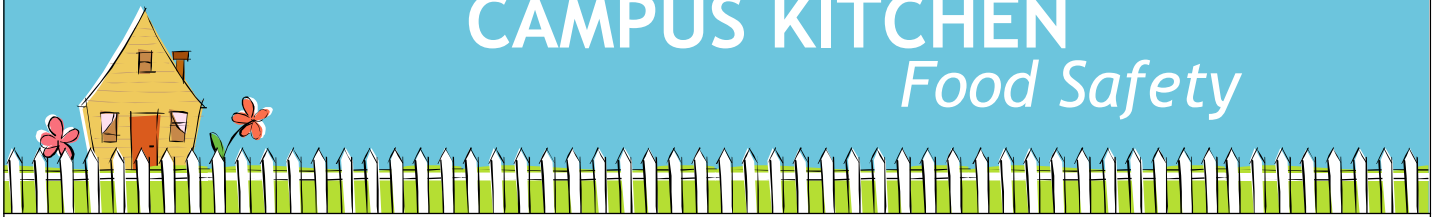


# CAMPUS KITCHEN

## Food Safety

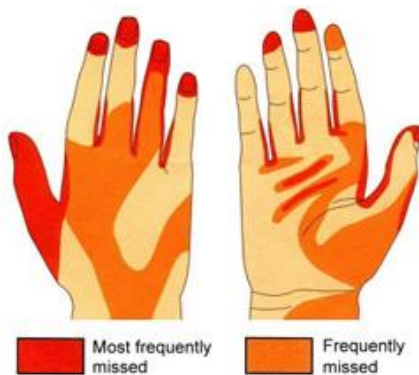


THE  
CAMPUS  
KITCHENS  
PROJECT<sup>SM</sup>

KEEP IT CLEAN, KEEP IT SAFE ☺

### Proper Hand Washing

- ✓ Use warm water
- ✓ Wet hands and exposed arms up to the elbow
- ✓ Use soap and lather for **10-15 seconds**
- ✓ Rinse thoroughly under clean, warm water
- ✓ Dry hands with sanitary towel or air-drying service



### Remember to Always Practice Good Hygiene!

- ✓ Keep fingernails short. Avoid nail polish or fake nails
- ✓ Keep your hair tied back and cover ALL of it with a hairnet – including bangs!
- ✓ Limit jewelry
- ✓ Cover your cuts
- ✓ Don't come in if you are sick
- ✓ Change gloves often
- ✓ Always be safe in a kitchen

### When?

- ✓ Before starting to work with food
- ✓ Before putting on gloves
- ✓ After using the restroom
- ✓ After touching your hair, face, or body
- ✓ After eating, drinking, smoking, or touching gum
- ✓ Every time you enter a food-prep area
- ✓ When switching between tasks
- ✓ After cleaning or taking out trash
- ✓ After touching anything that might contaminate your hands

