
Akron-Canton Regional Foodbank Food Handler Training

For volunteer drivers, ADP participants, home delivery
and grocery programs

AKRON-CANTON REGIONAL FOODBANK
Trainings for an Essential Foundation



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AUDIENCES FOR THIS TRAINING

01

Network partners operating grocery programs

02

Network partners that utilize the Agency Direct Pickup (ADP) program or that provide home delivery

03

Foodbank volunteer drivers for the Community Harvest and Starbucks programs

LEARNING OBJECTIVES

01

The importance of food safety

02

Practice good personal hygiene

03

How to receive and store food safely

04

How to repack and transport food safely

05

Clean and sanitize your facility



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**BASICS
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Introduction to Food Safety

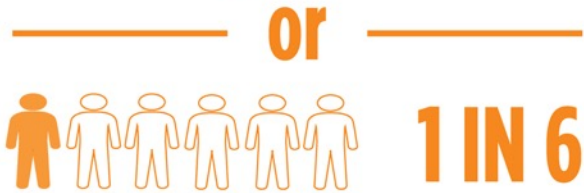


Food Safety is Important

Foodborne Illness

- Spoilage of contaminated food
- Pathogenic bacteria
- Viruses
- Parasites
- Improper handling, preparation, food storage

Foodborne Illness



128,000 are hospitalized
3,000 die of foodborne illness



It costs the US economy
\$152 billion each year



Most food borne illnesses can be
preventable by food handlers



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How Food Becomes Unsafe

Three Environmental Hazards

- Biological
- Chemical
- Physical



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Biological Hazards

- Bacteria, viruses, parasites, fungi
- Cannot be seen, tasted, smelled
- *Salmonella, E. coli, Listeria, Shigella*
- Not all are dangerous
- Cause illness = pathogens

Chemical Hazards

- Cleaners
- Sanitizers
- Pesticides



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Physical Hazards

- Naturally occurring
 - Bones
 - Fruit pits or seeds
- Man-made
 - Glass
 - Jewelry
 - Bandages



Making Food Unsafe

- Poor personal hygiene
- Time-temperature abuse
- Cross-contamination
- Poor cleaning and sanitizing



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Poor Personal Hygiene

- Transferring pathogens from your body to food
- Number one cause of foodborne illness



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Time-Temperature Abuse

- Letting food stay out too long at temperatures that are good for pathogen growth



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Cross-Contamination

- Transferring pathogens
 - Surface → Surface
 - Food → Food



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Poor Cleaning & Sanitizing

- Transferring pathogens from incorrectly cleaned surfaces to food



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Keep Food Safe

- Practice good personal hygiene
- Control the time and temperature of food
- Prevent cross-contamination
- Clean and sanitize surfaces



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Understanding Food Allergies

- Milk and dairy
- Eggs
- Soy
- Fish
- Crustacean shellfish
- Peanuts
- Tree nuts
- Wheat
- Sesame



Cross-Contact = food item containing an allergen comes in contact with another food item and their proteins mix



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Product Labels

- All processed foods must have a label
 - Identify food
 - Ingredient list
- Prepared foods
 - ADP, Community Harvest, Starbucks
 - Approved label with product description
- No label = disposal

Prevent Cross-Contact

- Clean and sanitize surfaces
- Inspect packaging – leaks or spills
- Store allergens separately
 - Dedicated pallets or bins
- Do not store allergens over other products



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Cleaning an Allergen Spill

- Isolate spilled food containing allergens
- Inspect surrounding product
- Dispose of any contaminated product
- Clean and sanitize area



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Practicing Good Personal Hygiene

Washing Your Hands

Most important
part of personal
hygiene

Hands can transfer
pathogens to food

Must wash hands
correctly



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Washing Your Hands

Correct handwashing only takes you
about **30 seconds** to complete.

Let's look at the
Proper Hand Washing Procedure.



