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Iowa  
Food  
Safety  
Project



# 2007 Food Safety Calendar



# Wash hands.

# Remove germs. Enough said.

Have an illness? Pass it on!

Touch a germ? Pass it on!

Handwashing breaks the chain.

## Don't pass it on!

# january

Sample titles include:

- Essential Safety and Sanitation Rules for Food Servers, handout (N 3273)
- Food Safety: It's your job too! poster (N 3429B)
- Handle Food Safety, handout (PM 1442)
- Safe Food—It's in Your Hands! handout (PM 1406)
- Temperature Rules! Cooking for Food Service, poster (N 3466)
- Tips for Food Service personnel, handout (PM 1419)
- Vote for Soap! handout (N 3465)

### **National Food Service Management Institute**

[www.nfsmi.org](http://www.nfsmi.org)

Provides resources for child care and school foodservice, including posters, written standard operating procedures, USDA standardized recipes with critical control points and critical limits, and training materials. Some resources could be used for other retail foodservice settings such as restaurants and healthcare.

### **National Restaurant Association**

[www.restaurant.org/foodsafety/fs\\_resources.cfm](http://www.restaurant.org/foodsafety/fs_resources.cfm)

Provides resources for managers and employees, including posters and training materials.

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# 2007 Food Safety Calendar

## Gateway to Government Food Safety Information

[www.foodsafety.gov](http://www.foodsafety.gov)

Provides a clearinghouse for government food safety information, including videos and educational materials in multiple languages.

## Iowa State University Extension

### Food Safety from Farm to Table

[www.extension.iastate.edu/foodsafety](http://www.extension.iastate.edu/foodsafety)

Provides general food safety resources, including food safety news, hot topics, and training events.

### Hazard Analysis Critical Control Point Information Center

[www.iowahaccp.iastate.edu](http://www.iowahaccp.iastate.edu)

Provides resources for retail foodservice, including written standard operating procedures, monitoring forms, and training materials.

### Online Store

[www.extension.iastate.edu/store/](http://www.extension.iastate.edu/store/)

Click on "Food, Nutrition and Health" topic on left, then "Food Safety" sub-topic. Provides fact sheets and educational materials for foodservice, food processors, and consumers.

## References

Food Standards Agency. (2002). Catering workers hygiene survey 2002. Retrieved November 21, 2006, from <http://www.food.gov.uk/safereating/safhygres/fhccateringsurvey>

Olds, D. A., & Sneed, J. (2005). Cooling rates of chili using refrigerator, blast chiller, and chill stick cooling methods. *Journal of Child Nutrition & Management*. Retrieved November 21, 2006 from <http://docs.schoolnutrition.org/newsroom/jcnm/05spring/olds/index.asp>.

Sneed, J., Strohbehn, C., Gilmore, S.A., & Mendonca, A. (2004). Microbiological evaluation of foodservice contact surfaces in Iowa assisted living facilities. *Journal of the American Dietetic Association*, 104, 1722-1724.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day 1	2	3	4	5	6
7	8	9	10	11	12	13
14	Martin Luther King Jr. Day 15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Did you know?

Norovirus is the leading cause of foodborne illness.

Viruses often are spread by food handlers.



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## Wash 'em after:

- using the restroom
- touching hair, face, or body
- sneezing and coughing
- smoking, eating, drinking, or chewing gum
- handling garbage or trash
- handling chemicals
- handling raw foods
- clearing tables
- loading dirty dishes
- touching handles of refrigerators/freezers

## Wash 'em after every task!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	Hanukkah	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	Christmas			
29	30	31	25	26	27	28

## Did you know?

Foodservice employees are responsible for protecting the food supply from intentional contamination.



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# keep the work environment safe

- Keep external doors locked to control who enters kitchen
- Limit access to kitchen
- Limit access to storage areas
- Keep chemicals in locked cabinets or storerooms

december

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3						
Super Bowl Sunday						
4	5	6	7	8	9	10
			Valentine's Day			
11	12	13	14	15	16	17
	Presidents' Day					
18	19	20	21	22	23	24
25	26	27	28			

Did you know?



Handwashing could prevent almost 2/3 of the 76 million cases of foodborne illness each year.



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got soap? got water?  
use 'em!

- **Wet** hands with warm water.
- **Apply** soap.
- **Scrub** hands (front, back, and between the fingers) and arms for 15 seconds.
- **Clean** under fingernails using a nail brush.
- **Rinse** well with running water.
- **Dry** with disposable towel or heated-air hand dryer.

march

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
4	5	6	7	8	9	10
Veterans Day						
11	12	13	14	15	16	17
				Thanksgiving		
18	19	20	21	22	23	24
25	26	27	28	29	30	

Did you know?

