

Wyoming Department of Health

Food Safety Review

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Overview

- **Food Safety and Older Adults**
- **FightBac!**
- **Wyoming Department of Agriculture**
- **Pop Quiz**
- **References**
- **Questions**



Food Safety and Older Adults

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- About 1 in 6 Americans will get food poisoning each year¹
- The USDA estimates that foodborne illnesses cost \$15.6 billion each year
- Older adults are at elevated risk for hospitalization and death from foodborne illness. **WHY?**
 - Medication side effects
 - Changes in functioning of organs
 - Underlying chronic conditions
 - Age-related changes to GI tract

Food Safety and Older Adults

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- **Most common food pathogens that affect older adults¹**
 - E. Coli
 - Undercooked ground beef; unpasteurized milk and juices; contaminated raw fruits and vegetables; water
 - Person-to-person contact
 - Campylobacter
 - Unpasteurized milk
 - Raw or undercooked meat, poultry or shellfish
 - Untreated or contaminated water
 - Salmonella
 - Raw or undercooked eggs, poultry or meat
 - Unpasteurized milk or juice
 - Cheese and seafood
 - Fresh fruits and vegetables

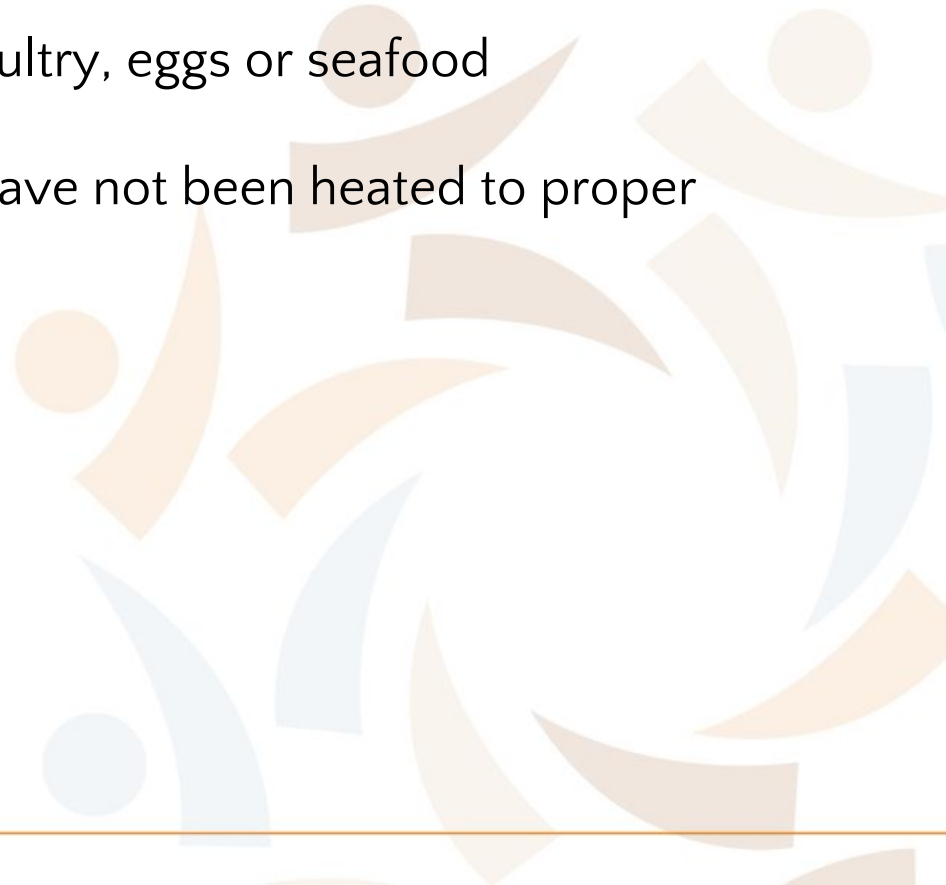


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Food Safety and Older Adults

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- **Foods to avoid¹**
 - Soft cheeses
 - Raw or undercooked meat, poultry, eggs or seafood
 - Unwashed fresh vegetables
 - Hot dogs and deli meats that have not been heated to proper temperature
 - Raw sprouts
 - Unpasteurized milk





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- The Four Core Practices²
 - Clean
 - Separate
 - Cook
 - Chill





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- **Clean²**
 - Wash your hands with warm water and soap for at least 20 seconds
 - Wash cutting board, dishes, utensils and countertops with hot soapy water
 - Rinse fresh fruits and vegetables under running tap water, even if you plan to peel them
 - Do NOT wash raw meat and poultry before cooking



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- **Separate²**
 - Keep raw meat, poultry, seafood and eggs away from other foods
 - Use one cutting board for fresh produce and a separate one for meat, poultry and seafood
 - Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs



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- **Cook²**
 - Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria
 - Always use a food thermometer to measure the internal temperature of foods
 - Color is not a reliable indicator of doneness

FightBac!

