

FOOD SAFETY CHECKLIST

for Students Working in Foodservice Establishments

(Excerpted from FDA Food Code, 2013)

Check	Food Safety Action	Additional Advice
<input type="checkbox"/>	Protect food from sick people.	<ul style="list-style-type: none"> Sick food workers can transmit diseases to food. People experiencing diarrhea, vomiting, jaundice, or 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 be provided with a proper barrier to cover those areas of the body. Protect food from sneezes and coughs.
<input type="checkbox"/>	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: a) after touching bare human body parts (other than clean hands and clean, exposed portions of arms); b) after using the toilet room; c) after caring for or handling service animals or aquatic animals; d) after coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating, or drinking; e) except as specified in Food Code, section 2-401.11(B); and f) thoroughly, with special attention to fingertips and fingernails. Do not wear fingernail polish or artificial fingernails when working with exposed food unless wearing intact gloves in good repair. Organisms that cause foodborne illness can be anywhere. Think about everything you touch and if you should 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. Except for a plain ring such as a wedding band, DO NOT wear jewelry when you prepare food.
<input type="checkbox"/>	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 Food Code, section 3-501.13, lists acceptable thawing parameters.
<input type="checkbox"/>	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 be effective in eliminating pathogens that cause foodborne illness. Consult the FDA Food Code for more information.
<input type="checkbox"/>	After cooking, keep food hot or quickly cool and refrigerate.	<ul style="list-style-type: none"> Use the Food Code 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.
<input type="checkbox"/>	Clean and sanitize food-preparation utensils, serving implements, dishes, equipment, and surfaces.	<ul style="list-style-type: none"> Prepare food with clean and sanitized equipment, dishes, and utensils. Store food in clean dishes and use clean utensils.
<input type="checkbox"/>	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 before being cut, combined with other ingredients, cooked, served, or offered for human consumption in ready-to-eat form.
<input type="checkbox"/>	Examine cans and packages of food.	<ul style="list-style-type: none"> Do NOT accept swollen and dented cans or damaged packages.
<input type="checkbox"/>	Protect food from cross-contamination hazards.	<ul style="list-style-type: none"> Clean and sanitize cutting boards and work surfaces according to the Food Code, section 4-602.11. Use clean wiping cloths according to the Food Code, section 3-304.14.
<input type="checkbox"/>	Protect foods from poisonous or toxic materials 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 in an area that is not above food, equipment, utensils, linens, and single-service or single-use articles (see Food Code section 7-301.11).