

Dear GWSC member and volunteer,

Thank you for volunteering to work at our Snack Bar and Hospitality Bar for the upcoming swim meet! Because we are handling food for sale and consumption at our bars, we need to comply with Orange County health codes and standards to assure food safety and sanitation. Please read over the following requirements and apply them accordingly. Thank you!

For At-Home Preparation, Snack Bar and Hospitality Preparation:

Wash hands with hot water and soap immediately before handling any food, after using the toilet facility and as often as necessary to keep your hands clean and prevent cross-contamination (especially when working with raw meats).

Limit bare-hand contact with ready-to-eat foods: Use utensils, foil, paper, tongs, single-use plastic or latex gloves, or dispensing equipment to handle food (we have gloves at the snack bar).

Wear single-use gloves if you have any cuts, burns, abrasions, or artificial nails on your hands.

Restrain hair with hair tie, a hat or both.

Do not smoke near food.

Do not prepare food at home or work in the snack bar if you are sick. Please contact us and we will find a replacement to take your shift or prepare your food item.

Clean and sanitize utensils/equipment at least every 4 hours, when switching from raw animal products to cooked/ready-to-eat foods or anytime the utensil becomes contaminated.

How to clean/sanitize utensils:

1. Wash in dish-washing sink/bucket/tub with soap and HOT water
2. Rinse in separate rinse sink/bucket or tub (replace water when it gets murky)
3. Dip in sanitizer solution for 30 seconds to sanitize (a bucket or tub)

Sanitizer solution: Chlorine bleach and water at 1:10 ratio bleach-to-water.

Clean and sanitize work surfaces often. Clean surface initially with soap/water/counter spray then sanitize with bleach water in the provided spray bottles. Do this especially before prepping food, when changing foods categories (raw meat to veggies) and when working with raw meats, eggs, seafood, etc.

Use separate ice chest/coolers for drinks, raw meats, and ready-to-eat foods.

All fresh food must be protected/displayed in containers with lids, tightly plastic-wrapped, or bagged to prevent exposure.

FOOD TEMPERATURES (we will provide food thermometers for grills and bar):

Food must be cooked to the minimum required internal temperatures:

- 165° for 15 seconds for poultry (ground or whole),
- 155° for 15 seconds for eggs, ground or chopped meat (e.g. hamburgers, sausage)
- 145° for 15 seconds for fish, and single pieces of meat (veal, pork, beef steak, etc.)

All food cooked/kept at or above 135° must be disposed of at the end of the day (hamburgers, hot-dogs, burritos, etc.)

All Potentially Hazardous Foods must be kept cool at or below 45° (dairy products, eggs, cooked vegetables, poultry, meat, seafood).

All PHFs that reach 45° or above must be disposed of at the end of the day.

By adhering to these safety and sanitation standards, we will assure a successful and profitable snack bar for our team! Thank you for your cooperation and attention to food safety. Please direct any of your questions to Erin Moody at billing@goldenwestswimclub.org.

KEEP FOOD SAFE

HYGIENE

STAY HOME

Do not handle food if you are experiencing:



VOMITING



DIARRHEA



SORE THROAT
WITH A FEVER



YELLOWING OF
SKIN OR EYES

GLOVES

Wear gloves to avoid bare hand contact



Wash hands before
putting on gloves



Single-use gloves can
be worn up to 4 hours
on a single task



Gloves must be changed
between tasks

HANDWASHING

Follow these steps to wash hands correctly:



Wet hands with
warm running water



Apply soap



Scrub hands and
lower arms for 15 seconds



Rinse



Dry with disposable
paper towel

TIME/TEMPERATURE CONTROL



REHEATING FOR HOT HOLDING



WHEN REHEATING FOOD ONLY USE



OVEN



MICROWAVE



STOVE

TWO-STAGE COOLING



Maximum cooling time
6 hours

All food must be labeled to prevent foodborne illness:

USE BY
20AUG19

- Label food with the earliest use-by date of any of its ingredients.
- Food must be sold, eaten, or discarded within 7 days from when it was first prepared.
- Follow FIFO (First In, First Out) when using food that has been thawed, opened, or prepared.



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