

FACT SHEET

INCA Community Services Head Start & Early Head Start

Category: Nutrition: Safety

Subject: Food Poisoning



Rational

Prevention is the key to protect food from contamination. Food Service staff will adhere to the following procedures to protect against food poisoning.

Guidelines

- Inspect all food and wash fruits and vegetables before preparation.
- Only handle food when unavoidable. Gloves, tongs and other utensils, plates, trays, should be used in preference to hands, (but must be washed or changed) frequently
- Keep food covered as much as possible.
- Prevent insects, animals and birds from entering rooms where food is kept.
- Use good personal hygiene practices always.
- Do not cough or sneeze over or around food.
- Do not handle the contact surfaces of crockery, cutlery or utensils.
- All food handlers should wear suitable protective clothing.
- Use correct cleaning procedures.
- Promptly remove waste from food areas.
- Inspect food that is: raw, materials in process, and the finished product.
- Protect food from contamination, prevent bacteria present in the food from multiplying, and destroy bacteria that are present in the food.
- Ensure that during preparation, food is kept out of the 'danger zone' for as long a period as possible.
- Do not allow dried foods to absorb moisture.

High Risk Foods for Contamination

- High risk foods for contamination include:
 - all cooked meat and poultry, cooked meat products including gravy, stock, and roll/sandwich fillings.
 - Milk, cream, artificial cream, custards and dairy products.
 - Cooked eggs and products made with eggs, e.g. mayonnaise.
 - Shellfish and other seafood.
 - Cooked rice.

Main Reason for Food Poisoning

- Inadequate cooling/refrigeration, food left at room temperature.
 - Too long between preparation and consumption.

- Inadequate reheating
- Inadequate cooking. Cross contamination from raw to high risk/ready to eat foods
- Infected food handlers.
- Inadequate hot holding temperatures
- Inadequate hand washing.
- Contaminated raw foods and ingredients.
- Improper cleaning of equipment and utensils.