



**Environmental Health
Preventive Medicine Activity
Reynolds Army Community Hospital
Fort Sill, OK**



Foodservice Sanitation

The purpose of this handout is to provide training and information on the topic of foodservice sanitation to unit Family Readiness Group (FRG) leaders and members required to serve food products during FRG functions. Upon completion of reading this pamphlet and completion of the Food Service Sanitation course, unit FRGs are authorized to conduct foodservice operations on military installations.

Foodservice sanitation is the practice of hygienic practices to reduce or eliminate the potential of illness from improperly prepared food products. Most foodborne illnesses are not caused by bad food products, but by the wrongful practices of foodservice personnel. This training pamphlet will address food safety using seven major components of food safety. These components are: menu planning, procurement, storage, preparation, serving, personal hygiene, and clean up.

MENU PLANNING: When planning any event involving the serving of food, use the Keep It Simple (KIS) principle during menu planning. Plan a menu that requires as little preparation, cooking, and handling as possible. This first simple step is one of the most important in reducing potential illness. Your planning should allow for menu items that are wholesome, appealing, and easy to prepare and serve.

PROCUREMENT: All food items must be purchased from an approved source to reduce the chance of starting off with a bad product. The military commissary is the most preferred source of food. This is due to the fact that the commissary is staffed with Veterinary Food Inspection Specialists to ensure wholesomeness of all purchased products. Other major vendors are authorized for procurement; however the FRG leader must make all efforts to obtain only the most wholesome products available. This applies to all foods including bottled beverages and ice. The use of any home processed or canned foods is prohibited. All menu items will be prepared fresh for purchase. Food prepared at home must be identified as home-prepared food on a sign or label.

STORAGE: All purchased food items must be properly stored. Cold foods must be maintained at a temperature of 40°F or below. Frozen foods must be maintained at a temperature of 0°F or below. Maintaining these temperatures is vital in preventing the rapid growth of bacteria and other microorganisms commonly found in

SERVING: One of the most important goals in serving food is to do so as quickly as possible once it is cooked. You should avoid trying to hold foods for any amount of time because adequate equipment may not be available at your site. Make sure to bring along enough utensils or dishes for your task. Allow for dropped utensils because dishwashing may not be possible on the site. Bring extra tongs, ladles, spoons, knives and any other utensils that you need and keep them protected from contamination at your site.

Offer disposable, individually packaged utensils to your customers when possible. Prepare or package individual servings of baked goods ahead of time to limit handling of items at your site.

PERSONAL HYGIENE: The person actually handling food is the most important barrier between the food you serve and foodborne illness. All workers are considered to be food handlers and should abide by these simple rules of personal hygiene:

- Wash hands frequently and thoroughly.
- Foodservice gloves should not replace hand washing.
- Wear only clean clothes, use aprons to protect clothes from spills.
- Personnel who are sick should not be allowed to work with food.
- Restrain hair with hair nets or hats to prevent contamination.
- Remove all jewelry to prevent contamination.
- Use of all tobacco products is prohibited in foodservice area.
- Eating and drinking are prohibited in foodservice area.

CLEAN UP: Plan for any clean up needs ahead of time. Prevent garbage from accumulating. Keep it stored out of sight in closed containers until it can be properly disposed of in a dumpster. Keep your site well policed, especially if you plan on returning the next day. A clean-as-you-go policy will prevent small messes from becoming big ones and save you time and effort.

FRG leaders and/or personnel in charge of specific functions are required to receive training on foodservice training necessary for all persons-in-charge. This training and questions relating to foodservice sanitation or

food. Foods not requiring refrigeration should be stored in cool, dry areas until needed for preparation.

PREPARATION: The most important component in foodservice is the actual cooking of the menu items. It is during this step, while food is handled and processed, that food has the most potential for becoming contaminated. Some menu items will be prepared at home and transported to the function. Other foods are already cooked and heated on the site. Wherever food is cooked it is critical that proper temperatures be maintained. All cooked food should be prepared at a minimum temperature of 140°F. Cold food items should be maintained at 40°F or below. If you are looking for safe cooking temperatures for a specific product check out <http://www.foodsafety.gov/> .

training can be obtained through the Environmental Health Section of Preventive Medicine and may be coordinated by calling us on (580)442-3175. We are located in building 2775 on Fort Sill.