

Tioga County Food Course

This course was designed to be a convenient way for you to learn the responsibilities that are required of you because you are working at a food preparation facility here in Tioga County. Please take the course at your leisure and maintain the information and materials for your future reference.



Welcome to the Tioga County Food Course

The following slides and videos will present the course material needed to complete the Tioga County Food Course Exam. You can take the course by clicking on the link that is provided to you at the end of the presentation.

- The course begins with links to tools for you to reference and use while working in the food service industry. The tools are located in the *Materials For the Tioga County Food Course Slide*.
- The Power point slides located within this course are a summary of the videos which you will watch by clicking on the video links.
- You are responsible for understanding and following all of the requirements that are located within the *New York State Sanitary Code Subpart 14-1*.



Materials for the Tioga County Food Course

- New York State Sanitary Code Subpart 14-1.
- http://www.health.ny.gov/regulations/nycrr/title_10/part_14/subpart_14-1.htm
- [NYS Food Handling, Preparation & Storage Guidance](#)

Hazard Analysis Critical Control Points (HACCP)

Video One <http://youtu.be/I32S0NPhQH0>

Sanitation Controls

Food must be 6 inches above the floor

Always use good hygiene both personal and professional

Two Micro-organisms that can cause disease

Salmonella

E-coli

Cross Contamination can occur three ways

Food to Food

Equipment to Food

People to Food

HACCP (Cont.)

- Quality begins with suppliers
 - Temperature Controls
 - Packing of Foods
 - Shipments properly maintained temperature and product quality
 - Hold Suppliers to High Standards
 - Dairy handling with care. Spoilage may occur if left in the danger zone
 - Improper temperatures can cause contamination of raw foods
 - Thaw Foods Properly
 - Hold cold foods below 45 degrees Fahrenheit (F) and hot foods to above 140 degrees F
 - Avoid the Bacterial Time Bombs.

Listing of Some Micro-organisms that can cause food borne illness

- Salmonella
- Clostridium perfringens
- Staphylococcus
- E-Coli
- Clostridium botulinium
- Bacillus cereus
- Shigella
- Streptococcus
- Hepatitis A
- Trichinosis

Employee Health and Hygiene

Video Two

<http://youtu.be/T71yEa5s5qQ>

- Food stored at room temperature created micro-organism growth.
- The cutting board was not properly cleaned between food preparation stages creating cross contaminations.
- Bare hand contacts to foods.

Conditions that contribute to Foodborne Illness

- Unsanitary facilities
- Personal hygiene- personal cleanliness such as daily showers, washing of hands when handling foods, proper hair restraints
- Creating cross contamination
- Leaving foods out of the coolers promoting microbial growth.
- Remember it is illegal to serve unsafe foods
- Gloves are NOT a substitute for hand washing
- Aprons are not hand towels
- Dirty aprons can cross contaminate

Hand Washing and Hair Restraints

- Wash your hands with hot soapy water
- Wash from your nails to your elbows
- Wash for at least 20 seconds

- Hair is a prime breeding ground for bacteria
- Use proper hair restraints
- Remember your personal hygiene



Safe Food Handling and Preparation

Video Three

<http://youtu.be/pF3JhhM92nA>

- Food is at most risk when being handled and prepared.
- Bacteria grow best in moist protein enriched foods
 - Beef
 - Fish
 - Poultry
- These are classified as potentially hazardous foods
- Three major components come into play to keep food safe to eat
 - People and behaviors
 - Food from shipment to serving
 - The facility of where food is served

Cooling Potentially Hazardous Foods

- Potentially hazardous foods requiring refrigeration is to be cooled by an adequate method so that every part of the product is reduced from 120 degrees F to 70 degrees F within 2 hours and to 45 degrees F or below within four additional hours.
- **Please note that in the video *100 Degrees Of Doom*, it is stated that 40 degrees F and below is the cooling temperature requirement within four hours. This is acceptable but not mandatory since it exceeds New York State Code requirement of 45 degrees F.**

Food Care

- Spoilage- This is damage to the edible quality of foods. Milk can spoil and curdle. Usually can tell by smell or taste
- Contamination- Foods that contain harmful bacteria that can infect and sicken individuals
 - Bacterial contamination
 - Controlled by proper temperatures and handling
 - Chemical contamination
 - The inadvertent introduction of any chemical that may be harmful to human health.
- Inventory control (FIFO)
 - Use the First In; First Out inventory control

Thawing Frozen Foods

- Never thaw foods at room temperature
- Thaw in refrigerator
 - This may take longer but it is safer
- Microwaves can be used to thaw foods
 - These foods must be prepared immediately after thawing
- Using potable water
 - This process must not take over two hours
 - Foods must be used immediately after defrosting
- Never refreeze thawed meat
- Take out only enough food that you can work with
- Refrigerate prepared food if needed as you work on large batches
- Prepare foods at the last possible moment before serving

Hot and Cold Foods

- Cold Foods:
 - Pre-Chill all ingredients of a salad a day before combining them. As an example:
 - Chill tuna to below 45 degrees F or below
 - Cook and chill noodles below 45 degrees F or below
 - Vegetables chill below 45 degrees F or below
- Hot Foods
 - Keep temperature above 140 degrees F or above
 - Stir hot foods often to even temperatures
 - Cooked foods must be held above 140 degrees F or above
 - Keep serving part of utensil in food and handle extended outward for easy grasping and handling
 - Periodically check with a thermometer

Service Equipment

- Tableware
 - Knives and Forks are to be held by the handles. The fork tongs should never be handled.
 - Avoid touching plates where food will be placed upon them
 - Use tongs or ice scoop or automatic ice machines when handling ice
- Hot hold tables are not to be used for reheating foods
 - They can not heat food fast enough and will hold foods in the temperature danger zones.
- Never mix leftover foods with fresh foods
- Leftovers after the second chance are to be discarded.

Cleaning and Sanitizing

- Why Sanitize?
 - Protect your customer
 - Pride in your work
 - It is what is expected from the public's point of view
 - Protecting your co-workers
 - Prevent facility closings from food poisoning outbreaks
- Cleaning is the removal of visible soiled foods from equipment and service utensils
- Sanitizing is the unseen destruction of microbes
 - 50 parts per million of bleach and water solution

Single Service Items and Garbage Cleanliness

- Single service items are paper cups and paper containers that hold liquid or foods (i.e. soda and french fries).
- Storage of used single service items must be kept in a clean and closable container and properly lined to prevent leakage or contamination.

Egg Handling

- Store eggs at 45 degree F or less.
- Store eggs away from strong odors
- Keep eggs no longer than 4 to 5 weeks
- At room temperature do not leave eggs out at room temperature.
- Always use clean utensils
- Eggs need to be fully cooked
- Use FIFO inventory methods of control
- Avoid pooling eggs
- Hold cooked eggs below 45 degrees F or; above 140 degrees F

Food Course Conclusion

- If you are preparing food in Tioga County, you are required to understand and follow all requirements that are located within the *New York State Sanitary Code 14-1*.
- If you do not understand or are in need of clarification of any of the material that was in this course or located within the *New York State Sanitary Code 14-1*, please call or send an email with your questions to Todd Kopalek at 607-687-8564 kopalekt@co.tioga.ny.us .

- **You can now take your test**
- **You must have your CODE to take your test**
- **Your CODE was given to you from our office.**

<https://www.surveymonkey.com/s/RXMW3JG>