

# Summer Meals

- When school is out many children go hungry
- Gives the children the nutrition they need
- Ready to learn when they return to school



School Nutrition **S.T.A.R.** Program



# Polling Question

- Does your district offer meals during the summer?



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# Essential Food Safety Practices

- Practicing good personal hygiene
- Checking and documenting food safety temperatures
- Proper cleaning and sanitizing



# Personal Hygiene

- Restricting or excluding ill staff
- Using effective handwashing procedures
- Eliminating bare hand contact with ready-to-eat foods



# Proper Attire

**Come to the site dressed in clean clothes.**

**Wear close-toed shoes.**

**Restrain your hair with a hat or hairnet.**

**Trim nails short, and do not wear nail polish.**

**Do not wear jewelry.**

**Follow any guidance from the local health authority regarding proper attire.**



# Employee Health

Vomiting

Diarrhea

Sore throat with fever

Jaundice (yellowing of the skin and eyes)

Open cuts, sores, or wounds

Foodborne illness diagnosed by doctor



# When to Wash Hands

There are certain times that staff should wash their hands.

## BEFORE

- Working with food
- Putting on or changing disposable gloves
- Handling clean dishes, equipment, and utensils

## AFTER

- Using the toilet
- Sneezing, coughing, or using a handkerchief or tissue
- Touching hair, face, or body
- Handling raw meats, poultry, or fish
- Eating, drinking, or chewing gum
- Cleaning up – sweeping, mopping, or wiping counters
- Touching dirty dishes, equipment, or utensils
- Handling trash
- Handling phones or cell phones
- Handling cash registers or money
- Any instance in which hands have become contaminated



# How to Wash Hands

- 1 Wet hands with water and soap.
- 2 Lather hands with soap up to elbows and scrub for 10-15 seconds.
- 3 Wash backs of hands, wrists, between fingers, and under fingernails.
- 4 Rinse hands under running water.
- 5 Dry hands with paper towel(s) or air dryer.
- 6 Turn off water with paper towel(s). If applicable, open the door with the paper towel, and then discard it into trashcan.



# Portable Handwashing Station



# Proper Use of Gloves

**Always wash hands before putting on gloves.**

**Wear gloves when handling ready-to-eat foods.**

*Ready-to-eat foods are foods that can be eaten without further rinsing or cooking, such as fresh fruits and vegetables, sandwiches, and cheese.*

**Never re-use or wash gloves.**

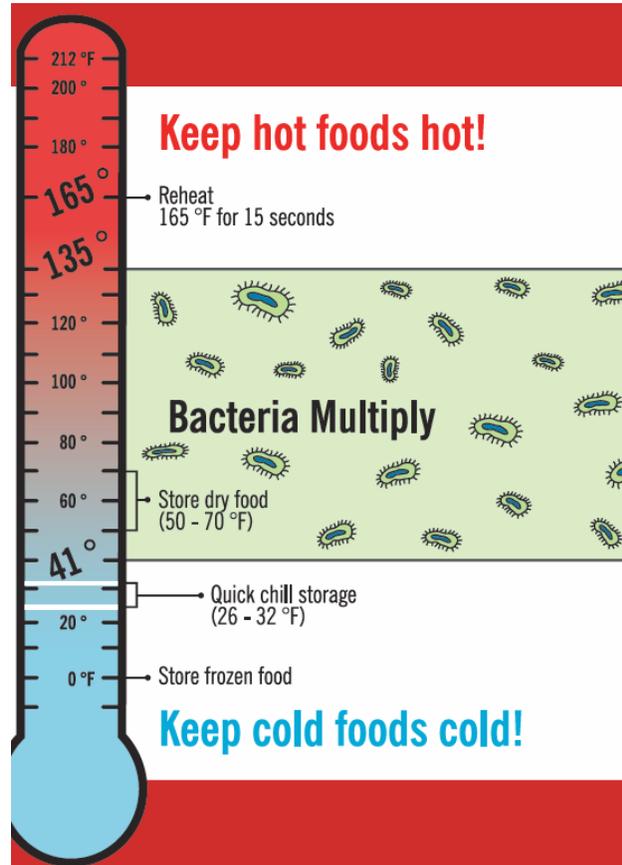
**Dispose of soiled gloves.**

**Change gloves after sneezing, coughing, or touching face, hair, or other parts of the body.**

**Change gloves if touching something other than food, such as a cell phone, door handle, trashcan, cash register, or money.**



# Temperature Danger Zone



# How to Take Temperatures

## Roasts

insert thermometer in the middle of the roast avoiding any bones.

## Poultry

insert thermometer at the thickest part avoiding any bones.

## Casseroles

check temperature in the center and at several other points.

## Thin meats, such as hamburger patties

insert thermometer into the side of food until 2-3 inches deep.

## Milk

open a carton and insert thermometer at least 2 inches into the milk.

## Packaged foods

place the thermometer between two packages without puncturing the packages.



