Welcome to Foodlink’s Online Food Safety Training!

• This presentation will cover basic food safety principles and practices so that you can be informed as to how to protect the health and safety of your clients. This information will be useful to soup kitchens, food pantries, emergency shelters, group homes, and any other agencies that prepare or serve food.

• After completing this presentation, you will need to complete a food safety quiz online and obtain a score of 80% or higher to pass.

• There are practice questions throughout this presentation to help prepare you for the quiz. These practice questions will not be graded.
Presentation Outline

- Foodlink
- Nutrition in the Emergency Food System
- Foodborne Illnesses—The Culprit
- Food Safety—Prevention
  - Transport
  - Receiving
  - Storage
  - Preparation
Vision
A healthy, hunger-free community

Mission
End hunger and leverage the power of food to build a healthier community
Food Flow: How It All Works

Local Farmers → Case Product → USDA → Community Gardens → Retail-Damaged Product → Purchased

Rescued

foodlink abundance shared

Re-Distributed

Mobile Pantries → Food Pantries → Soup Kitchens → Shelters/Group Homes/Senior Centers → Daycares/Schools/Recreation Centers → Farm Stands/Corner Stores
Foodlink Ten County Service Area

Orleans
Genesee
Wyoming
Livingston
Alleghany
Monroe
Ontario
Wayne
Seneca
Yates
## Foodlink Programs

*Foodlink Members have access to programs...*

<table>
<thead>
<tr>
<th>Nutrition Education</th>
<th>Food Safety</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 6 week course</td>
<td>Level 1/ServSafe</td>
</tr>
<tr>
<td>• Hands-on cooking instruction</td>
<td>• 10 hour course</td>
</tr>
<tr>
<td>• Nutrition demos</td>
<td>• National certification</td>
</tr>
<tr>
<td>• Focus on easy recipes and new ways to eat fruits and vegetables</td>
<td>Level 2/ County DOH</td>
</tr>
<tr>
<td></td>
<td>• 6 hour course</td>
</tr>
<tr>
<td></td>
<td>• Food Worker Certification</td>
</tr>
</tbody>
</table>

### Cooking Matters:
Alyssa Bennett, abennett@foodlinkny.org
Just Say Yes to Fruits and Vegetables:
Gretchen Adams, gadams@foodlinkny.org

### Laura Sugarwala, 
lsugarwala@foodlinkny.org
MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image -- a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

Aim to make half of your plate Fruits and Vegetables with each meal.

For more information visit www.ChooseMyPlate.gov
## Nutrition: Goals

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Goals</th>
</tr>
</thead>
</table>
| Vegetables | Fresh: Variety, including leafy greens  
Frozen: All varieties, without added salt  
Canned: Low or no sodium |
| Fruit      | Fresh: All varieties  
Frozen: Without sugar  
Canned: Light syrup, juice, or water |
| Grains     | Whole grains (“Whole” is the first word on the label) |
| Protein    | Lean meats (90% lean, or greater)  
Low sodium canned beans |
| Dairy      | Low fat dairy products |

Keep these simple goals in mind when making choices within food groups.
Practice Question #1

What are the 5 Food Groups?
Practice Question #1

What are the 5 Food Groups?

- Fruits
- Vegetables
- Gains
- Protein
- Dairy
Food borne Illnesses: The Culprit

What is food borne illness? Where does it come from? How does it spread?
Foodborne Illness
according to the Center for Disease Control

What is foodborne disease?
• There are 250 different foodborne diseases including infections and poisonings
• Infections are caused by bacteria, viruses, and parasites
• Poisonings are caused by toxins or chemicals

Who is susceptible?
• Every person – especially those with malnourished or weakened immune systems
• 1 in 6 (or 48 million) Americans get sick every year
• 128,000 hospitalizations and 3,000 deaths
• Many foodborne illnesses go unreported
Foodborne Illness

What Does It Feel Like?

