

# Basics for Handling Food Safely

Safe steps in food handling and storage are essential to prevent food-borne illnesses. You can't see, smell, or taste harmful bacteria that may cause illness. The Environmental Health & Safety department will conduct random inspection of temporary food service events.

- All food and drinks must be obtained from, packaged and/or prepared by an approved food service vendor (food store, bakery, restaurant, licensed food contractor such as Aramark and/or is a UWF Approved Caterer or food distributor which has been approved by Florida Department of Health).
- Disposable utensils, serving tools, napkins and plates must be used.
- Food should be handled with sterile tongs.
- If using an outdoor grill, the grill must have a cover or lid.
- Food surfaces must be decontaminated frequently and be protected from handling, dust, sneezes, coughs, insect and other contaminants.
- All food contact surfaces, including but not limited to, holding pans, dishes, spoons, scoops, spatulas and coolers; must be kept clean, sanitized and protected from contamination.
- Food must be thawed either by running water, in a refrigerator overnight, or by a microwave.
- Temporary food service must be conducted in areas that are equipped with suitable hand washing facilities. An adequate supply of water, disinfectant, soap and disposable towels for cleaning and hand washing must be provided in the work areas.
- Wastewater must be disposed of in a sanitary manner, do not dump on the ground or into a stormwater drain.
- Ice used for consumption must be obtained from an approved source (ice plant or food store; not from a residential home) and kept in its original container until immediate use. Ice should be dispersed using dedicated utensils that are disposable or have been sanitized prior to use.
- Proper disposal must be provided for water created from melting ice to prevent a sanitary nuisance.
- Food should be maintained at appropriate temperatures. Hot food should be served immediately after delivery and cold foods served immediately after delivery or kept cold until served.
- Perishable foods should not be left out more than one hour. After one hour, the food should be refrigerated immediately or discarded into the garbage.
- All food handlers must wash their hands and wear disposable gloves, preferably non-latex.
- Baked Goods (cookies, brownies, muffins, etc.) may be prepared in a residential kitchen. All baked goods must be individually wrapped in plastic wrap, foil or individual plastic bags prior to bringing them to campus, and labeled in accordance with Florida Labeling Requirements as found on the "Cottage Food" handout (name and address of baker, list of ingredients, weight, "MADE IN A COTTAGE FOOD OPERATION THAT IS NOT SUBJECT TO FLORIDA'S FOOD SAFETY REGULATIONS").
- Baked goods containing potentially hazardous food items such as cream fillings, meats, and/or cheeses are prohibited.

**REMEMBER THE "DANGER ZONE"** - Bacteria multiply rapidly between 40 °F and 140 °F. To keep food out of this "Danger Zone," keep cold food cold and hot food hot. Ground meat and meat mixtures should be cooked to an internal temperature of 160 ° F.

