

## *Safe Food Handling Guidelines*

- Don't work with food if you have any type of illness, such as a cold sore, infected cuts, colds etc.
- Purchase all food products (pre-made or requiring further preparation) from a licensed retail establishment that has a valid health permit with the local Health Department.
- Thoroughly wash:
  - Your hands before handling food and after: touching the face or hair, going to the restroom/smoke break etc.
  - All raw fruits and vegetables before serving. Unwashed fruit and produce have been the source of many recent food-borne outbreaks. Thoroughly washing these products eliminates this potential risk.
  - Plus sanitize all utensils (knives, dishware etc.) and preparation surfaces (e.g. cutting board) before and after use.
- Store and transport all food in clean, appropriate containers and cover the container-e.g. with plastic wrap when on display. Do not store any food product in the original container the food product came in (or containers not originally designed) for food STORAGE.
- Handle all food items with a utensil (tongs, etc) when feasible, rather than your bare hands.
- While serving perishable items, either toss perishable leftovers after 4 hrs or keep perishables hot (above 135°F) or cold (under 45°F). Remember to include travel time to the event within the 4 hour rule.

For additional information on safe food handling guidelines, review the Centers for Disease Control Core Four Practices