



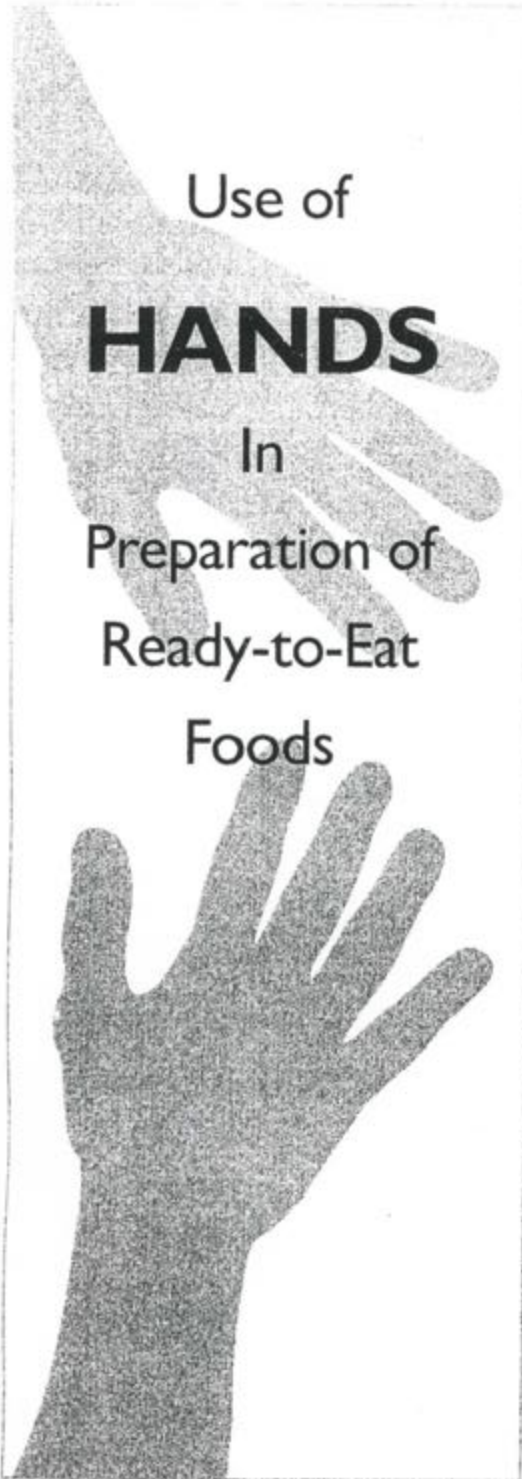
Minetto United Methodist Church
PO Box 217
Minetto, New York 13115-0217

Rev. Chuck Forbes, Pastor

Hand Washing & Glove Use Information

Provided by

Oswego County Health Department



Use of
HANDS
In
Preparation of
Ready-to-Eat
Foods

Since 1985, contact by infected food service workers with ready-to-eat foods has been the third most frequently reported cause of foodborne illness in New York State. In response to Chapter 529 of the Laws of 1991, new State Sanitary Code regulations were developed and became effective August 19, 1992. These regulations prohibit bare hand contact with foods that will not be later cooked or reheated before serving.

These State Sanitary Code changes were made after informational sessions and meetings with food service establishment operators and regulators and other food industry representatives.

The following information should assist food establishment operators to understand the new regulations.

What kind of foods may not be prepared with bare hands?

Ready-to-eat foods, such as salads and sandwiches; food that is not later cooked to a temperature required by the State Sanitary Code; and food that is not later reheated to 165° F before serving.

What are acceptable practices to prepare ready-to-eat foods?

The use of utensils, tongs, deli paper or sanitary gloves is acceptable for preparing ready-to-eat food.

May ready-to-eat foods be touched with bare hands if the hands are washed, or a germicidal soap or hand sanitizer is used?

No. Although handwashing is effective in reducing contamination, people forget to wash their hands. In addition, hands are not always washed thoroughly. Germicidal soaps and hand sanitizers have not been proven effective in destroying viruses.

What happens if gloves, tongs, deli paper or other utensils are not available to prepare ready-to-eat foods?

If appropriate utensils are not available, ready-to-eat foods may not be prepared until bare hand contact with food can be prevented. If bare hand contact with ready-to-eat foods is observed by health department inspectors, a violation will be recorded on the inspection report and enforcement action may be taken. Any ready-to-eat food that has been prepared with bare hands is considered to be contaminated and should be discarded.

How often should disposable gloves be changed?

Disposable gloves must be changed when they become contaminated, soiled or torn, or when the food service worker leaves the food preparation area. They should also be changed

frequently to minimize build-up of perspiration and bacteria inside the glove.

