washing dishes. Test the sanitizer concentration with test strips. Use one of the sanitizers at appropriate concentrations mentioned below during step 4 of the dishwashing process:

- Iodine-12.5 to 25ppm
- Quaternary ammonium- 200ppm
- Chlorine-50 to 100ppm
- Heat-water at least 171°F for manual dishwashing

Always follow manufacture's use instructions for chemicals

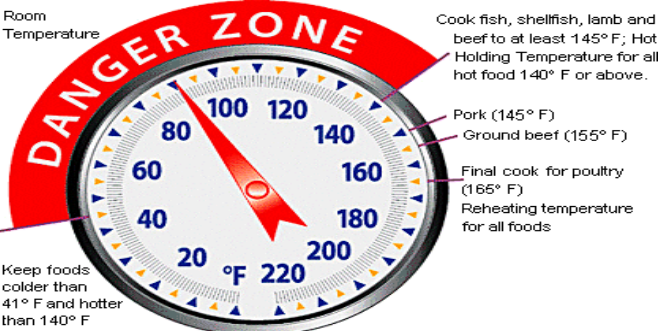
## Dishwashing Steps

1. PRE-SCRAPE	2. WASH	3. RINSE	4. SANITIZE	5. AIR DRY
	Temperature of water should be at least 110 °F or use a temperature specified by the cleaning agent/ soap manufacture.	Rinse washed utensils or dishes to remove cleaning agent/soap	Immerse utensils or dishes in sanitizer for about 30 seconds before air drying	
	Soap and Water	Water	Sanitizer & Water	

## Temperature Control

The temperature danger zone is below 135°F and above 41°F.

The growth of bacteria is at its prime in the temperature danger zone. Keep potentially hazardous food (time/temperature control for safety food) out of the danger zone. Hold hot foods hot and cold foods cold.



## Thermometer Calibration

Calibrate thermometers in crushed ice or an ice water solution. If using an ice water solution, stir the solution with a clean utensil for about 20 seconds before placing the thermometer probe into the solution. Place the probe in the crushed ice or ice water solution. A calibrated thermometer should read around 32°F. If a dial thermometer does not read 32°F after 30 seconds of the probe being immersed in the crushed ice or ice water solution then turn the dial to 32°F while the probe is still in the solution. Repeat process until thermometer reads 32°F.

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