



## **St. Mary's Food Bank Alliance**

**Food Safety Training for Child  
Nutrition Partners**

# Training Objectives

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## Introduction

- Introduction and Overview

## Food Safety

- Personal Hygiene for Food Handling
- Receiving & Storing Food Safely
- Maintaining Food Temperature
- Cross-Contamination & Allergens
- Cleaning & Sanitizing
- Pest Control
- Knowledge Check ★

# Introduction and Overview

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*Because St. Mary's Food Bank Alliance (SMFBA) is committed to promoting the importance of food safety, we provide this Food Safety Training to our program partners.*

- Food Safety Training is provided to at least one representative from each program partner at the time of registration or when a change in site personnel occurs.
- The trained representative must be a regular staff member or volunteer who is involved in, or supervises, the distribution of food provided by SMFBA.

# Introduction and Overview

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- ★ It is important that all our program partners operate with a culture of food safety.
  - This includes following recognized food safety systems and protocols.
  - The program partner's leadership is responsible for implementing/ensuring food safety culture.
  - *Every employee or volunteer must be dedicated to ensuring the food they serve is safe.*

# Introduction and Overview

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*SMFBA's program partners must comply with all applicable federal, state, and local regulations relating to the receiving, storing, and handling of food products from SMFBA.*

- ★ After completing this food safety training course, you will be asked to submit the Knowledge Check (20 questions).
- Your Training Certificate will be kept on file with SMFBA for compliance and audit purposes. NOTE: This satisfies our requirements but may not be valid outside of the Food Bank.
- Please reach out to your SMFBA Site Specialist if you have questions or concerns at any time.

# Personal Hygiene for Food Handling

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## Handwashing Guidelines

★ Handwashing should take at least 20 seconds.

- ★ Remove your hand jewelry/watch.
  - Wet your hands using running water as hot as you can stand.
  - Apply soap to build up a good lather.
  - Scrub hands vigorously for 10 to 15 seconds. Clean under fingernails and between fingers.
  - Use warm, running water to thoroughly rinse hands.
  - Dry hands using a single-use paper towel or hand dryer.
  - Use a paper towel to turn off the faucet and open the restroom door, as applicable.

# Personal Hygiene for Food Handling

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## Handwashing Guidelines

**Handwashing must be done after any of the following:**

- Using the restroom
- Touching your hair, face or body
- Handling raw meat, poultry, or seafood
- ★ Taking out the trash
  - Sneezing, coughing, or using a tissue
  - Handling chemicals
  - Smoking or chewing gum/tobacco
  - Eating or drinking
  - Touching anything that may contaminate your hands

# Personal Hygiene for Food Handling

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## Other Important Practices

- Wearing gloves is a best practice but is not required.
- Wash your hands before AND after using disposable gloves.
- Cover any hand wounds by using bandages or finger cots and placing a single-use glove over the bandaged area.



# Receiving and Storing Food Safely

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## Inspect Food During Receiving

SMFBA uses all purchased product for Child Nutrition Programs and does inspect prior to delivery of food.

Please report product that has any of these risk factors:

- Damaged/opened packaging
- ★ Unlabeled packaging
- Signs of pests
- Signs of mold/decay

# Receiving and Storing Food Safely

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## General Food Storage Guidelines

- Store food only in designated food storage areas.
- Store food only in containers made for food storage.
- Keep food at least 6 inches off of the floor. Never store food on the floor.
- Store food 18 inches away from the walls.
- Store ready-to-eat foods above raw meats, seafood, and poultry.

# Receiving and Storing Food Safely

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## Other Food Safety Issues

- If SMFBA becomes aware of any food recalls that affect the food it provides to your program, your Site Specialist will contact you.
- For short-coded product (such as milk), follow the first-expired, first-out method. For all other products use the first-in, first-out method.
- Shelf-life dates for foods you receive from SMFBA can be requested from your Site Specialist, if needed.