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Washing Your Hands

- Wet hands with hot running water
- Apply Soap
- Vigorously scrub hands and arms for at least seconds
- Rinse thoroughly under running water
- Dry hands with a single-use paper towel or warm air dryer



Washing Your Hands

After washing your hands

- Use paper towel to turn off faucet
- Use paper towel to open restroom door

Hand Sanitizer

- **Never** use in place of hand washing
- Use **after** hand washing



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Washing Your Hands

- Before work
- After using restroom
- After touching hair, face, body
- Handling raw meat, poultry or seafood
- After touching clothing or aprons
- After taking out garbage



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Washing Your Hands

- Sneezing, coughing or using a tissue
- Handling chemicals
- Eating, drinking, chewing gum
- Smoking
- Touching dirty equipment, work surfaces or cloths
- Before putting on gloves
- After leaving and returning to work area



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Handwashing Sink

- Hot and cold water (at least 85°F)
- Liquid soap
- Single-use paper towels or a hand dryer
- Garbage can
- Never use this sink for dumping dirty water, prepping food, washing dishes or stacking dirty utensils



Gloves

- Prevent spread of pathogens
- Must be used when handling ready-to-eat foods
- Wash hands first
- Single use only
- Must fit properly



Change Gloves

- Dirty or torn
- Handling raw meat, seafood or poultry
- Handling ready-to-eat food
- Beginning a new task
- Handling allergens
- Interruptions, such as taking a phone call



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Other Hand Care Guidelines

Hands and nails

- Short and clean
- Use single-use gloves
- Wounds on hand or wrist = bandage + single-use glove
- Wounds on arm or other body parts = completely covered



Hygiene Matters

- Bathe daily
- Wear clean clothes
- Dirty clothes = contaminated food and sick people



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Hair Coverings

- Hairnet or clean hat
- Beard net
- Repackaging food & cleaning



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What to Wear

Clothes

- Clean clothes
- Disposable aprons and gloves should be thrown away
- Reusable aprons and gloves should be cleaned
- Personal belongings should be in a locker

Jewelry

- Can contain bacteria or fall into food
- Remove bracelets, watches, earrings, necklaces, rings



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Other Important Practices

No eating, drinking, smoking, chewing gum, using tobacco products in food-handling and storage areas

- Saliva contains pathogens
- Contaminate equipment & hands
- Do these activities in designated areas