• Mild to life-threatening
• Common symptoms include nausea, vomiting, fever, and diarrhea
Vulnerable populations

- Elderly
- Children
- Pregnant
- Ill/infirm

- 26% of clients served by Foodlink are over age 50
- 36% are under age 18
- 7% of clients are homeless

Why are these groups at highest risk for food borne illness?
Foodborne Illness: What Causes it?

• **Chemical hazards**
  Cleansers, sanitizers, polishes, machine lubricants

• **Biological hazards**
  Bacteria, viruses, parasites

• **Physical hazards**
  Glass, bones, metal shavings, staples, dirt
Top 3 reasons for Foodborne illness in the United States:

1. Improper hand washing
2. Not cooking foods to the correct temperature
3. Holding foods at incorrect temperature

All three can introduce biological hazards such as bacteria and viruses
Practice Question #2

Which of the following is the number one reason for the spread of Food borne illness?

A. Not cooking foods to the correct temperature
B. Improper hand washing
C. Holding foods at incorrect temperatures
D. Eating foods past their expiration date
Practice Question #2

Which of the following is the number one reason for the spread of Foodborne illness?

A. Not cooking foods to the correct temperature
B. Improper hand washing
C. Holding foods at incorrect temperatures
D. Eating foods past their expiration date
Practice Question #3

What is an example of a biological hazard that can cause Foodborne illness?

A. Glass
B. Bacteria
C. Sanitizers/Cleaners
D. Dirt
Practice Question #3

What is an example of a **biological hazard** that can cause Food Borne illness?

A. Glass
B. Bacteria
C. Sanitizers/Cleaners
D. Dirt

**Remember...**

**Biological Hazards** include bacteria, viruses, and parasites

**Chemical Hazards** include cleansers, sanitizers, polishes, and machine lubricants

**Physical Hazards** include glass, bones, metal shavings, staples, dirt
Foodborne Illness: 3 Important Things to Remember

1. Contamination of food can be odorless, tasteless, and may not affect the appearance of food

2. Time and temperature controls play a big part in helping to keep food safe

3. Proper hand washing is the #1 way to help prevent against foodborne illness
Basic Food Safety Principles

Temperature Danger Zone
FAT TOM
TCS Foods
Safe food preparation

Temperature Danger Zone

• The Temperature Danger Zone is the range of temperature where bacteria grow rapidly
  - Between 41° and 140°

Keep Food out of the Danger Zone!
• Cold food needs to be kept cold (41 degrees or lower)
• Hot food needs to be kept hot (140 degrees or higher)
Safe food preparation
Temperature Danger Zone

• Remember, only cooking will KILL BACTERIA
• Refrigerators and freezers do not kill bacteria, they just keep it from multiplying
6 things Bacteria need to grow

Food
Acidity
Time
Temperature
Oxygen
Moisture

Aka “FAT TOM”
• Certain Foods are riskiest and definitely need time and temperature controls for safety.

• These are called **TCS Foods** and are potentially hazardous because they have the conditions that bacteria like and need to grow. They **are high in moisture and low in acid**.

• As a preparer of food, it is up to you to control the time and temperature!

• Common potentially hazardous foods can be found on the next slide.
Time/Temperature Control For Safety Foods (TCS Foods)

- Common TCS Foods include:
  - **Meats**, poultry, seafood
  - **Dairy products**, tofu, eggs
  - **Creamed food**, gravies and puddings
  - **Cooked food** such as potatoes, rice, pasta, vegetables, stuffing, casseroles, soups and pizza
  - **Salad** and other ready-to-eat food that will not be cooked before serving.

ALL TCS foods should be kept out of the Temperature Danger Zone!
Practice Question #4

What is the Temperature Danger Zone?
A. 0 ° – 200 °
B. 0 ° – 41 °
C. 41 ° – 140 °
D. 32 ° – 140 °
Practice Question #4

What is the Temperature Danger Zone?
A. 0 ° – 200 °
B. 0 ° – 41 °
C. 41 ° – 140 °
D. 32 ° – 140 °
Food Safety: Prevention

Safe Transport
Safe Transport

- If your agency picks up food directly from Foodlink OR if you pick up donations from other retail stores you must follow these guidelines to ensure the safety of the food that you are transporting.

