Guidelines for Preventing Foodborne Illness in School





What are foodborne disease outbreaks?



A group of people consumes the same contaminated food, and two or more become ill.



What causes foodborne illnesses?

- Bacteria.
- Viruses.
- Parasites.
- Toxins/Chemicals.
- Contaminants.



Common foodborne diseases (all bacteria)

- Campylobacter.
- Salmonella.
- E. coli O157:H7.



What are the symptoms of foodborne illnesses?

- Diarrhea.
- Vomiting.
- Stomach Cramps.
- Headache.



How does food get contaminated?

- During slaughter.
- Irrigated with contaminated water.
- Unwashed hands.
- Cross-contamination.
- Insufficiently cooked.
- Stored at the incorrect temperature.



How are foodborne illnesses prevented?

- 1. COOK.
- 2. SEPARATE.
- 3. CHILL.
- 4. CLEAN.
- 5. REPORT.





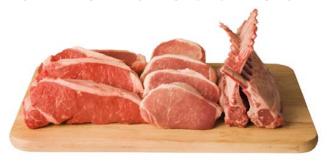
COOK

- Thoroughly cook meat (145–165°F), poultry (165°F), and eggs (145°F).
- Use a thermometer to measure internal temperature of meat.
- Cooked food should be reheated to 165°F.
- Hot foods should be kept hot at 135°F or above.
- Cook food immediately after defrosting.



SEPARATE

- Wash hands, utensils, and cutting boards after they have been in contact with raw meat or poultry and before they touch another food.
- Put cooked meat on a clean platter.
- Use different dishes and utensils for raw and cooked foods.







CHILL

- Refrigerate leftovers promptly.
- Set refrigerator temperature at 40°F.
- Set freezer temperature at 0°F.
- Separate large volumes of food so they will cool more quickly.
- Cold foods should be kept at a temperature of 41°F or below.
- Keep purchased food chilled until you get home from the store.



CLEAN

- Wash produce under running water.
- Remove and discard outer leaves from lettuce or cabbage.
- Wash hands before preparing food, between types of food, and after preparation.
- The single most important method of preventing infectious diseases is to wash your hands.
- Regularly clean and disinfect the refrigerator and freezer.
- Clean and disinfect countertops regularly.



REPORT

Report suspected foodborne illnesses to your local health department.





Ensuring Food Safety in Schools

- Hazard Analysis and Critical Control Point (HACCP).
- Child Nutrition and WIC
 Reauthorization Act of 2004 and Reauthorization Implementation.



Hazard Analysis and Critical Control Point (HAACP)

- A systematic approach to preventing food contamination.
- Based on seven principles.



HACCP Principles

1. Analyze potential hazards.



THE FOOD-SAFE SCHOOLS

2. Determine critical control points (CCPs).



3. Establish critical limits.



4. Establish monitoring procedures.



5. Establish corrective actions.



6. Establish verification procedures.

7. Establish record-keeping and documentation procedures.





Child Nutrition and WIC Reauthorization Act of 2004: Amendments



School Requirements

- 1. Have two food safety inspectors per year.
- 2. Post inspection reports.
- 3. Release reports to public.



State Agency Requirements

- 1. Annually monitor schools' compliance.
- 2. Submit reports.



Benefits of Amendment

- 1. Identify and correct problems quickly.
- 2. Enhance the quality of school meals.
- 3. Targeted technical assistance by state.
- 4. State knowledge of level of compliance.



Summary

These two processes can be used to reduce the risk of foodborne illness even if food is contaminated before it comes to school.