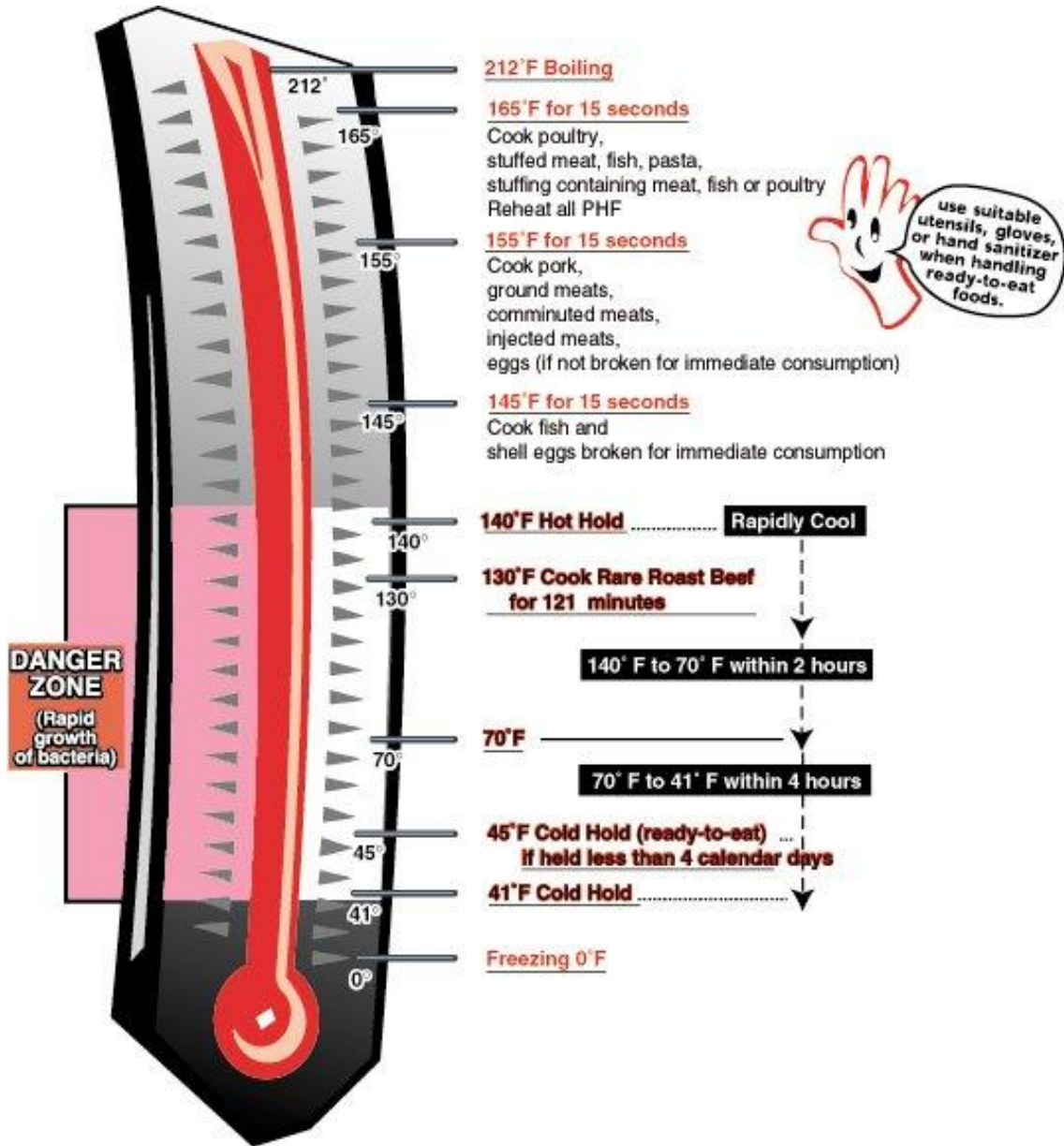
Older adults are at a high risk of getting a food-borne illness

## FIGHT BAC!



Keep Food Safe From Bacteria<sup>TM</sup>

IMPORTANT TEMPERATURES



Keep food OUT of the temperature danger zone!



## HOW & WHEN TO USE A THERMOMETER

### CALIBRATE:

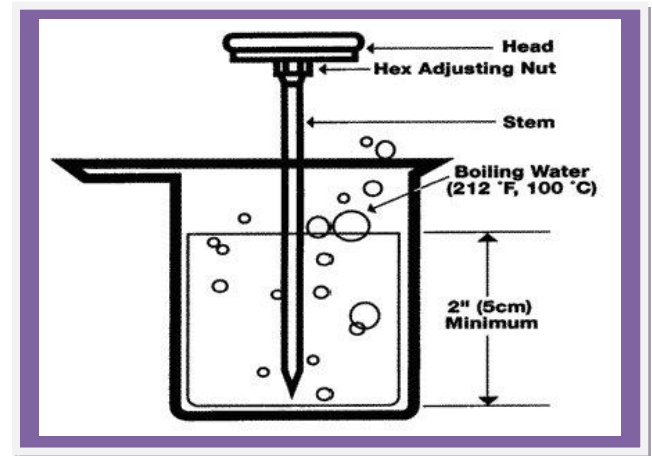
- ✓ Calibrate your thermometer by sticking it in a cup of 50/50 mixture of ice and water. After about 30 seconds, the thermometer should read 32°F or 0° C. If not, adjust the nut until it does.

### WHEN:

- ✓ Use your thermometer to check food temps when it is received, cooled or heated, and delivered.

### HOW:

- ✓ Insert the clean probe into the food up to the dimple
- ✓ Test various parts of the food
- ✓ Do not touch bones or sides of containers
- ✓ Test the centers of pots or casseroles
- ✓ Clean after use with proper sanitizing solution or hot soapy water



“Color and texture are not reliable indicators of safely cooked food.”



You can save lives and fight BAC!