- Cook
 - Safe Minimum Internal Temperatures

SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer	
Beef, pork, veal and lamb (roast, steaks and chops)	145 ° F with a three-minute "rest time" after removal from the heat source
Ground meats	160 ° F
Poultry (whole, parts or ground)	165 ° F
Eggs and egg dishes	160 ° F, but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165 ° F
Finfish	145 ° F
GUIDELINES FOR SEAFOOD	
Shrimp, lobster, crabs	Flesh pearly and opaque
Clams, oysters and mussels	Shells open during cooking
Scallops	Milky white, opaque and firm



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- **Chill²**
 - Chill raw and cooked foods promptly to avoid the Danger Zone (40°F–140°F)
 - Don't leave food at room temperature for longer than 2 hours
 - Refrigerate or freeze perishable foods as soon as you get them home from the store
 - Thaw foods properly
 - Never defrost food at room temperature



Food Safety Handbook

Guide for Food Safety Workers in Wyoming³

- **Four Key Principles for Safe Food Handling**
 1. Taking responsibility for personal hygiene, exercising good hand washing, and being a healthy food service employee
 2. Know what potentially hazardous foods are and keeping potentially hazardous foods at correct and safe temperatures
 3. Using correct cook down methods for all potentially hazardous foods
 4. Practicing good sanitization methods to prevent cross contamination



Food Safety Handbook

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1. Taking responsibility for personal hygiene, exercising good hand washing, and being a healthy food service employee³

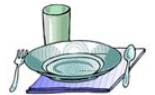
WASH YOUR HANDS AFTER...



Cleaning up spills or touching soiled surfaces or clothing;



Using the restroom;



Handling dirty dishes and before handling clean dishes;



Between handling raw meat or poultry and serving uncooked foods;



Taking out the garbage or putting away supplies;



Breaks, smoking, eating, or drinking;



Using a handkerchief or tissue; and



Touching or scratching any area of the body (ears, nose, mouth, hair, etc.).

- 25% of all foodborne illness is due to improper employee practices
- Anyone working with food must wash their hands
- Employees who are ill with colds or employees with cuts or burns are at high risk for transmitting illness
- Single-use gloves should be used for only one task

Food Safety Handbook

2. Know what potentially hazardous foods are and keeping potentially hazardous foods at correct and safe temperatures³

Potentially hazardous foods are foods that consist in whole or in part of:



Milk and Milk Products

Eggs



Meat

Poultry



Fish

Shellfish and Edible Crustaceans



- Involved in most foodborne illnesses
- Generally high protein foods
- Most bacteria grow best between 40°F and 140°F (danger zone)
- Review the minimum cooking temperature requirements for all foods
- Have access to and properly calibrate a probe thermometer
- Use proper methods to thaw frozen foods

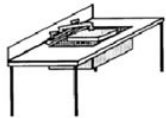
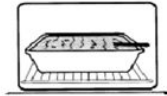


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3. Using correct cook down methods for all potentially hazardous foods³

1. Place uncovered in a refrigerator (on top shelf in cold air flow) in a 2" shallow metal pan and stir frequently.



2. Quick-chill in an ice-water bath. Stir and cool to 41°F before putting in the refrigerator.

3. Use a Rapid Cool Paddle combined with Quick Chill. The sanitized frozen container is submerged into the hot product. The hot food product container is surrounded with an ice-water mixture. The Paddle is then rotated or stirred in the hot product.



- Improper cooling of potentially hazardous foods is responsible for 56% of all foodborne illness cases
- High risk foods should be cooled from 135°F to 41°F or less within 6 hours
- Use proper methods for cooling



Food Safety Handbook

4. **Practicing good sanitization methods to prevent cross contamination³**
 - **Cross contamination is the transfer of harmful bacteria from one food to another**
 - Utensils, equipment, human hands
 - **Store foods properly in the refrigerator or freezer**
 - Example: storage of raw chicken over lettuce can cause cross contamination
 - **Use proper sanitizing solution to minimize and prevent cross contamination on food contact surfaces**

Pop Quiz

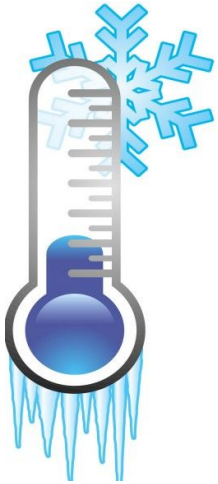
How long should hands be washed
with water and soap for?



20 seconds

Pop Quiz

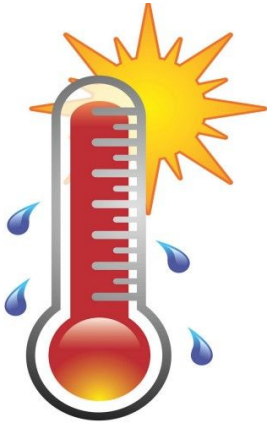
At what temperature should you keep your refrigerator and freezer?



Refrigerator= 40°F or below
Freezer= 0°F or below

Pop Quiz

At what internal temperature is a ground beef burger safe to eat?



160°F



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Pop Quiz

What is the minimum temperature at which hot foods on a serving line should be maintained?



135°F



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Pop Quiz

What pathogen is the greatest risk found in raw chicken?



Salmonella



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Pop Quiz

The pathogen most associated with undercooked beef, especially hamburger is:

GROUND BEEF



E. Coli



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Pop Quiz

When you are not feeling well and have a sore throat or diarrhea, you should:



Stay at home!



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References

1. Foodsafety.gov. “Food Safety for Older Adults.” *FoodSafety.gov*, U.S. Department of Health and Human Services, 23 Aug. 2009, www.foodsafety.gov/risk/olderadults/index.html.
2. *Fight Bac!*, www.fightbac.org/.
3. “Food Safety.” *Wyoming Department of Agriculture* , wyagric.state.wy.us/images/stories/pdf/chs/guidance/guideforfsworkersinwy.pdf.



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Questions?

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