



Food Safety at Temporary Events

Distributed by:
United Way of Monroe County

Visit www.monroeunitedway.org/cookoff for the registration form and other information.

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Hand Washing

Since all of our chefs are not professional food workers, it is important that we include the proper hand washing technique.

- Use soap and water
- Scrub hands vigorously together
- Wash all surfaces of hands, including:
 - Backs of hands
 - Wrists
 - Between Fingers
 - Under fingernails
- Rinse your hands well
- Dry hands with paper towel
- Turn of the water using paper towel instead of bare hands.

When to Wash Hands

- Before placing gloves on hands.
- After touching human body parts
- After using the restroom, coughing, sneezing, blowing your nose, eating, using tobacco, or drinking
- Before and during food preparation, when switching between raw food and ready-to-eat foods or as often as necessary to remove contamination and to prevent cross-contamination
- After engaging in other activities that contaminate the hands (taking out the garbage, wiping counters, picking up dropped items, etc.)
- After caring for or handling animals.

General Conversions

Liquid

Unit:	Equals:	Also equals:
1 tsp.	1/6 fl. oz.	1/3 Tbsp.
1 Tbsp.	1/2 fl. oz.	3 tsp.
1/8 cup	1 fl. oz.	2 Tbsp.
1/4 cup	2 fl. oz.	4 Tbsp.
1/3 cup	2³/₄ fl. oz.	1/4 cup plus 4 tsp.
1/2 cup	4 fl. oz.	8 Tbsp.
1 cup	8 fl. oz.	1/2 pint
1 pint	16 fl. oz.	2 cups
1 quart	32 fl. oz.	2 pints
1 liter	34 fl. oz.	1 quart plus 1/4 cup
1 gallon	128 fl. oz.	4 quarts

General Conversions

Dry

Unit:	Equals:
Pinch or Dash	1/16 teaspoon
1/2 tablespoon	1 1/2 teaspoons
1 tablespoon	3 teaspoons
1/4 cup	4 tablespoons
1/3 cup	5 Tbs. plus 1 teaspoon
1/2 cup	8 tablespoons
3/4 cup	12 tablespoons
1 cup	16 tablespoons
1 pound	2 cups
1 quart	4 cups

Proper Food Temperatures

Using a calibrated food thermometer check all meats to make sure they are kept at the approved temperatures.

- Ground Beef must be cooked to 155°F.
- Poultry must be cooked to 165°F.
- Pork and other meats must be cooked to 145°F.

Foods that require refrigeration must be cooled to 41°F or below as quickly as possible and held at that temperature until ready to serve. Hot foods must stay at 135°F or above.

We will have refrigeration available for use on a first come first serve basis.

Proper Glove Use

- Single-use gloves shall be:
 - Used only for one task, such as working with ready-to-eat food or with raw animal food
 - Used for NO other purpose
 - Discarded when damaged, soiled, or interruptions occur in the operation.
- You should wear gloves when handling exposed ready-to-eat foods (nachos, hot dog buns, cooked hot dogs, cooked popcorn)
- If you wish to not wear gloves, then use a clean utensil or clean sheet of deli paper or equivalent.
- You do not need to wear gloves when touching packaged food items
- Change gloves between every task
- Wash your hands before putting on a new pair of gloves

Foodborne Illness

Potential Hazards to Food Safety:

- Biological – Viruses caused by bacteria, (botulism, salmonellosis, Staph) parasites, (these can contaminate both food and water supply – especially water to irrigate produce); fungi, (mold and yeast); and bacteria or pathogens
- Chemical – Cleaners, polishes, (always keep chemicals away from prep of food or immediate area) machine lubricants, and toxic metal that leach from cookware into food (lead pitchers, pewter, copper, zinc)
- Physical – Foreign objects like hair, dirt, bandages, metal staples or broken glass

Food Becomes Unsafe When:

- Purchasing from unsafe sources
- Failing to cook food adequately (refer to proper food temperatures page)
- Holding food at incorrect temperatures
- Using contaminated equipment
- Practicing poor personal hygiene

Foodborne Illness (cont.)

Foods most likely to become UNSAFE:

- Milk and dairy products
- Meat: beef, pork, and lamb
- Fish
- Baked potatoes
- Tofu or other soy protein
- Sliced melons or tomatoes
- Eggs
- Poultry
- Shellfish and crustaceans
- Heat treated plant food – cooked rice, beans, veggies
- Sprouts and sprout seeds
- Untreated garlic and oil mixtures

Cross-Contamination:

- Use separate equipment for different foods** - Meat separate from vegetables.
- Cleaning and Sanitizing** - Make sure all work surfaces, equipment, and utensils are clean and sanitized before use.
- Buying food** - Buy foods from reputable suppliers.

