

## Food Handler Study Guide

Hands must be washed after eating, drinking and smoking; before handling food; after handling raw meat; before putting on gloves.

The correct handwashing procedure requires: a designated handsink; warm water; soap; lathering for 15 to 20 seconds; a disposable towel or hand dryer.

There is **NO** substitute for handwashing.

Smoking is not allowed inside the restaurant or within 20 feet of any exterior doors.

The only jewelry a food handler may wear on the hands or arms is a plain wedding band. Large earrings are not permitted.

The following foods are called “Ready-to-Eat foods” and may not be touched by a food handler with their bare hands. Examples of “Ready-to-Eat Foods”: lemon garnish for a glass of iced tea; salad greens; a cold sandwich; doughnuts.

Food handlers experiencing vomiting, diarrhea, jaundice or a sore throat with a fever must tell their supervisor and not work with food.

An effective hair restraint prevents hair from falling in food and prevents food handlers from touching hair.

Food handlers may never wear artificial fingernails when working with food.

According to the food code, work uniforms must be clean.

Cold potentially hazardous food must be kept at or below 41 degrees F.

Hot potentially hazardous food must be kept at or about 140 degrees F.

Leftover food must be reheated to at least 165 degrees.

Food must be cooled quickly to prevent bacteria from growing to dangerous levels.

The correct method of storing raw meat in the cooler is on the bottom shelf below bread “Ready-to-Eat” foods such as bread and cut fruit.

The correct procedure for cleaning utensils, dishes and equipment is Wash, Rinse and Sanitize.

After dishes are washed, rinsed and sanitized, they must be air dried.

Approved sanitizers include chlorine (bleach), quaternary ammonia and 180 degree F water.

Sanitizer buckets, spray bottles and other chemicals must be stored below and away from food and clean utensils.

Wiping cloths must be stored in an approved sanitizer.