

Guidelines for Preventing Foodborne Illness in School



THE FOOD-SAFE SCHOOLS

ACTION GUIDE

What are foodborne disease outbreaks?

A group of people consumes the same contaminated food, and two or more become ill.

What causes foodborne illnesses?

- Bacteria.
- Viruses.
- Parasites.
- Toxins/Chemicals.
- Contaminants.

Common foodborne diseases (all bacteria)

- *Campylobacter.*
- *Salmonella.*
- *E. coli* O157:H7.

What are the symptoms of foodborne illnesses?

- Diarrhea.
- Vomiting.
- Stomach Cramps.
- Headache.

How does food get contaminated?

- During slaughter.
- Irrigated with contaminated water.
- Unwashed hands.
- Cross-contamination.
- Insufficiently cooked.
- Stored at the incorrect temperature.

How are foodborne illnesses prevented?

1. COOK.
2. SEPARATE.
3. CHILL.
4. CLEAN.
5. REPORT.



COOK

- Thoroughly cook meat (145–165°F), poultry (165°F), and eggs (145°F).
- Use a thermometer to measure internal temperature of meat.
- Cooked food should be reheated to 165°F.
- Hot foods should be kept hot at 135°F or above.
- Cook food immediately after defrosting.

SEPARATE

- Wash hands, utensils, and cutting boards after they have been in contact with raw meat or poultry and before they touch another food.
- Put cooked meat on a clean platter.
- Use different dishes and utensils for raw and cooked foods.



CHILL

- Refrigerate leftovers promptly.
- Set refrigerator temperature at 40°F.
- Set freezer temperature at 0°F.
- Separate large volumes of food so they will cool more quickly.
- Cold foods should be kept at a temperature of 41°F or below.
- Keep purchased food chilled until you get home from the store.

CLEAN

- Wash produce under running water.
- Remove and discard outer leaves from lettuce or cabbage.
- Wash hands before preparing food, between types of food, and after preparation.
- The *single most important* method of preventing infectious diseases is to wash your hands.
- Regularly clean and disinfect the refrigerator and freezer.
- Clean and disinfect countertops regularly.

REPORT

Report suspected foodborne illnesses to your local health department.



Ensuring Food Safety in Schools

- Hazard Analysis and Critical Control Point (HACCP).
- Child Nutrition and WIC Reauthorization Act of 2004 and Reauthorization Implementation.

Hazard Analysis and Critical Control Point (HAACP)

- A systematic approach to preventing food contamination.
- Based on seven principles.

HACCP Principles

1. Analyze potential hazards.



HACCP Principles (cont'd)

2. Determine critical control points (CCPs).



HACCP Principles (cont'd)

3. Establish critical limits.



HACCP Principles (cont'd)

4. Establish monitoring procedures.

HACCP Principles (cont'd)

5. Establish corrective actions.

HACCP Principles (cont'd)

6. Establish verification procedures.

HACCP Principles (cont'd)

7. Establish record-keeping and documentation procedures.



Child Nutrition and WIC Reauthorization Act of 2004: Amendments

School Requirements

1. Have two food safety inspectors per year.
2. Post inspection reports.
3. Release reports to public.

State Agency Requirements

1. Annually monitor schools' compliance.
2. Submit reports.

Benefits of Amendment

1. Identify and correct problems quickly.
2. Enhance the quality of school meals.
3. Targeted technical assistance by state.
4. State knowledge of level of compliance.

Summary

These two processes can be used to reduce the risk of foodborne illness even if food is contaminated before it comes to school.