



# ***Food Safety Checklist***

***(Post In your Farm to School Program Kitchen)***

## **Maintaining Proper Food Temperatures**

- Keep cold food at or below 4°C.
- Keep hot food at or above 60°C.
- Keep frozen food at or below -18°C for best quality
- Put thermometers in all refrigerators and freezers.
- Cook all meat, potentially hazardous food, and food to be reheated to a minimum internal temperature of 74°C.
- Do not store/leave/keep hot or cold food at room temperature for more than 2 hours.
- Don't overstock containers as they will be harder to keep cold.

## **Preventing Food Contamination**

- Store cooked and ready-to-eat food items on shelves above raw foods.
- Cover and refrigerate produce you have cut with lids or plastic wrap.
- Keep all refrigerated food in covered containers, which protect them from contamination
- Don't combine leftovers with new product when replenishing food items on the salad bar – especially mixed salads such as tuna, potato, etc.
- Replace an empty or almost empty container with a fresh container; do not put fresh product into a used container.
- Always ensure there are separate tongs, spoons, etc., for each item on the salad bar.
- Clean and sanitize surfaces (including cutting boards), utensils, and hands.
- Wash all fruits and vegetables just before using.
- Use proper utensils to reduce direct hand contact with prepared food.
- Store chemicals and cleaning supplies in a separate cupboard
- Keep all food items 15cm off the floor on shelves, racks or pallets.
- Use plastic or glass cutting boards only.
- Replace deeply grooved food contact surfaces.



## **Sanitizing Food Contact Surfaces**

- Use detergent and hot water followed by a sanitizing solution to clean all dishes, utensils and food prep surfaces.
- To sanitize food service bin, wash in hot soapy water, rinse and sanitize by spraying inside and outside surfaces (and lids if applicable) with sanitizing solution and then air-dry.
- Clean and sanitize cloths and sponges daily.

## **Maintaining Good Personal Hygiene**

- Provide hot and cold running water, liquid soap in a dispenser and a supply of paper towels.
- Use hand-wash basins only for hand-washing and not for food preparation or dishwashing.
- Wash hands thoroughly before and after handling food, sneezing or coughing, touching something contaminated such as your hair, and using the washroom.
- Food handlers are not to handle food if they are ill with vomit/diarrhea, coughing or sneezing.
- Food handlers must not handle food if they have open cuts on their hands or are wearing bandages unless gloves are used.
- Food handlers should ensure hair control at all times. Hairnets, chef's hats and baseball caps are acceptable control measures. Hair must be confined to prevent it from falling into food and stop food handlers from touching hair to move it out of their face. Hair has been known to cross-contaminate food.
- Food handlers must wear clean clothing and change aprons as often as necessary. Do not wear aprons outside of the establishment. Always change and hang aprons in the change room, never in the kitchen or food storage areas. These aprons should be cleaned daily.
- Food handlers should have trimmed nails and wear no jewellery when preparing food.
- Food handlers should be aware of their bad habits such as biting nails and touching their face, especially around the mouth, nose and eyes.



## **Washing Produce**

- Wash all fruits and vegetables in clean drinking water before eating even if you don't eat the rind or skin (such as melons and oranges).
- Peel and discard outer leaves or rinds.
- Wash produce just before you use it, not when you put it away