

# Produce Safety: Restaurant Safety Infographic



## **#10** **FOOD SAFETY TIPS**



### **1 Clean Hands Count**

Germs are easily transferred from hands to food during meal preparation, accounting for 89% of outbreaks.<sup>1</sup> Good hand hygiene is your first line of defense in preventing foodborne illness.



### **2 Sick Workers Have No Place In Foodservice**

12% of foodservice employees report having worked when they were sick with vomiting or diarrhea.<sup>2</sup> Sick employees can easily spread pathogens to other employees and customers. Sick workers should stay home when sick.

### **3 Cool It!**

Chill food promptly and properly. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them. Cold temperatures slow the growth of illness causing bacteria.<sup>3</sup>



### **4 Take Your Food's Temperature**

Proper cooking temperatures are key to killing hazardous pathogens. Bacteria that cause food poisoning multiply quickest in the "Danger Zone" – between 40° and 140°F.<sup>4</sup> Use a food thermometer to determine a food's true internal temperature.

### **5. Put A Label On It!**

Avoid confusion and ensure freshness by labeling and dating stored ingredients and prepared foods. Any food item not stored in its original packaging must be labeled.<sup>5</sup>

### **6 Don't Get Your Signals Crossed On Cross-Contamination**

Raw meat, poultry, seafood, and eggs can spread illness-causing bacteria to ready-to-eat foods. Cutting boards or utensils used with raw meats must never be re-used for ready-to-eat foods like fruits and vegetables without first thoroughly cleaning and sanitizing them after each use and before beginning a new task.<sup>6</sup>



### **7 Be A Clean Freak**

Cleaning removes dirt and debris. Sanitizing reduces pathogens that may be present to safe levels. Food contact surfaces must be cleaned and sanitized after each use, or every 4 hours if in continual use.<sup>7</sup>

### **8 Love Your Gloves**

Failure to wear gloves by foodservice workers who prepare ready-to-eat foods is a top trending health inspection violation.<sup>8</sup> Wearing gloves can reduce the spread of foodborne illness.



### **9 Give Fruits & Vegetables A Bath**

Washing fruits and vegetables helps prevent the spread of bacteria to food preparation surfaces. Even fruits and vegetables that will be peeled or skinned must still be washed.<sup>9</sup>

### **10 Train Staff**

A knowledgeable kitchen staff is your greatest ally in protecting guests and preventing foodborne illness. Each new kitchen staff member should be regularly given instruction on proper cleaning and sanitizing protocols.<sup>10</sup>