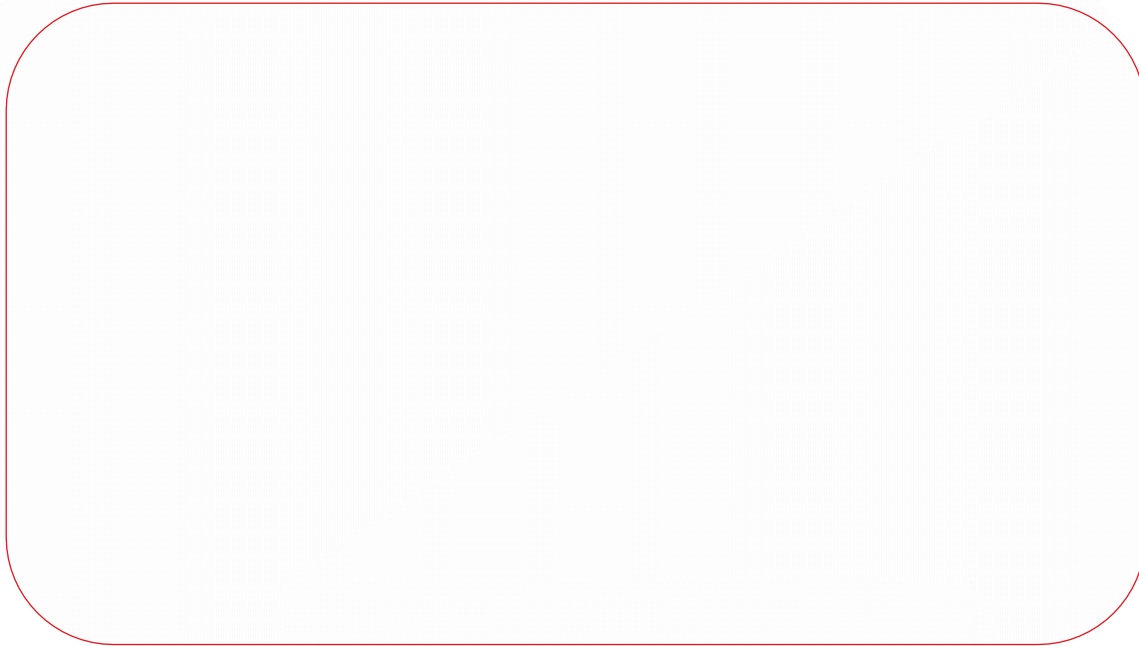
Other Important Practices

Prevent spreading pathogens to your coworkers and guests by staying home when you're sick!

Tell your manager or supervisor if you have:

- Vomiting
- Diarrhea
- Jaundice
- Sore throat with fever

Video Review – Personal Hygiene



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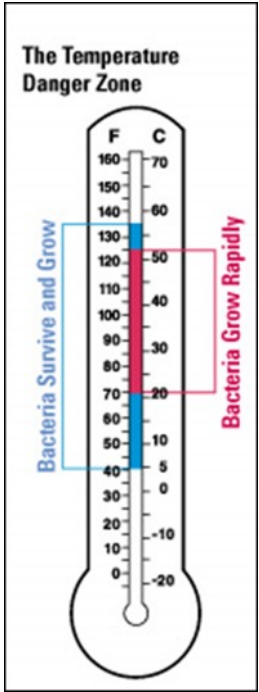
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How to Receive and Store Food Safely

Controlling Time & Temperature

- Pick Up → Transportation → Storage → Distribution
- Proper Temperatures
 - Refrigerated foods: 41°F or below
 - Frozen foods: 0°F or below
 - Hot foods: 135°F or above
- Temperature Danger Zone = 41° – 135°F



Controlling Time & Temperature

Infrared Thermometers

- Measure surface temperatures
- Display instantly
- Prevent cross-contamination



Bimetallic Stemmed Thermometers

- Required for some ADP donations
- Check one sample
- Dispose of sample





Thermometer Calibration

Probe Thermometer

- Fill cup with ice and cold tap water
- Keep probe in water for 30 seconds
- Do not touch side or bottom of cup
- Adjust thermometer head to 32⁰F

Infrared Thermometer

- Fill cup with ice and cold tap water
- Take reading from center of cup
- If reading is less than 2⁰ +/-, it is ok
- If reading is greater than 2⁰ +/-, replace it

Inspecting Food During Receiving



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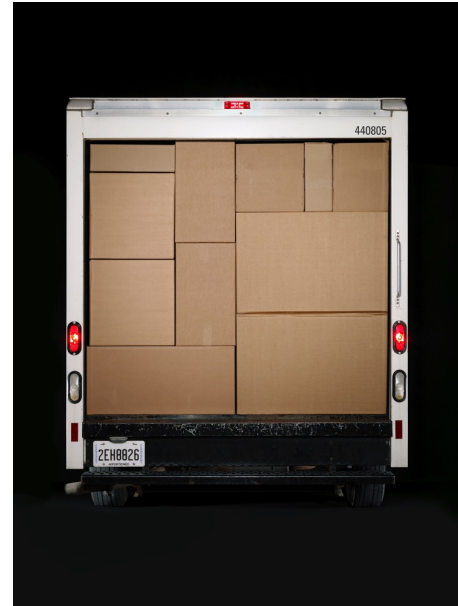
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Vehicle Inspections