- Agencies that are picking up directly from retail stores will be asked about pick up, receiving, and tracking procedures during monitoring visits!
Requirements for Loading and Transporting Food Safely

Prepare Transport Vehicles to Protect Food From Contamination:

• Clean inside of vehicles at least once per week or as often as necessary
• Make sure vehicles are pest-free
• Never transport food in vehicles used to haul garbage
Requirements for Loading and Transporting Food Safety

• Prepare Transport Vehicles to Protect Food From Contamination:
  • **DO NOT** bring pets when delivering food
  • Keep items that could contaminate food separate from the delivery
    • Oil, antifreeze, wiper fluid
  • Lock and seal vehicles when they are not being loaded or unloaded
Loading and Transporting Food Safely

What’s Wrong With the Delivery?

• **DO NOT** leave food outside and unsupervised.
Loading and Transporting Food Safely

What’s Wrong With the Delivery?

• **DO NOT** put food by garbage containers

*Left by garbage*
What’s Wrong With the Delivery?

• **DO NOT** leave refrigerated or frozen food at room temperature.

*Left at room temperature*
What’s Wrong With the Way This Food Was Loaded?

• **DO NOT** store raw food over ready-to-eat food.
• Raw food includes raw meat, seafood, poultry, and shell eggs

*Raw over ready-to-eat*
Loading and Transporting Food Safely

When Loading and Transporting Food:

• Keep refrigerated food at 41°F (5°C) or lower during transport.
• If possible, keep frozen food at temperatures that will keep it frozen.
• Check the temperature of refrigerated food when it has reached its destination.
  • Document the temperatures using a Temperature Log
Loading and Transporting Food Safely

• When Loading and Transporting Food:
  • Keep food cold in unrefrigerated vehicles.
    • Always cover refrigerated and frozen food with thermal blankets.
    • Or place it in coolers with ice packs.
  • Keep drive times in unrefrigerated vehicles to 30 minutes or less.

Use Thermal Blankets or Coolers with Ice Packs
Food Safety: Prevention

Safe Receiving
What Kinds of Products can you expect to receive from Foodlink?

- Retail damaged
- Case product donations
- USDA foods
- Foodlink purchased products
- Outside donations

Dry
Refrigerated
Frozen
Safe Receiving

• Safe food starts with properly handling and storing raw ingredients and supplies
• Check the condition of all incoming foods! This includes packaging and dates.
• Check the temperature of all refrigerated and frozen foods
  ▪ Remember the temperature danger zone!
• Mark the received date on containers

**Remember: Even though it came from Foodlink, you still have to check it when it arrives!**
Safe Receiving: Cold and Frozen Food

• Should arrive cold and/or frozen, on refrigerated or freezer truck
• Packages should be intact and undamaged
• Take the temperature when it arrives
  – Frozen: 0°F or below
  – Meat, poultry, seafood, and dairy: 40°F or below
• Store right away to maintain temperature

Refuse food if it is not acceptable!
Safe Receiving

When checking the temperature of refrigerated or frozen vacuum-packed food, **DO NOT** insert the thermometer into the packaging (pictured).

Instead, insert the thermometer stem or probe between two packages.
Safe Receiving: Cans

What is the concern with dented cans?

- Air or microorganisms can enter the can
- Bacteria can grow and form spores
- Cooking will **not** kill spores

Many cans that are received from Foodlink or thru donations or food drives may have dents. It is important for you to know what is a safe dent and what is not...
Safe Receiving: Cans

UNSAFE Cans:
1. Dent on Seam
2. Dent where Side and End Meet
3. Sharp dent
4. Swollen or Bulging
5. Pitted Rust or Leaking

If it cannot be stacked, then it should probably be discarded
Safe Receiving: Cans

SAFE:

• Smooth dents
• Dents that are not on the seam
• Dents that do not compromise can juncture (end of can)
If the dent extends below the lid’s seam and into the side of the can, discard the item.

Accept cans with a long and flat dent on a seam, unless the dent is tipped inward.

Dents that peel back the lid seam or bottom seam are unacceptable.