More Foodborne Illness Prevention

Clothing while cooking:

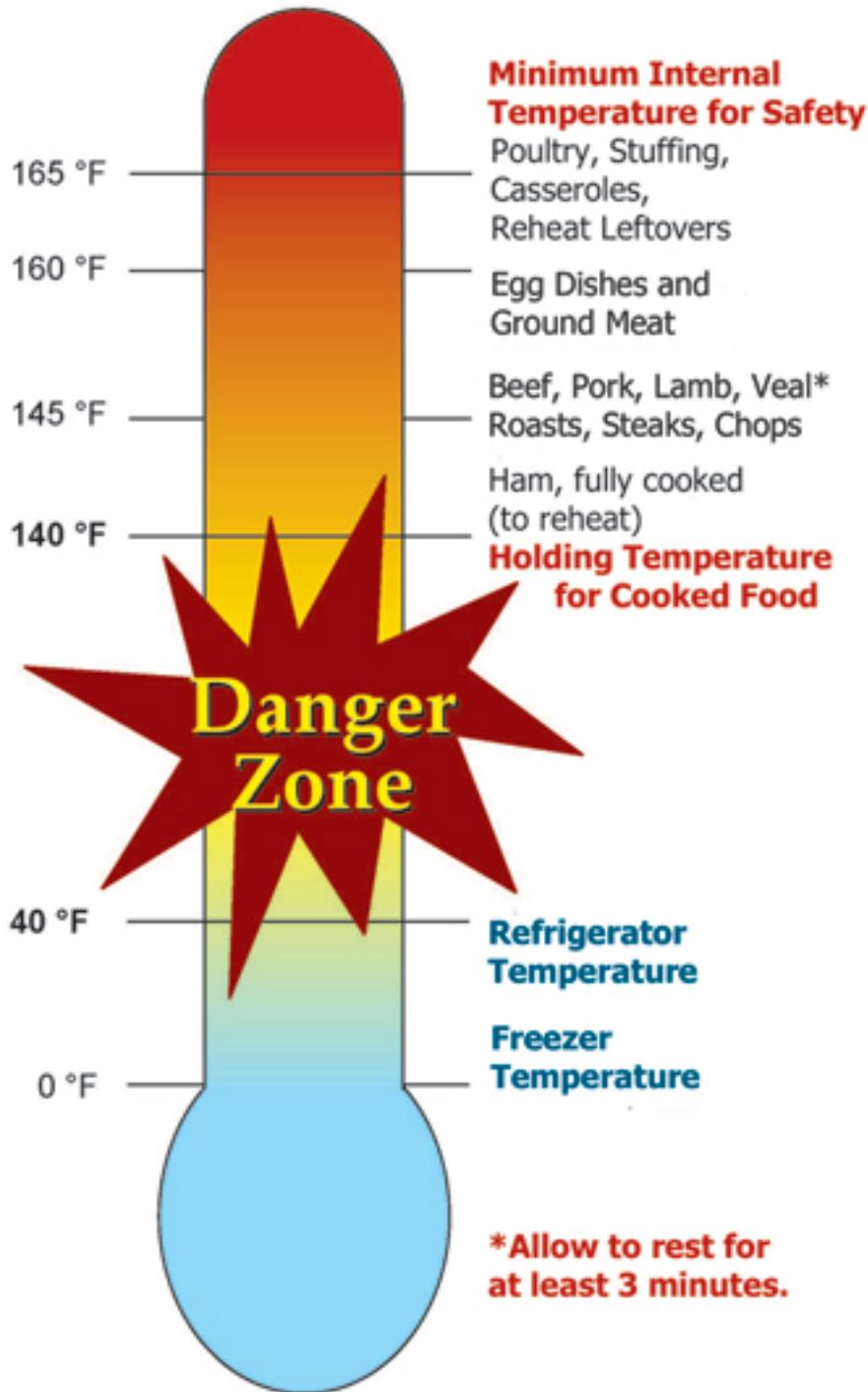
- Use of hair restraints
- Clean clothing
- Use of aprons
- No jewelry

Other:

- Do not eat, drink, smoke, chew gum or tobacco when prepping or serving food
- Use only clean and sanitized cooking utensils and equipment
- Restrict yourself from cooking you have a sore throat with fever
- EXCLUDE** yourself from cooking if:
 - You have sore throat with fever if you are serving a high risk population
 - You have at least one of the symptoms:
 - Vomiting
 - Diarrhea
 - Jaundice

Bacteria Control Chart

Harmful bacteria can grow rapidly in the “Danger Zone”.



Allergen Information

If your dish contains any of the following please make sure it is noted and the information sheet is placed on your station.

- Wheat/Gluten
- Alcohol
- Dairy
- Eggs
- Peanuts
- Soy
- Nuts, Berries, and Seeds
- Shellfish/Fish
- Chocolate

Questions:

For questions please contact United Way of Monroe County at 812-334-8370 x 13.

This booklet was produced in cooperation with IU Health Bloomington Foundation, IU Health Bloomington Food Services, IU Health Bloomington Printing Services.

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All proceeds from the Chilly Cook-Off benefit United Way of Monroe County.