- Cleanliness
- Pests

Rejecting Product

- Cleanliness of transport vehicle
- Temperatures out of range
- Product damage
- Pest evidence
- Must be documented



Storing Food Safely

- Refrigerated foods, cut produce: 41°F or lower
- Frozen foods: 0°F or lower
- Whole produce: dry storage temperature



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Designated Food Storage Areas

- Cleaning products stored separately
- 6 inches off the floor
- 6 inches away from walls
- 18 inches away from ceiling
- Spacing for inspection & cleaning



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Proper Food Labeling

- Must have label with ingredients
- Exception: prepared foods from restaurants & caterers
 - Comply with Feeding America label guidelines
 - See your Foodbank contact for information
- Unlabeled products must be thrown away



Proper Food Labeling

- Tag or sticker all products
- FEFO = First-Expired, First Out
 - Commercially packaged with expiration dates
- FIFO = First-In, First Out
 - No expiration dates – produce
 - Rotate products in storage
- Reduce risk of pathogens & contamination
- Reduce disposals
- Track recalled product



Code Date Labels

Packing or manufacturing date

- Used for tracking and recalls

Best-by or best-if-used-by date

- Quality date; best flavor
- Still safe to eat past date

Sell-by date

- Guideline for displaying product in stores
- Quality date
- Still safe to eat past date

Use-by or expiration date

- Last date recommended for peak quality
- Still safe to eat past date



Recalls

- Issued by manufacturers
- Posted by FDA, FSIS, Feeding America
- Reasons for recalls
 - Biological – *E. coli*, *Salmonella*, *Listeria*
 - Chemical
 - Physical – glass, metal, plastic
 - Undeclared allergens
- Foodbank Procedure
 - Post on Agency Zone
 - Contact partners who received products
 - Provide instructions for handling/disposing



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Inspecting, Repacking and Transporting Food Safely



Evaluating the Condition of Food

When is food inspected for safety?

- During pick up
- When receiving food through delivery
- Storing food after receipt
- Distributing food to guests

Evaluating the Condition of Food

Checking Cans for Defects

- Severe dent in can seams
- Deep dents in can body
- Crushed cans that are not stackable

DISCARD



Evaluating the Condition of Food

Checking Cans for Defects

- Swollen or bulging ends
- Missing or unreadable labels



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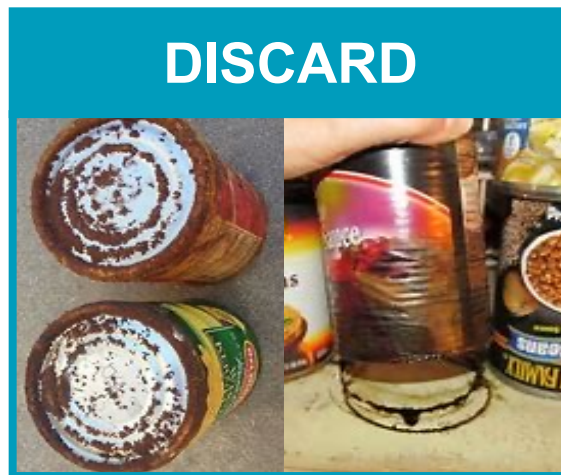
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Evaluating the Condition of Food

Checking Cans for Defects

- Rust that cannot be wiped off
- Holes or visible signs of leaking





Evaluating the Condition of Food

Discard Jars and Bottles with these Defects

- Swollen, rusted, dented or loose lids
- Missing a label
- Safety button is raised on the lid indicating seal is broken
- Missing code dates
- Signs of leakage
- Chipped or broken glass
- Mold, foreign objects, dirt
- Discoloration of product
- Unusual appearance or separation





Evaluating the Condition of Food

Checking Dry Foods for Defects

- All products must have labels and code dates
- Signs of pests: gnaw marks, droppings, insects
- Packaging that is open, ripped punctured, cut or split