# Maintaining Food Temperature

***Food temperatures must be controlled from the time the product is received from SMFBA to the moment it is handed off to the client.***

- Refrigerated foods (including cut produce) must be kept at 41°F or lower.
- Hot foods must be kept at 135°F or higher.
- Frozen foods must be kept frozen solid, recommended 0°F or lower.
- Whole produce (like apples, bananas) must be kept at dry storage temperatures.
- Thaw frozen foods at or below 41°F, and never at room temperature. Food may also be thawed by using a microwave, or under cold water.

The danger zone for food safety, where food is more likely to spoil, is between 41°F and 135°F.

# Maintaining Food Temperature

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- Each cooler (refrigerator, freezer) where you store food from SMFBA must contain a thermometer. Contact your Site Specialist if you need a thermometer.
- ★ Record the temperature of your cooler(s) at the beginning of each meal-service time.
- ★ Temperatures must be recorded even if a cooler has a built-in thermometer.
- The temperatures must be recorded on the Meal Count sheet.

# Cross-Contamination of Food

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★ *Cross-contamination of food occurs when a potentially harmful substance is transferred from equipment, a person, or other food.*

★ **There are 3 common forms of food contaminants:**

- Physical: Wood, metal, glass, paint chips, hair
- Chemical: Cleaning chemicals, pesticides
- Biological: Harmful microorganisms (pathogens), insects, rodents, birds

## **Allergens:**

- Cross-contamination with allergens is serious.
- ★ The **Big Nine** major food allergens include: **wheat, soy, milk, egg, peanuts, tree nuts, fish, sesame and shellfish.**

# Cross Contamination of Food

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## Preventing Food Contamination

- ★ Keep allergens and chemicals separate from other foods during storage and handling.
- Store foods containing common allergens on the bottom shelf, away from foods that do not contain common allergens.
- When cross-contamination occurs, report it to your supervisor immediately.

# Cleaning vs. Sanitizing

★ **Cleaning** removes food and other dirt from surfaces.

## **Areas that should be *Cleaned*:**

- Walls
- Floors
- Storage shelves
- Garbage containers
- Remove food/dirt, wash, rinse, air-dry

★ Should be done on a regular basis and as needed

★ **Sanitizing** reduces pathogens on surfaces to safe levels.

## **Areas that should be *Sanitized*:**

- Any surface area that touches food
- 'Share' tables
- Sorting tables
- Ice/food scoops
- Should be done after every meal service

## **Sanitizing Solutions:**

- ★ Follow the mixing instructions provided by your sanitizing solution's label.
- Make sure to read the chemical label to know how long the surface should be in contact with the sanitizing solution.



# Pest Control

## Prevention is the key to keeping your area pest-free

- ★ Keep the food storage area clean and free of spills or debris.
  - Ensure that all stored products are properly sealed.
- ★ **Highly insect-susceptible products include:** *flour, cereals and grains*. It is recommended that these products are not stored for more than 90 days.
  - **Keep doors closed when not in use to prevent pests from entering your facility.**
  - Keep product stored 18 inches away from the walls to allow for pest control inspections.
  - Inspect stored products every 30 days to ensure that no damage or infestation has occurred.
  - If there is evidence of a pest infestation, discard damaged or affected products.
  - Work with a licensed pest control company to eliminate any pests.

# Summary

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## Food Safety Includes

- Good personal hygiene while handling food
- Proper food storage, including temperature control
- Prevention of cross-contamination
- Cleaning/sanitizing food area surfaces and equipment.
- Preventive pest control

# Knowledge Check

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**Thank you for reviewing St. Mary's Food Bank Safety Guide for Child Nutrition Program Partners!**

**Please proceed to the Knowledge Check Quiz**

**To access the quiz please follow this link:**

**<https://forms.office.com/r/G3Q0mNhp8s>**

- Your training certificate will be kept on file with SMFBA. If you would like a copy, please reach out to your site specialist.
- There is no expiration on the training certificate; it is valid during your tenure as a SMFBA program partner.

# Contact Us

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- 3.email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*



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