DISCARD
Examples of sharp dents, points at the ends of a crease, and sides folded in.

**DISCARD**
Practice Question #5

Which of the following cans is Unsafe?

A.  
B.  
C.  
Practice Question #5

Which of the following cans is Unsafe?

Why?
Can B has a dent along the side seam

A.  B.  C.
UNSAFE:

- Chipped necks and threads; cracked glass
- Leaking or discolored product
- Crooked lid or vacuum (pop-up) button
- Evidence that cap has been opened; inner seal, tear-away or break-away ring, tamper-evident seal, or shrink band missing or broken
- Broken cap
- Never accept home canned or jarred foods
- If you receive a case product like salad dressing and one is broken, check the rest. If they are only dirty you can wash them and still use them.
Safe Receiving: Bagged & Sacked

**UNSAFE**

- Rips, tears, or holes
- Unknown stains or contaminants
- Missing or illegible label

**DISCARD**
Safe Receiving: Inner Bag

UNSAFE

- Torn, leaking, or contaminated
- Has imperfect or leaking seals
- Has moldy or foreign objects inside
- Has signs of insects present

As long as the inner bag is intact the product is safe for consumption

DISCARD
Safe Receiving: Boxes

UNSAFE

• Opened

• Signs of contaminants on box

• Signs of insects or rodents

DISCARD
Safe Receiving: What about recalled product?

• Foodlink tracks recalled items
  – Case product: removed from inventory
    • We inform agencies of case product recalls
  – Retail damaged: removed from inventory when possible
    • Agencies are also responsible for monitoring recalled product
• Agencies must inform clients if distributed products have been recalled

To Keep Track of Food Recalls check out: [http://www.foodsafety.gov/recalls/widget/index.html](http://www.foodsafety.gov/recalls/widget/index.html)
Safe Receiving: Product Dates

Donated foods have special considerations… If a product is past its expiration date, it is not necessarily “bad.”

When assessing products consider both quality and safety

- Quality = Flavor, Color, Texture
- Safety = Will it make me sick?
  - Many foods are safe well beyond the dates marked on the containers

**To Be Safe Beyond Date:**

1. Sound Container
   - No Openings or compromising dents or holes
2. Stored Properly
   - Remember the temperature Danger Zone
3. Follow food dating resources (Food Keeper)

What if there is no date? Use the Food Keeper
Safe Receiving: Using the “Food Keeper”

- Product safety past the expiration
- Educate clients when questions arise
- Practice!

Find the Food Keeper Here:

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>SHELF</th>
<th>RAW, REFRIG.</th>
<th>FROZEN*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichokes, whole</td>
<td>1-2 days</td>
<td>1-2 weeks</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Asparagus</td>
<td>3-4 days</td>
<td>6 months</td>
<td></td>
</tr>
<tr>
<td>Beans, green or wax</td>
<td>3-4 days</td>
<td>8 months</td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td>1 day</td>
<td>6-8 months</td>
<td></td>
</tr>
<tr>
<td>Bok choy</td>
<td>2-3 days</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Broccoli, raab, rapini</td>
<td>3-5 days</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>3-5 days</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>3-5 days</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>1-2 weeks</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Carrots, parsnips</td>
<td>3 weeks</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td>1-2 weeks</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>1-2 days</td>
<td>8 months</td>
<td></td>
</tr>
<tr>
<td>Cucumbers</td>
<td>4-5 days</td>
<td>6-8 months</td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td>3-4 days</td>
<td>6-8 months</td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td>1 month</td>
<td>Do not freeze</td>
<td></td>
</tr>
<tr>
<td>Ginger Root</td>
<td>1-2 weeks</td>
<td>1 month</td>
<td></td>
</tr>
<tr>
<td>Greens</td>
<td>1-2 weeks</td>
<td>1 month</td>
<td></td>
</tr>
<tr>
<td>Herbs, fresh</td>
<td>1-2 weeks</td>
<td>1 month</td>
<td></td>
</tr>
<tr>
<td>Leeks</td>
<td>1-2 weeks</td>
<td>1 month</td>
<td></td>
</tr>
<tr>
<td>Lettuce, iceberg</td>
<td>1-2 weeks</td>
<td>1 month</td>
<td></td>
</tr>
<tr>
<td>Lettuce, leaf</td>
<td>3-7 days</td>
<td>Do not freeze</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>2-3 days</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Okra</td>
<td>2-3 days</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Onions, dry</td>
<td>2-3 weeks</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Spring or green</td>
<td>1-2 weeks</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Parsley cilantro</td>
<td>1 week</td>
<td>1-2 months</td>
<td></td>
</tr>
<tr>
<td>Peppers, bell or chile</td>
<td>4-5 days</td>
<td>6-8 months</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>1-2 months</td>
<td>Cooked and mashed, 10-12 months</td>
<td></td>
</tr>
<tr>
<td>Radishes</td>
<td>10-14 days</td>
<td>Do not freeze</td>
<td></td>
</tr>
<tr>
<td>Rutabagas</td>
<td>1 week</td>
<td>8-10 months</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>1-2 days</td>
<td>10-12 months</td>
<td></td>
</tr>
<tr>
<td>Squash, summer winter</td>
<td>1 week</td>
<td>2 weeks</td>
<td></td>
</tr>
<tr>
<td>Turnips</td>
<td>1 week</td>
<td>8-10 months</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Until ripe</td>
<td>2 months</td>
<td></td>
</tr>
</tbody>
</table>

