

Food-Safety Checklist for Students Working in Food-Service Establishments

(Excerpted from FDA *Food Code*, 1999)

Check	Food-Safety Action	Additional Advice
	Protect food from sick people.	<ul style="list-style-type: none"> • Sick food workers can transmit diseases to food. People experiencing diarrhea, vomiting, jaundice, fever, and sore throat with fever, should be kept away from food preparation and any items that come in contact with food. • People with skin lesions, open wounds, boils, or infected wounds on their hands and arms must provide a proper barrier to cover those areas of the body. • Protect food from sneezes and coughs
	Wash hands and do not use your bare hands to touch ready-to-eat foods.	<ul style="list-style-type: none"> • Handwashing is critical in fighting disease transmission and must be done often and thoroughly, with special attention to fingertips and fingernails. • Nail polish and artificial fingernails do not belong on food workers' hands. • Organisms that cause foodborne illness can be anywhere. Think about everything you touch and if you need to wash your hands again before preparing food. • Use of deli tissue, spatulas, tongs, dispensing equipment, or single-use gloves can prevent bare hands from touching ready-to-eat foods. • Do NOT wear jewelry when you prepare food.
	Thaw food properly.	<ul style="list-style-type: none"> • Care must be taken to keep food within a certain temperature range in order to retard bacterial growth. The <i>Food Code</i> lists acceptable thawing parameters.
	Cook foods of animal origin thoroughly (eggs, poultry, meat, fish, shellfish, and dairy products).	<ul style="list-style-type: none"> • Different foods require specific cook times and temperatures to kill organisms that cause foodborne illness. Consult the <i>FDA Food Code</i> for more information.
	After cooking, keep food hot or quickly cool and refrigerate.	<ul style="list-style-type: none"> • Use the <i>Food Code</i> as a guide; for buffet service, provide hot holding equipment, such as hot plates or chafing dishes. For cold items, rest containers on a bed of ice, drain off water, and add more ice as ice melts.
	Clean and sanitize food-preparation utensils, serving implements, and dishes.	<ul style="list-style-type: none"> • Prepare food with clean equipment, dishes, and utensils. Store food in clean dishes and use clean utensils.
	Wash fruits and vegetables.	<ul style="list-style-type: none"> • Wash raw fruits and vegetables thoroughly, including watermelons and cantaloupes, to remove soil and other contaminants.
	Examine cans and packages of food.	<ul style="list-style-type: none"> • Do NOT accept swollen and dented cans or damaged packages.
	Protect food from cross-contamination hazards.	<ul style="list-style-type: none"> • Clean and sanitize cutting boards and work surfaces. Use clean wiping cloths.
	Protect foods from contamination (from cleaning products, pesticides, foreign objects, etc.)	<ul style="list-style-type: none"> • Careless use of chemicals can also make people sick. Chemicals need to be kept away from food.