



Food Safety

Germs and bad food can make you sick. Protect your health.

Healthy Hands



Wash hands for 20 seconds before touching food - use soap, warm water, and paper towels to dry



Don't touch food with your bare hands, unless it's yours



Wear gloves when preparing foods and bandage any wounds - do not reuse gloves



Don't prepare food if you're sick, e.g. the flu, diarrhea, vomiting, jaundice (yellow skin or eyes)

Clean Kitchen



Sanitize food prep and serving surfaces before and after use



Wash, rinse, sanitize, and air dry dishes shortly after use



Sanitizing solution = 1/4 tsp bleach + 4 cups water



Store food and garbage in rodent-proof containers





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Safe Food



Rinse fruits and vegetables before preparing or eating



Write the date on prepared food and eat or throw it out within one week



AVOID THE FOOD DANGER ZONE: 41-135°F



These foods can make you sick if they are left out for more than 4 hours



Shelf-stable foods are safe at any temperature



Custard Pies



Cooked Grains



Cooked Vegetables



Sprouts & Cut Leafy Greens



Cut Melon & Tomatoes



Dairy & Cheese



Raw Fish



Raw Eggs



Raw Meat



Bread



Peanut Butter



Fruit



Raw Vegetables



Unopened Cans



Oil



Cookies & Baked Goods



Dry Goods





Food Safety CHECKLIST

Use this checklist if you are in charge of setting up, managing, equipping, or inspecting facilities that serve people experiencing homelessness.

Set up your facility for safe food prep and service.

- **Provide a sink or hand washing station** in the food prep area.
 - Ensure water is warm (100°F - 120°F).
 - No running water? Set up a temporary hand washing station (Appendix H).
- **Serve food using tongs, disposable gloves, or single-use pastry paper.**
- **Provide sanitizing solution in labeled spray bottles** for food prep and serving surfaces. Write this on the label:
 - **Sanitizing Solution**
 - **How to Use:** Spray surface and leave for 1-2 minutes. Dry with clean paper towel.
 - **How to Mix:** 1/4 teaspoon of bleach with 4 cups of water.
- **Provide the following items to set up a dishwashing station.**
 - Trash can to scrape off food scraps
 - Dish soap, paper towels, scrubbers, rags, sponges
 - Sink (3 compartment recommended) or deep containers for dishwashing, rinsing, and sanitizing
 - Bleach for making a sanitizer solution (1 teaspoon bleach to 1 gallon of water)
 - Space to air dry dishes or paper towels
- **Post steps for dishwashing**
 - **Wash** with warm soapy water
 - **Rinse** with clear/clean water
 - **Soak** in sanitizing solution for 10 seconds
 - **Air dry** on a rack or dry with paper towels
- **Equip kitchen with a dishwasher** (recommended, but not required). You don't need a commercial dishwasher. Residential dishwashers work well.

- **Post instructions for dishwasher use:**
 - **Scrape food off first** and avoid overloading machines
 - For commercial grade chemical dishwashers **set the chlorine concentration between 50-200 ppm**
 - For commercial grade high temperature dishwashers **set rinse cycle to 180°F or higher.**
- **Schedule regular cleaning and disinfecting** of food prep area.
 - See the Clean & Disinfect section for more information.

Avoid the Danger Zone (41-135°F).

- **Provide a digital thermometer** for measuring food temperatures.
 - Sanitize thermometer before using. Place tip in the center of the thickest part of foods for accuracy. Sanitize thermometer again when done.
- **Keep hot food hot, and cold food cold.** Minimize time spent in the bacteria-growing Danger Zone 41-135°F.
 - Cool food in the fridge, uncovered, and in small batches to exit the Danger Zone quickly. If you have large batches, cool in the freezer.
 - Re-heat food to 165°F and serve hot.
- **Cook foods to appropriate final temperatures:**
 - Vegetables = 135°F
 - Pork, seafood, and eggs = 145°F
 - Beef = 155°F
 - Chicken = 165°F

Checklist continues on the next page



Food Safety CHECKLIST

CONTINUED

Monitor food donations.

- ❑ **Keep a food and temperature log.**
 - Post the log in the area where the food is received.
 - Track foods received, temperatures when they arrived, and who donated them.
 - Work with donors on keeping food at safe temperatures.
 - Check foods for contamination upon arrival. Foods not commercially packaged should arrive covered or in a container.
 - See Appendix E for a sample food log.
- ❑ **Post a list of acceptable food donations and trusted food donors:**
 - Anyone can donate whole fruits and vegetables and commercially packaged foods or baked goods that don't need refrigeration.
 - Permitted food facilities, restaurants, and individuals or groups capable of meeting minimum safety requirements can donate prepared foods (e.g. lasagna, soup).

Provide equipment, containers, and regular checks to store food safely.

- ❑ **Set refrigerator temperatures between 36-39°F** to ensure foods stay cold and check weekly.
- ❑ **Reset thermometers once a month** by sticking them in ice water until they read 32°F.
- ❑ **Check freezers** and ensure foods remain frozen.
- ❑ **Schedule a weekly fridge cleaning** and throw out old or expired food.
- ❑ **Provide rodent-proof containers for food.**
- ❑ **Provide rodent-proof bins** and tight-fitting lids for all garbage.

- ❑ **Schedule a weekly check for pests** (e.g. cockroaches, ants, rodents) in areas where food is being prepped, stored, eaten, or thrown out.
 - If signs of pests are found, see the General Safety section to learn about pest control.
 - Note: Pest control chemicals should not be used by unlicensed individuals.

Train and model safe food practices.

- ❑ **Review illustrated food safety guide** (previous pages) at the beginning of each food prep and service shift.
- ❑ **Do not allow people who are sick to prepare or serve food** (e.g. flu-like symptoms, diarrhea, vomit, jaundice/ yellow skin or eyes)
- ❑ **Model good hand washing, cleaning, and food preparation practices.**
- ❑ **Help staff, volunteers, and clients handling food** for others obtain a food worker card.



Questions about food safety, food worker cards, or where to file a complaint? Call 206-263-9566
Need to report a foodborne illness? Call 206-296-4774