2-3 days
Safe Receiving

Product Dating: The Exception

• **Infant Products are the Exception**

• Must never be used past the date!

• Dating of baby food is for quality as well as for nutrient retention
Food Safety: Prevention

Safe Storage
Safely Storing Food: Dry Storage

- Use shelves that are easy to clean
- Food must be 6” off the floor – this clearance allows for proper cleaning
- FIFO – First In, First Out
  - Use a rotation system so that the first product in is the first product out. This keeps the product moving so that older products do not sit on the shelf too long
- Keep Cleaning Supplies and Chemicals stored away from food
- Food 2-4” away from wall to prevent the product from getting wet if the ceiling leaks and to decrease changes in temperature if an outside wall
Safely Storing Food Refrigerator

- Label and date all food
- Food temperature: 41° or below
  - Set temp to 37° if possible
- Keep raw meat below ready to eat foods
- Store Eggs inside the fridge
- Clean out your fridge regularly, get rid of old food
- Do not over crowd!

Monitor refrigerator temperature using a “Temperature Log”
Safely Storing Food Refrigerator

Correct Order for proper food storage:

(top to bottom in a single unit)

1. Ready to Eat Foods
2. Seafood
3. Whole Meats
4. Ground Meats
5. Poultry
Safely Storing Food in the Freezer

- Ensure food is kept air tight
  - Use a freezer bag or keep food in an air tight container
- Label and date all foods
- Freezer should be 0° or below
- Do not over crowd! Air needs to be able to circulate in order to keep all foods cool

Monitor freezer temperature using a “Temperature Log”
Can I *repack* food at my agency?

- Pantries: *ONLY* whole, skin on fruit or vegetables ("raw agricultural products") can be placed into other containers (i.e., bags)
- No processed foods may be repackaged! This includes cereal, rice, baby carrots, etc.
Practice Question #6

In which order should the following items be placed (highest to lowest) within a fridge?
Raw Chicken, Fish, Leftover Casserole
A. Fish, Raw Chicken, Leftover Casserole
B. Leftover Casserole, Fish, Raw Chicken
C. Raw Chicken, Fish, Leftover Casserole
D. Raw Chicken, Leftover Casserole, Fish
Practice Question #6

In which order should the following items be placed (highest to lowest) within a fridge?

