



# TOP 10

## FOOD SAFETY TIPS

COMPILED BY JOEY ROST, CDM, CFPP

1. **Love the Glove:** Wearing gloves is the best way to reduce the spread of a foodborne illness. Change gloves when you change tasks to prevent cross-contamination.
2. **Practice FIFO = First In, First Out:** Always check the dates on your food products. Store the older foods in front or on top, so they are used before the newer items. This helps ensure food in your cold or dry storage is fresh, and also prevents waste from expired foods.
3. **Keep Your Hands Fresh and Clean:** Germs can be easily transferred to your hands and then to the food you're preparing. This accounts for 89 percent of all foodborne illness outbreaks. Follow proper handwashing procedures.
4. **Put a Label on It:** Anything that gets opened or stored must contain a label that clearly identifies the contents and when it was prepared, and when it should be discarded.
5. **Give Your Vegetables and Fruits a Bath:** Produce can be contaminated in various ways before or after it arrives in your kitchen. Properly washing and drying produce is the best way to prevent the spread of bacteria. Remember to wash your hands before handling produce too.
6. **Train Your Staff:** Your staff is your greatest asset when it comes to food safety and sanitation. Employees need to be knowledgeable on effective cleaning and food protection practices.
7. **Use Temperature Control:** Make sure to use proper cooking and storage temperatures. Hot and cold temperature control is key to preventing or destroying hazardous pathogens.
8. **Keep Foods Out of the Danger Zone:** Per the Food and Drug Administration (FDA), the temperature danger zone is between 41°F and 135°F. If food reaches the danger zone, immediately reheat to 165°F or rapidly cool to save the food. This is a good reason to check temps at least every two hours. Remember the phrase, "When in doubt, throw it out."
9. **Follow Recipes:** Always follow the recipe so that it is consistent each time you make it. Know what ingredients are in the recipe to address allergens and cross-contamination. Check products often to ensure ingredients haven't changed and won't put your clients with food allergies in jeopardy.
10. **Speak Up for Safety:** Always speak up for food safety and cross-check everything. Share safety stories at team huddles and meetings every day and learn from them.

Find previous Top 10 lists at [www.ANFPonline.org/top10](http://www.ANFPonline.org/top10)