Hidden Hazards!

A beginners guide to HACCP – Hazard Analysis Critical Control Points

LESSON Content

- Definition of HACCP
- Critical control points in the food service process
- Case study to identify hazards at each critical control point

LEARNING Objectives

- Participants will recognize the critical control points in the food service process
- Participants will be able to implement control procedures in the kitchen and food service that will reduce the risk of foodborne illness

Lesson TIME: 10-15 minutes
Preparation TIME: 30 minutes to read through the lesson and make copies of handouts

MATERIALS Needed

- Handout – "Follow the Food Flow"
- Handout - optional exercise "Central Kitchen Chicken"

SCRIPT

The script on the following pages is provided for your use. Notes to you are in ***bold italics*** – they are not part of the script. Handouts can be made into transparencies or copied and distributed along with your talk.

One of the most common illnesses suffered by all of us is foodborne illnesses. At one time or another during a year, almost everyone will have a bout of diarrhea or upset stomach that is related to something they ate.

As we have already learned, foods are an excellent growth medium for all sorts of bacteria, molds and fungus. And there are many many points at which these illnesses can be introduced during the food handling process.

HACCP (***pronounced hasss sip)*** is a system of monitoring the food service process to reduce the risk of foodborne illness. HACCP stands for Hazard Analysis of Critical Control Points. It involves looking at food handling practices as food flows through the food service operation, all the way from purchasing through serving.

A "critical point" is any step, place or procedure in a food's production at which food safety hazards can be controlled or prevented. Failure to take appropriate action at these critical control points could result in foodborne illness.

To fully understand these critical control points and potential hazards, let's follow the flow of food through the food service operation – from the moment it arrives at our receiving point to the moment it is served to our customers.

(Hand out the "Follow the Food Flow"chart. Read through the chart line by line with participants. Ask for their feedback, questions and comments as you go through each category. Be sure to summarize after the group has contributed their ideas and comments, then move on to the next area of the flow chart.)

Follow The Food Flow

Quick *tips for Hazard Analysis Critical Control Points*

Purchasing

- Purchase from reputable suppliers who deliver in a clean, sanitary manner.

Receiving

- Check for freshness.
- Check the "use by" date and the expiration dates of milk, eggs and other perishable goods.
- Check delivery product temperatures.
- Make sure containers are clean and unbroken.
- Frozen foods should be in airtight, moisture-proof wrappings with no freezer burn, spoilage, dirty flats or crates.
- Reject thawed and refrozen foods.

Storing

Use FIFO (First In, First Out) rotation method.

Dry Storage – for holding less perishable items

- Keep storage room clean, well ventilated, and between 50 degrees F and 70 degrees F.
- Clean spills immediately.
- Store all items at least 6 inches off the floor.
- After opening, store items in tightly covered, labeled containers.
- Never store trash, garbage cans, cleaning supplies or other chemicals where they might contaminate foods.

Refrigeration – short term storage for perishable items

- Monitor and record temperature of each refrigeration unit regularly to maintain a temperature no higher than 40 degrees F.
- Arrange food so cold air can circulate around the food.
- Do not line shelves with foil or paper. Store raw or uncooked food away from and below prepared or ready-to-eat food.
- Date and seal refrigerated foods in clean, nonabsorbent containers.
- Store dairy products separately from foods with strong odors like onions, cabbage or seafood.

Freezer – long term storage of perishable items

- Monitor and record temperatures for each freezer.
- Make sure cold air can circulate around food.
- Store frozen foods in moisture-proof material or containers.

Preparing

Thawing and Marinating

- Defrost in the refrigerator, *never* on the counter.
- Thaw foods in the refrigerator in pans placed on the lowest shelf so that juices don't drip.
- Keep foods out of the Danger Zone (40 –140 degrees F).
- Use batch cooking. (Preparing food in small amounts).
- Marinate in the refrigerator.
- Marinade should **never** be saved and reused.

Cold Foods

- Prepare foods no further in advance than necessary.
- Prepare foods in small batches and place in cold storage immediately.
- Hold prepared cold foods at or below 40 degrees F.
- Combine cold foods with cold foods (for example, refrigerate tuna and mayonnaise)
- Wash fruits and vegetables with plain water.
- Use a brush to scrub thick-skinned produce, if desired.

Cross-contamination

- Do not add fresh food to old.
- Keep raw products separate from ready-to-serve foods.
- Sanitize cutting boards, knives and other food-contact surfaces after each contact with a potentially hazardous food.
- Discard any leftover marinade, batter or breading after it has been used for potentially hazardous foods.

Cooking

- Heat items as close to serving time as possible to limit holding periods.
- Never interrupt the cooking process.
- Stir foods regularly.
- Allow cooking equipment to heat up between batches.
- Do not use warmers or steam tables as cooking devices.
- Always use sanitized thermometers to ensure foods reach the proper internal temperature.
- Always record, write down, temperatures when they are taken.

Serving and Holding

- Always check temperatures with a food thermometer every 30 minutes.
- Wash and sanitize the thermometer between each use.
- Hot foods in steam tables or warmers must be kept at 140 degrees F or higher.
- Keep cold food at or below 40 degrees F.
- Never add fresh food to a serving pan containing foods that have already been out on the serving line.
- Discard any food held at room temperature for more than 2 hours during serving or other holding periods.

Cooling

- Never leave food at room temperature to cool.
- Divide food into smaller batches.
- Use shallow pre-chilled pans, an ice water bath.
- Tightly cover and label food with date, type of food and time food was prepared.
- Leftover products must reach a temperature of 40 degrees F within 4 hours.
- Use leftovers within 72 hours or freeze.

Reheating

- Quickly reheat food products to an internal temperature of 165 degrees F.
- Never reheat food in hot holding equipment.
- Never mix leftover food with a fresh batch of food.
- Reheat food only once.

HACCP

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Follow the Food Flow

Purchasing

Receiving

Storing

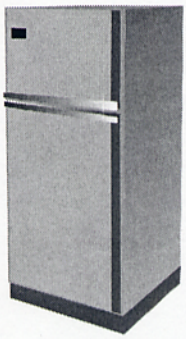
Preparing (Thawing, Marinating, Cold foods, Cross-contamination)

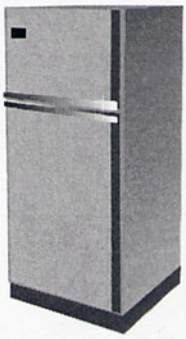
Cooking

Serving and Holding

Cooling

Reheating





OPTIONAL EXERCISE

You and your staff might enjoy doing this exercise together.

Central Kitchen Chicken

It's Wednesday...
Marge works for the central kitchen in a large school district. Today, she is preparing chicken salad to be delivered to the other schools for tomorrow's lunch.

Marge puts the frozen chicken in a pot of boiling water and stews it until done. Although she had a bad cough-and coughed continuously-there was no one else available to help her, so she deboned the chicken herself when it was cool enough to handle.
Where did Marge go wrong?

A little later that day...
After deboning, Marge cools the chicken further at room temperature. She chops it into pieces and puts the pieces into 12-inch deep pans. To cool the chicken overnight, she puts the pans in the walk-in refrigerator. She's careful to check the thermometer of the refrigerator, and sees that it registers 45°F.
Where did Marge go wrong?

The next morning...
Marge adds the remaining ingredients to the salad. The salad is packed in thermal containers and delivered to the schools between 9:00 and 10:30 a.m. The containers go to the warm classrooms, where they are held until lunchtime (around noon).
Was the salad completed and delivered safely?

Source: Serving It Safe, page 168