

# Proper Food Handling, Food Safety, and Sanitation Practices

(excerpted from the Michigan Food Law of 2000 as amended)

## Handwashing

When to Wash: Food employees must wash their hands and exposed portions of the arms after touching bare human body parts, using the toilet room, handling animals, coughing/sneezing, using a handkerchief, using tobacco, eating/drinking, handling soiled equipment/utensils, as often as necessary to prevent cross-contamination, when switching between raw and ready-to-eat food, and after engaging in other activities that contaminate the hands.

How to Wash: Food employees shall clean their hands and exposed portions of the arms in a properly equipped handwashing facility by vigorously rubbing together the surfaces of the lathered hands and arms and thoroughly rinsing with clean water. Employees shall pay particular attention to the areas underneath the fingernails and between the fingers.

## Hygiene

Food employees shall maintain a high degree of personal cleanliness and shall conform to good hygienic practices during all working periods. Food employees shall have clean outer garments and wear effective hair restraints. Smoking, eating, and drinking are not allowed by food employees in the food preparation and service areas. All non-working unauthorized persons must be restricted from the food preparation and service areas.

## No Bare Hand Contact with Ready-To-Eat Food

Food employees may not contact exposed ready-to-eat food with their bare hands. Suitable utensils, such as deli paper, spatulas, tongs, dispensing equipment, or gloves shall be used.

## Temperatures

Hot Holding: Potentially hazardous food must be maintained at 140° F or higher.

Cold Holding: Potentially hazardous food must be maintained at 41° F or below.

### Cooking:

- 165° F for 15 seconds – poultry; stuffing containing fish, meat, or poultry; stuffed fish, meat, pasta or poultry.
- 155° F for 15 seconds – comminuted fish, meat, pooled raw eggs.
- 145° F for 15 seconds – raw shell eggs that are broken and prepared in response to a consumers order and for immediate service, fish, meat and pork.
- See section 3-401.11 (B) of the 1999 Food Code for cooking whole beef roasts, corned beef roasts, pork roasts, and cured pork roasts, such as ham.

Thawing: Potentially hazardous food shall be thawed either under refrigeration that maintains the food temperature at 41° F or less; completely submerged

under running water having a temperature of 70° F or below; or as part of a cooking process.

Cooling: Cooked potentially hazardous food shall be cooled from 140° F to 70° F within two hours or less; and from 70° F to 41° F within four hours or less.

Reheating for Hot Holding: Potentially hazardous food that is cooked, cooled, and reheated for hot holding shall be reheated so that all parts of the food reach a temperature of at least 165° F for 15 seconds within two hours.

Date Marking: Ready-to-eat potentially hazardous food that is held refrigerated for more than 24 hours must be clearly marked at the time of preparation to indicate the date by which the food shall be consumed which is seven calendar days or less from the day the food is prepared.

### **Food and Utensil Storage & Handling**

Thermometers: A thermocouple or metal stem thermometer shall be provided to check internal temperatures of potentially hazardous hot and cold food items. Food temperature measuring devices shall be accurate to +/- 2° F, and should have a range of 0° F to 220° F.

Cross-Contamination: Food shall be protected from cross-contamination by separating raw animal foods from ready-to-eat foods during storage, preparation, holding, and display. Equipment and utensils (including knives, cutting boards, and food storage containers) must be thoroughly cleaned and sanitized after being used for raw animal foods and before being used for ready-to-eat food.

### **Cleaning**

Warewashing: Either a commercial dishwasher or a 3-compartment sink set-up must be utilized to wash, rinse, and sanitize equipment and utensils coming into contact with foods. The minimum requirements for a utensil washing set-up to wash/rinse/sanitize should consist of three basins that are large enough for immersion of the utensils, a potable hot water supply, and an adequate disposal method for the wastewater. In-use equipment and utensils must be cleaned and sanitized at least every four hours.

Wiping Cloths: Wet wiping cloths that are in use for wiping food spills from food contact and nonfood contact surfaces of equipment shall be stored in a clean chlorine sanitizing solution at a concentration of 100 mg/l. Dry wiping cloths may be used to wipe food spills from tableware and carryout containers. All wiping cloths shall be free of food debris and visible soil, and shall be used for no other purpose.

### **Personal Belongings**

Personal clothing and belongings must be stored at a designated place away from food, equipment, utensils, linens, and single service articles.