Raw Chicken, Fish, Leftover Casserole

A. Fish, Raw Chicken, Leftover Casserole

B. **Leftover Casserole, Fish, Raw Chicken**

C. Raw Chicken, Fish, Leftover Casserole

D. Raw Chicken, Leftover Casserole, Fish

Fully cooked and Ready to Eat Foods should always be stored **above** seafood and raw meats.
Food Safety: Prevention

Safe Preparation

Aka “Clean Separate Cook Chill”
Clean Separate Cook Chill

• When preparing foods, keep these 4 steps in mind:
Clean

- Ensure food workers practice good personal hygiene
- Clean and Sanitize all food and preparation surfaces
When to wash hands?

- Wash Hands After
  - Using the restroom
  - Sneezing or coughing
  - Handling raw food
  - Smoking, eating or drinking
  - Touching: hair, face etc
  - Touching: anything dirty
    (including an apron or piece of clothing)
  - Leaving your work area
  - Whenever dirty
Glove Use

Correct Usage

- Gloves can help prevent the spread of pathogens *if* used the right way
- Gloves are single use. *Never* wash or reuse!
- *Never* use gloves in place of hand washing
- Hands must be washed before putting on gloves *and* when changing to a new pair
- Change gloves as soon as they become dirty or torn or when changing tasks/
- Once you leave the kitchen, you should remove your gloves & apron.
- Be careful not to touch your face, hair or clothes with your gloves on.
Clean

- Ensure food workers practice good personal hygiene
- Clean and Sanitize all food and preparation surfaces
• Prevent cross-contamination
Cook

- Cook to correct internal temperatures
- Hold food correctly
Thermometer Calibration

Use a calibrated stem thermometer to ensure food is cooked correctly

- Fill a cup: ½ ice, ½ water
- Submerge stem thermometer into ice water and wait 15 seconds
- Arrow should point to “32”
- Adjust as necessary, making sure to check in ice and water
- Re-calibrate thermometers at least once a month or whenever dropped
Chill

- Cool food correctly
- Proper storage
Properly Store Cold Foods

- Ensure refrigerator temperatures are maintained at 41° or lower and freezers are 0° or lower
- Use a temperature log to keep track of temperatures
Practice Question #7

How long should you wash your hands for?
A. 10 seconds
B. 20 Seconds
C. 30 seconds
D. 40 seconds
Practice Question #7

How long should you wash your hands for?

A. 10 seconds
B. 20 Seconds
C. 30 seconds
D. 40 seconds

20 Seconds is about how long it takes to sing “Happy Birthday” twice.
Practice Question #8

When reheating food, what temperature needs to be reached?

A. 140 °
B. 165 °
C. 100 °
D. 41 °
Practice Question #8

When reheating food, what temperature needs to be reached?

A. 140 °
B. 165 °
C. 100 °
D. 41 °

Always reheat food to 165 ° or higher for 15 seconds. This will help to kill any bacteria that may have grown in the food.
Practice Question #9

How long can you store/serve leftovers in the fridge?

A. 1 day
B. 1 week
C. 2 days
D. 2 weeks
Practice Question #9

How long can you store/serve leftovers in the fridge?
A. 1 day
B. 1 week
C. 2 days
D. 2 weeks

You should not keep leftover prepared foods for longer than 1 week.
Practice Question #10

True or False: It is okay to thaw foods on the counter

A. True
B. False
Practice Question #10

True or False: It is okay to thaw foods on the counter

A. True
B. False

It is not okay to thaw foods on the counter. There are 4 ways that you can thaw foods:

• In the refrigerator
• Submerged and under running water
• In a microwave oven, only if it will be cooked immediately
• As part of the cooking process
Today’s presentation gave an overview of:

- Foodlink information
- Basic Nutrition: MyPlate
- Foodborne Illnesses – The Culprit
- Food Safety – Prevention
  - Transport
  - Receiving
  - Storage
  - Preparation
    - Clean, Separate, Cook, Chill
• At this time, please use the website link to take the **Basic Food Safety quiz**
• You must receive a score of 80% or higher to have successfully completed this training
• Questions about food safety?
  • Foodlink: [www.FoodlinkNY.org](http://www.FoodlinkNY.org)

You play a vital role in making sure that the food supply is safe to those you serve!
Laura Sugarwala, RD
585.413.4079
lsugarwala@foodlinkny.org