



Food Safety Training

Child Nutrition Partners

Objectives

- Welcome & Course
- Overview
- Food Safety Basics
- Personal Hygiene
- Safe Receiving and Storage
- Temperature Control
- Cross-Contamination & Allergen Safety
- Cleaning & Sanitizing
- Pest Control
- Food Safety Quiz

Introduction

At St. Mary's Food Bank (SMFB), food safety is a top priority. To support our program partners in maintaining safe food handling practices, SMFB provides Food Safety Training for organizations that are unable to obtain Food Handler Cards.

- Food Safety Training is required for at least one representative from each program partner during the registration process and whenever there is a change in site personnel.
 - The designated representative must be a regular staff member or volunteer who is directly involved in, or responsible for supervising, the handling and distribution of food provided by SMFB. This individual is responsible for helping ensure that food safety standards are followed at their site.
- All SMFB program partners are expected to maintain a strong food safety culture by following established food safety practices and procedures.
 - Program leadership is responsible for promoting food safety, and every staff member and volunteer shares responsibility for ensuring the food they distribute is safe.



Certification

- SMFB program partners are required to follow all applicable federal, state, and local food safety regulations for receiving, storing, and handling food.
- After completing this training, you must complete a food safety quiz with 80% or higher.
- Your training certificate will be kept on file with SMFB for compliance and audit purposes. While this certificate meets SMFB's training requirement, it may not be accepted outside of the food bank, or may not apply to other programs.
- If you have any questions, please contact your assigned advocate.

Handwashing

Wash your hands for at least 20 seconds by following these steps:

1. Remove jewelry and watches.
2. Wet your hands with warm, running water.
3. Apply soap and lather well.
4. Scrub all surfaces of your hands for 10-15 seconds
5. Rinse thoroughly under warm, running water
6. Dry your hands with a single-use paper towel or hand dryer.

Always wash your hands after

- 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
- Eating or drinking
- Touching any surface or object that could contaminate your hands



Food Receiving & Storage

SMFB provides purchased products for Child Nutrition Programs, so it is important to inspect all food deliveries upon receipt. Report any products with damaged or opened packaging, missing labels, signs of pests, or signs of mold or spoilage.

Food Storage Guidelines

- Store food only in designated food storage areas
- Keep food at least 6 inches off the floor and 18 inches away from walls
- Store ready-to-eat foods above raw meat, poultry, and seafood
- Follow the First-Expired, First-Out (FEFO) method for short-dated items, such as milk
- Use the First-In, First-Out (FIFO) method for all other products
- If a food recall affects products provided by SMFB, your Advocate will notify you promptly

Contact your Advocate if you need shelf-life information for products received from SMFB



Food Temperature Control

Food temperatures must be maintained from the time products are received from SMFB until they are distributed to clients. The temperature range between 41°F and 135°F is known as the “danger zone,” where food is most likely to become unsafe.

- Refrigerated foods, including cut produce, must be kept at 41°F or below
- Hot foods must be held at 135°F or above
- Frozen foods should remain solidly frozen at 0°F or below
- Whole produce such as apples and bananas should be stored at room temperature in dry storage conditions.
- Frozen foods should be thawed in a refrigerator at or below 41°F, in a microwave, or under cold running water, never at room temperature

Each refrigerator and freezer used to store SMFB products must have a thermometer. Temperatures must be checked and recorded at the beginning of each meal service, even if the equipment has a built-in temperature display. All temperature readings must be documented on the meal count sheet.

Cross-Contamination & Allergens

Cross-contamination occurs when harmful substances are transferred from equipment, people, surfaces, or other foods to food products. Common types of food contaminants include:

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

Preventing allergen cross-contamination is essential. The Big Nine major food allergens include wheat, soy, milk, eggs, peanuts, tree nuts, fish, sesame, and shellfish.

To prevent food contamination, keep allergens and chemicals stored separately from other foods during storage and handling. Foods containing common allergens should be stored on the bottom shelf and kept away from foods that do not contain allergens.

Cleaning & Sanitizing

- Cleaning removes food, dirt, and debris from surfaces. Areas that should be cleaned include walls, floors, storage shelves, and garbage containers. Follow the steps: remove food and dirt, wash, rinse, and air-dry. Cleaning should be completed regularly and as needed.
- Sanitizing reduces harmful pathogens on surfaces to safe levels. Food-contact surfaces, including share tables, sorting tables, and ice or food scoops, must be sanitized after every meal service.
- Always follow the mixing instructions on the sanitizing solution label and check the required contact time to ensure proper sanitizing.

Pest Prevention

- Prevention is the key to maintaining a pest-free food storage area.
- Keep storage areas clean and free of spills or debris, and ensure all products are properly sealed. Products that attract insects, such as flour, cereals, and grains, should be monitored closely and not stored for more than 90 days when possible.
- Keep doors closed when not in use, store products 18 inches away from walls to allow for inspections and check stored products every 30 days for signs of damage or infestation.
- Discard any affected products and work with a licensed pest control company to address pest issues.

Summary

SMFB program partners are responsible for maintaining safe food handling practices at all times by following proper hygiene, storage, temperature control, and sanitation procedures. This includes:

1. Washing hands correctly
2. Inspecting and safely receiving food
3. Preventing cross-contamination
4. Managing allergens
5. Storing food properly
6. Monitoring temperatures
7. Cleaning and sanitizing food-contact surfaces
8. Pest control

Partners must also comply with all applicable regulations, and ensure all staff and volunteers understand and support food safety standards from receipt of food through distribution to clients.

Food Safety Quiz

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

Please complete the Food Safety Quiz by clicking here:

https://feedingamerica.az1.qualtrics.com/jfe/form/SV_czM6baxOSE08Bwi

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



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2. Fax: (202) 690-7442; or
3. Email: program.intake@usda.gov.

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