Salmonella grows from 10 bacteria per gram to 1,000,000 in 13 hours at room temperature.



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# Stop cross contamination!

**Boxes or packages on countertops?**

*Wash and sanitize countertop before using.*

**Rubbed your hands on your apron or touched your hair?**

*Wash your hands.*

**Taking out the trash? Going to the restroom?**

*Remove apron first.*

*Wash hands when returning to the kitchen.*

**In and out of refrigerator?**

*Clean and sanitize door handles.*

november

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17 St. Patrick's Day
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Did you know?

More than 1/3 of food handlers did not wash their hands after using the toilet.

*Food Standards Agency, 2002*



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# Do the Two Step!

Clean and sanitize food contact surfaces

## 1st Step:

### CLEAN and rinse

- Wash with warm, soapy water; rinse well
- Use designated cleaning bucket and clean cloths

## 2nd Step:

### SANITIZE

- Use designated sanitizing bucket and cloths
- Test sanitizing solution

Use 75 - 120°F water

Plus 50-100 ppm chlorine

OR 200 ppm quaternary ammonium

- Allow surface to air dry

april

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
			Halloween			
28	29	30	31			

## Did you know?

Food Code requires hot food to cool from 135°F to 70°F in 2 hours.

Research showed cooling times for chili in a walk-in refrigerator to be:

2 1/2 hours in 2" pan

4 hours in 4" pan

Monitor cooling processes.

*Olds & Sneed, 2005*



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# Chill SMART!

Are all refrigerator temperatures at 41°F or less?

Do you store ready-to-eat foods on a higher shelf than raw foods?

Are all cooled products wrapped securely before refrigerating?

Are all products dated?

Are hot foods cooled properly?

Are large amounts divided into smaller portions?

Are ice water baths or chill sticks used?

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Easter						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## Did you know?

70% of cutting boards tested in assisted living facilities had higher microbial counts than recommended.

*Sneed, Strohhahn, Gilmore & Mendoca, 2004*



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Don't forget to **Do the Two Step!**  
**Clean** and **Sanitize**

- Countertops
- Cutting boards
- Surfaces that hands touch:  
 refrigerator and freezer handles  
 door knobs
- Dishes
- Glasses
- Silverware

may

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

National Food Safety Month

National Food Safety Month						1
	Labor Day					
2	3	4	5	6	7	8
9	10	11	12	Rosh Hashanah First day of Ramadan	14	15
16	17	18	19	20	21	Yom Kippur 22
23						
30	24	25	26	27	28	29

Did you know?

Dishes are often recontaminated because workers load dirty dishes into the dish machine and then unload clean dishes without washing hands.



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# Get 'em clean, don't recontaminate

Sanitize all dishes by using:

- 180°F water
- or 75°F water + chlorine (50 ppm)
- or 75°F water + quaternary ammonium (200 ppm)

Test hot water or chemicals at each meal period to make sure they meet the standard

Allow dishes and utensils to air dry

Wash hands every time before handling clean dishes

# September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
Mother's Day						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	Memorial Day					
27	28	29	30	31		

## Did you know?

ONE bacterium can double every 20 minutes... and grow to 64 in two hours and 2,097,152 in seven hours.



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- Use color coded cutting boards:  
**green** for fruits and vegetables  
**yellow** for poultry  
**red** for meat
- Clean and sanitize cutting boards before each use.
- Discard old cutting boards that have deep cuts or grooves.



# *cross it* **OUT**

**Prevent cross contamination.**

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	Iowa State Fair opening day	9	10
11	12	13	14	15	16	17
Iowa State Fair closing day	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Did you know?

Damp hands spread 1,000 times as many germs as dry hands.



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# Hand in glove

Wash your hands before putting on gloves; don't contaminate them while putting them on.

Wear gloves when handling ready-to-eat foods, such as sandwiches and salads.

Discard gloves after one use — don't save or reuse.

Change your gloves between tasks.

august

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Father's Day						
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Did you know?

Cutting boards are NOT sanitized unless the dishwasher rinse water is at least 180°F.



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# Clean Produce

## and Keep it Cold



Wash fresh produce in sink designated only for food preparation (or clean and sanitize sink before washing produce).

Wash fresh produce under cool running water.

Prepare produce away from meats.

Keep produce at 41°F or below.

No need to rewash prewashed produce.

july

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	Independence Day 4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Did you know?

Produce can be contaminated by unclean hands, cutting boards, sinks, or other foods.



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