# Receiving Temperatures

**Check temperatures of refrigerated foods.**

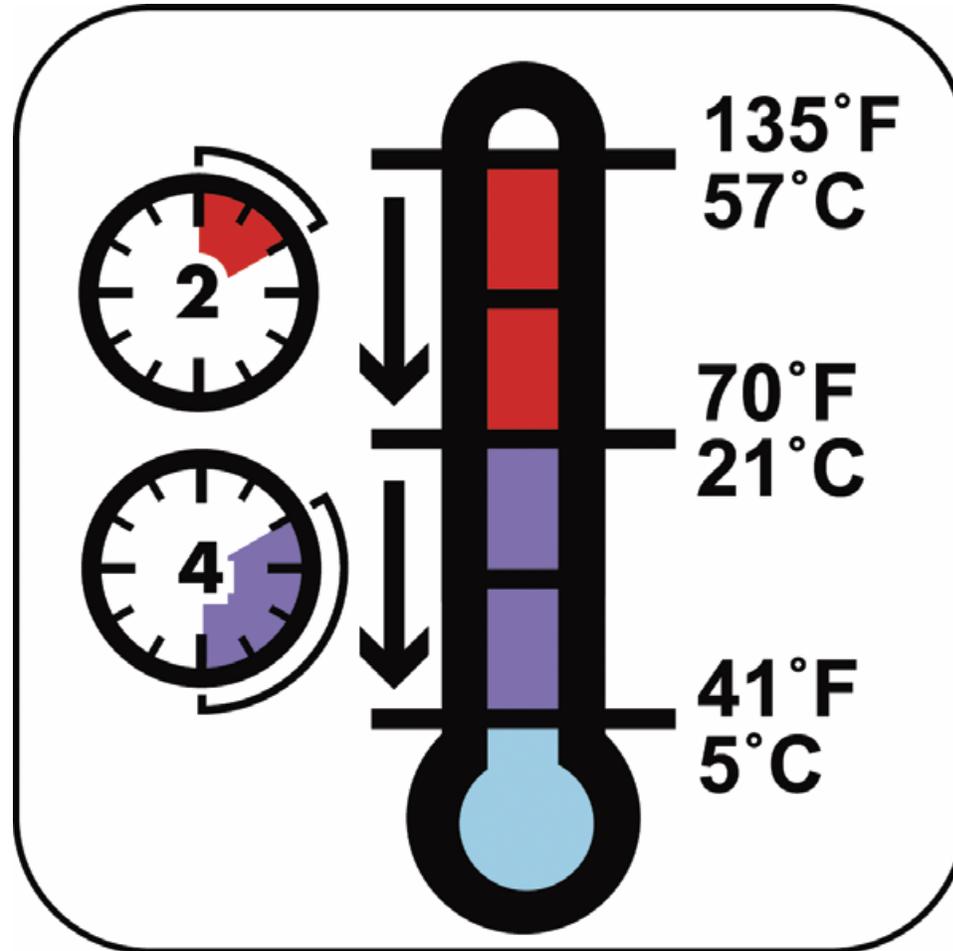
- Fresh meat and poultry should be 41 °F or below.
- Packaged products should be 41 °F or below.
- Milk and eggs should be 45 °F or below.  
Milk must be put in a 41 °F or lower cooler after receipt.

**Move foods to storage quickly, beginning with refrigerated foods, then frozen foods, then foods for dry storage.**

**Contact the site manager if food is not delivered at the proper temperature.**



# Cooling Temperatures



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# Reheating Temperatures



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# Holding/Transporting Food Temperature

Once a food is prepared, it must be held hot at 135 °F or above or cold at 41 °F or below until served. Maintain these temperatures when transporting food to another site. Use an appliance thermometer to be sure that refrigerators or portable coolers are at the correct temperatures.

Milk and items like sandwiches containing deli meat should arrive cold to the summer meals site.

Use a food thermometer to check the temperature of perishable food to ensure it is at the right temperature – hot food at 135 °F or above and cold food at 41 °F or below.

Contact the site manager if the food is not delivered at the proper temperature.



# Cleaning Tables, Work Surfaces, and Equipment

**1**

Wash surface with soap and water solution to clean.

**2**

Rinse surface with clean water to remove debris and soap.

**3**

Sanitize surface using a sanitizing solution mixed at the concentration specified on the manufacturer's label.  
Allow items to air dry.



# How to Use a Three-Compartment Sink



## Wash

110 °F (43 °C)  
or higher

## Rinse

## Sanitize

Hot water 171 °F (77 °C)  
or chemicals



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# Using a Dishmachine

Scrape food particles into trashcan before loading dishwasher.

Do not overload dish rack.

Dishmachine final rinse cycle temperature should be at 160 °F or above if using heat to sanitize utensils.

- Check the temperature gauge on the machine.
- Do a secondary check using a **heat sensitive tape**, **one-time temperature indicator** or **high temperature thermometer** (thermometer approved to use in a dishmachine).
- Doing these checks will ensure that appropriate temperatures for sanitizing are reached.

If dishmachine uses a chemical sanitizer, check the sanitizer concentration of the rinse water using appropriate test strips.

- Ask the dishmachine manufacturer what kind of sanitizing strips to use.

Always wash hands before handling clean and sanitized dishes, equipment, and utensils.  
**NEVER** load dirty dishes and then handle clean dishes without washing hands.

