

Providing Safe Food

FOODBORNE ILLNESS is a disease carried or transmitted to people by food.

FOODBORNE ILLNESS **OUTBREAK** is when **two or more** people experience the same illness after eating the same food.

HIGHER RISK POPULATIONS INCLUDE: infants, preschool age children, pregnant women, the elderly, people taking medications, and people who are seriously ill.

Although any type of food can become contaminated, some are better able to support the rapid growth of microorganisms than others. These foods require **TEMPERATURE CONTROL FOR SAFETY (TCS)**. TCS foods must be kept out of the **Danger Zone (41 ° - 135 °)** prevent the growth of microorganisms and the production of toxins.

TCS FOODS include Milk, Eggs, Shellfish, Fish, Meats, Meat Alternatives, Untreated Garlic & Oil Mixtures, Baked Potatoes, Raw Sprouts, Cooked Rice, Cut Tomatoes, and Cut Melons.

THREE TYPES OF CONTAMINATION

- **BIOLOGICAL** – Bacteria, Virus, Parasites, Fungi, Natural Toxins
- **CHEMICAL** – Cleaners, Sanitizers, Toxic Metal from Non Food Service Grade Utensils and Cookware, Pesticides
- **PHYSICAL** – Foreign Objects

THE CENTER FOR DISEASE CONTROL (CDC) **TOP FIVE DOCUMENTED REASONS** FOR OUTBREAKS:

1. Purchasing food from unsafe sources
2. *Failing to cook food adequately*
3. Holding food at incorrect temperatures
4. Contaminated equipment
5. Poor personal hygiene

THREE WAYS FOOD BECOMES CONTAMINATED

- **Time-Temperature Control** TCS foods are left in the danger zone for > 4 hours
- **Cross Contamination** Contaminants cross to a food that is not going to be cooked any further
- **Poor Personal Hygiene** Food handlers cause the food borne illness

The Microworld

FOODBORNE INFECTIONS can result when a person eats food containing pathogens, which then grow in the intestines and cause illness. Typically symptoms do not appear for 1-3 days.

FOODBORNE INTOXICATIONS result when a person eats food containing toxins (poison) produced by pathogens found on the food or which are results of chemical contamination. Typically symptoms appear quickly, within a few hours.

BACTERIA are of the greatest concern. **Bacteria are found everywhere and under favorable conditions, they can reproduce very rapidly.** The acronym FATTOM stands for Food, Acidity, Temperature, Time, Oxygen and Moisture. Time & Temperature are the easiest thing for us to control.

VIRUSES are the smallest of the microbial contaminants. While a virus cannot reproduce in the food, once consumed it will cause illness. Viruses are spread from **PERSON TO PERSON, PERSON TO FOOD, AND PERSON TO FOOD CONTACT SURFACES**. **Practicing good personal hygiene and minimizing bare-hand contact with ready -to -eat food** can help defend against viral foodborne illnesses.

PARASITES are organisms that need a living host to survive. Proper cooking and freezing kills parasites.

Servsafe Study Guide 2011

Jessica J Manson



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