Evaluating the Condition of Food

Discard Produce with these Defects

- Mold, rot, bad odors, severe bruising
- Presence of living or dead insects
- Packaging not safe for use with food – such as a trash bag



Repackaging Bulk Products

Clean Room



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Repackaging Bulk Products

Clean Room

- Highest Standards Of Sanitation
- Prevents Contaminates
- Durable Surfaces & Easy To Clean
- Meets Health Regulations
- Commercial Foodservice Standards
- Temp Controlled to Below 55° F



Repackaging Bulk Products

Guidelines



Repackaging Bulk Products

Labeling


- Name of product
- Quantity: pounds or ounces
- List of ingredients
- List of major food allergens
- Packer or distributor

Oat Bran Cereal

1 Pound

INGREDIENTS: Whole Grain Oats, Sugar, Wheat Bran, Palm Oil, Oat Bran, Corn Syrup, Wheat Starch, Coconut, Contains 2% or Less of Molasses, Cinnamon, Malt Extract, Natural Flavor, Salt, Soy Lecithin, Nutmeg.

SAFETY ALERT:
Contains wheat, coconut and soy ingredients.



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Loading & Distributing Food Safely

Preparing Delivery Vehicles Before Transporting Food

- Clean inside vehicle
- Inspect for insects and rodents
- Maintain proper food temperatures
 - 41° F or lower for refrigerated food
 - Frozen food must stay frozen
- Coolers, ice packs and thermal blankets can help maintain temperatures



Loading & Distributing Food Safely

Preparing for Distribution

- Do not leave food outside or by trash containers
- Boxes & gaylords: sturdy, clean, dry
- Refrigerated food: in cooler as long as possible
- Frozen food: in freezer as long as possible
- Shelf stable food: clean, dry storage area
- Meat, poultry, seafood: store or stage separately
- Chemical products: store or stage separately
- Allergens: do not store or stage above other products



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Cleaning & Sanitizing



How & When to Clean & Sanitize

Cleaning

Removes food, dirt, other impurities and some pathogens from surfaces

Reduces pathogens to safe levels

Prevents spread

Helps control pests

Sanitizing



How & When to Clean & Sanitize

Clean

- Walls and floors
- Storage shelves
- Garbage containers

- Tables
- Countertops
- Surfaces touching food

Sanitize

It is important to replace worn or cracked equipment.

How to Clean & Sanitize Surfaces



Remove Food



Wash Surface



Rinse Surface



Sanitize Surface



Air Dry

Manually Cleaning and Sanitizing Tools and Utensils

Three Compartment Sink

- Wash
- Rinse
- Sanitize



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Three Compartment Sink



Sink 1: Washing

- Fill with water, at least 110° F
- Add detergent



Sink 2: Rinsing

- Fill with water
- Leave empty if using spray attachment



Sink 3: Sanitizing

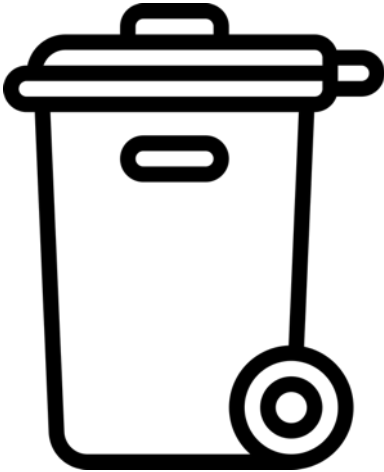
- Fill with water
- Add sanitizer
- Check with test kit



Air Dry

Handling Garbage

- Remove garbage as quickly as possible
- Do not contaminate food or surfaces
- Clean inside and outside of garbage cans
- Keep lids closed on indoor and outdoor containers



Spotting Pests

Insects and rodents carry pathogens

- Keep doors closed
- Keep facility clean
- Notify manager if you see these signs
 - Droppings
 - Nests
 - Damage to products, packaging or the facility
 - Door seals not closing completely





Course Complete