May I use the same pair of disposable gloves to prepare raw meat or poultry, and then prepare ready-to-eat food?

No. This is called cross-contamination. Disposable gloves worn during preparation of raw foods, such as uncooked meat and poultry, must not be used to prepare ready-to-eat food. Use raw food gloves just for raw foods, and ready-to-eat food gloves just for those foods.

How can ready-to-eat foods be prepared during grill and slicing operations?

A glove can be worn on the hand that is used to prepare ready-to-eat ingredients, leaving the other hand uncovered for placing raw ingredients on the grill. Wear tight fitting gloves when operating a slicing machine or chopping or cutting food.

If you have questions concerning this information, contact your local health department.



State of New York
George E. Pataki, Governor

Department of Health
Antonia C. Novello, M.D., M.P.H., Commissioner



FOOD SAFETY

for the Volunteer Worker



Preventing foodborne illness starts
with basic food safety... and you

Foodborne illness can be prevented

Foodborne illness happens when someone eats food that is contaminated. Some of the common organisms or pathogens that cause foodborne illnesses are

- bacteria – Salmonella, E. coli
- viruses – Hepatitis A, Norovirus
- parasites – Cryptosporidium, Giardia

This brochure describes how you can prevent foodborne illnesses by properly handling and cooking food.

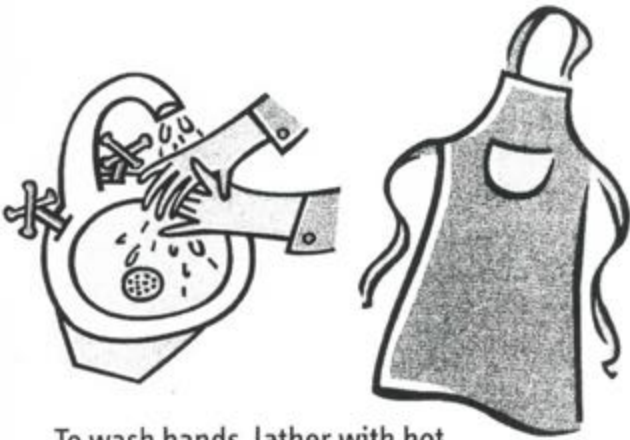
All foods can become contaminated and cause illness. However, some foods spoil rapidly at room temperature and need special handling to keep them safe. These are called potentially hazardous foods.

Storing, cooling and holding potentially hazardous foods properly will slow bacterial growth.



Some examples of potentially hazardous foods are meat, poultry, seafood, eggs, dairy products, cooked vegetables, cooked pasta, rice and potatoes.

Good health and hygiene are critical for food safety



To wash hands, lather with hot water and soap for 20 seconds, rinse and dry on single-use paper towels.

Sick food workers are the leading cause of foodborne illness. To prevent the spread of disease, don't come to work if you ...

- are sick with vomiting or diarrhea.
- have infected wounds, sores or boils.
- think you may have any illness that could be spread by handling food.

Even when you are healthy, it is important to practice good hygiene when working with food:

- Wash hands before work and after using the toilet, smoking, sneezing, coughing, eating, drinking or otherwise soiling your hands.
- Wear gloves when working with ready-to-eat foods, such as sandwiches and salads.
- Keep hair restrained by a hat or other method.
- Wear clean clothing or aprons.

Food preparation areas must be clean and sanitary

Empty and remove trash frequently.

Keep all food preparation and service areas clean and free of debris. Take these three steps to clean equipment and service areas:

- Wash in hot, soapy water.
- Rinse in hot clean water.
- Sanitize food contact surfaces.

Sanitize equipment that is used for food preparation, such as pans, knives, spoons, cutting boards or countertops. Sanitizing means killing bacteria and other organisms that cause illness.

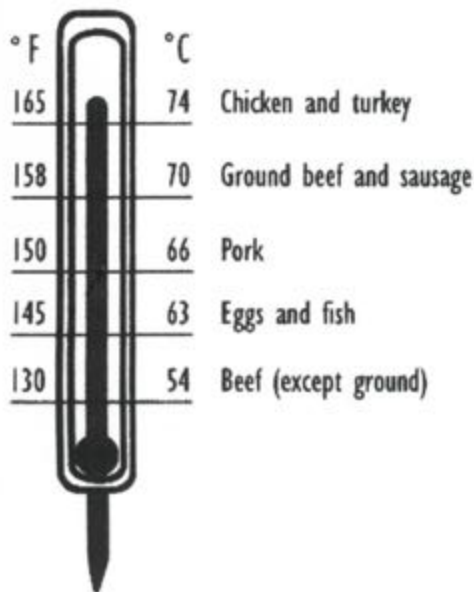
To sanitize surfaces after cleaning, wipe them with a sanitizing solution safe for food-contact surfaces, such as bleach and water.



To make a bleach and water sanitizing solution, add one tablespoon of unscented household bleach into one gallon of water. Change solution every few hours or when it looks dirty.

Keep food at proper temperature to slow the growth of bacteria

Minimum Cooking Temperatures



Reheat all foods to 165°F/74°C

- Cold holding: Food in refrigerators or coolers must be below 41° F / 5° C.
- Hot holding: Hot foods that are being held for service must be above 135° F / 57° C.
- Some foods must be cooked to certain temperatures before they can be served. See Minimum Cooking Temperatures above.
- Check cooking and holding temperatures often. A probe thermometer is required!

Other important points to remember

DO	DO NOT
Use only potable (drinkable) water for cleaning and cooking.	Do not use water from unapproved sources.
Keep raw food preparation areas separate from areas with cooked or ready-to-eat foods.	Do not use equipment or containers that have contacted raw food for cooked or ready-to-eat foods.
Use only food grade equipment in your operation.	Do not use buckets from a hardware store, for example.

DO NOT FORGET

Do not accept or use foods that come from unknown sources or that are home-prepared. Use foods that come from an approved source.



State of New York
 George E. Pataki, Governor
 New York State Department of Health
 Antonia C. Novello, M.D., M.P.H., Dr.P.H., Commissioner

Hand Washing and Glove Use for

FOOD WORKERS



questions and answers



What is the main reason for washing hands and not touching ready-to-eat food with bare hands?

The main reason for not touching ready-to-eat foods with bare hands is to prevent viruses and bacteria which are present in your body from contaminating the food. Viruses and bacteria are invisible to the naked eye, but may be present on your hands if you do not wash them thoroughly, particularly after using the bathroom. The law prohibits bare hand contact with ready-to-eat foods and requires good hand washing by food service workers.

When am I required to wash my hands?

- before starting work;
- before putting on single service gloves;
- after touching raw, fresh or frozen beef, poultry, fish or meat;
- after mopping, sweeping, removing garbage or using the telephone;
- after using the bathroom;
- after smoking, eating, sneezing or drinking;
- after touching anything that might result in contamination of hands.



What is good hand washing?

All employees involved with food preparation must wash their hands and exposed portions of their arms with soap and water. Thorough hand washing is done by vigorously rubbing together the



surfaces of lathered hands and arms for at least 20 seconds followed by a thorough rinse with clean water. Use a single-service towel or hot air dryer to dry hands. No special soaps are needed.

Am I required to wear disposable sanitary gloves?

State law does not require gloves to be worn, but does require that ready-to-eat food be prepared and served without bare hand contact. Wearing disposable sanitary gloves is one of several acceptable ways to comply with this law.



How can I prepare or serve ready-to-eat food to avoid contact with my bare hands?

You may use any of the following to prepare or serve foods without bare hand contact:



- tongs;
- forks & spoons;
- deli paper;
- disposable gloves;
- waxed paper;
- napkins;
- spatulas.

What kinds of foods may not be touched with bare hands?

- prepared fresh fruits and vegetables served raw;
- salads and salad ingredients;
- cold meats and sandwiches;
- bread, toast, rolls and baked goods;
- garnishes such as lettuce, parsley, lemon wedges, potato chips or pickles on plates;
- fruit or vegetables for mixed drinks;
- ice served to the customer;
- any food that will not be thoroughly cooked or reheated after it is prepared.





**What can I do with
a ready-to-eat food
item if it was
touched with bare
hands?**

You can either heat the food thoroughly to the temperature required for cooking or reheating, or discard the food, if it was touched with bare hands.

**Must I change
my gloves after
touching money
with gloves on?**



No. Food outbreak investigations have not identified the handling of money as a cause of illness. But it is a good idea to change your gloves and wash your hands between touching money and preparing food. Many patrons complain to the local health department if they see food workers using the same gloves to prepare food and handle money.

Is a short order cook required to wear gloves?

The short order cook may not touch ready-to-eat foods with bare hands. Disposable gloves are one possible way to prevent bare hand contact with ready-to-eat foods. Another way is to use forks, tongs or spatulas.



When do I have to replace or change gloves?

Always change gloves if the gloves get ripped, torn or contaminated. Contamination can occur after using the bathroom, smoking, coughing, sneezing and in between preparing raw and cooked foods. Food worker hands must be washed thoroughly and be cleaned before wearing new gloves.



Where can I learn more about hand washing and glove use?

Your local health department can answer your questions or give you more information about hand washing and glove use and about the importance of glove use in preventing illnesses.