



**2015**

# Keys To Compliance

Arkansas Department of Health- Environmental Health Protection Services – Retail Food Program

## The Central Kitchen

This relates to the cooking kitchen or the kitchens that will be preparing the food.

## Other Feeding Sites

This relates to those additional sites that will receive prepackaged products from your main kitchen.



## Basic Food Safety

A brief review of food safety.

## Travel, Time & Temperature

This relates to concerns and considerations needed for food safety regarding time and temperature and transportation of food to other locations.



**Central Kitchen**

A square block with an orange background. It features a 3D white chef character wearing a tall hat and holding a wooden spoon, standing next to a large silver pot. Below the illustration, the text "Central Kitchen" is written in white.

**Other Feeding Sites**

A square block with a light green background. It features a white plate with a silver fork, knife, and spoon arranged around it. Below the illustration, the text "Other Feeding Sites" is written in black.

**Basic Food Safety**

A square block with a yellow background. The text "Basic Food Safety" is written in black.

**Travel , Time & Temperature**

A square block with a teal background. It features a white delivery truck with a large white box on its back. Below the illustration, the text "Travel , Time & Temperature" is written in white.



# The Central Kitchen



***Defined: The place where the food is cooked, sliced, assembled, plated, packed, poured and stored.***

# The Central Kitchen

- Must be a permitted facility
- Must have a current ADH Permit in Sponsor's name and address of this location
- Must have a current/recent inspection

       Fiscal Year

 **ARKANSAS DEPARTMENT OF HEALTH**  
Retail Food Establishments  
4815 W Markham St, Slot 29  
Little Rock, AR 72205

Permit No.	281171
Receipt No.	19680950
Date	1/26/2015
Amount	\$35.00
Check No.	

ESTABLISHMENT  EXPIRES 2/28/2016  
COUNTY: Garland

THIS SHALL NOT BE DEEMED A PROPERTY OR VESTED RIGHT,  
IS NOT TRANSFERABLE OR ASSIGNABLE, AND MAY BE REVOKED  
AT ANY TIME PURSUANT TO THE LAW

OUTBACK STEAKHOUSE 2202 N. WEST SHORE BLVD. 5TH FL. TAMPA	FL 33607	OUTBACK STEAKHOUSE 180 PAKIS RD. HOT SPRINGS	AR 71913
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Customer # ADH87654321 **Arkansas State Board of Health**  
County: Pulaski This is to certify that  
**T-Brothers Bar-B-Que**  
Is hereby granted a license by the Arkansas State Board of Health to maintain and operate a  
**RETAIL FOOD ESTABLISHMENT**  
On the premises located at  
1234 Main Street Any Town, AR. 72204

The annual fee is due upon receipt of the invoice to be mailed.  
ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE TO A NEW OWNER OR LOCATION.  
This permit is to be displayed in the place of business at a location conspicuous to the consumer.

*B. Wilson, 891*  *May 5, 2014*  
EHS. Name & # Date  
This permit is valid for one year

# Who do you call?



- **ADH Plan Review Office** to set up an appointment for review of your plans: 501-661-2171
- May need to contact **State Plumbing Inspector** (individual varies depending on your location)
- May need to contact **State HVACR Inspector** for commercial vent-hood (individual varies depending on area)
- **Fire Inspector, Local City Inspectors,**
- **Local ADH Environmental Health Inspector** at your local health department for final opening inspection

# Check List For Compliance (Sinks)



- **Triple sink for manual dish washing**
  - Drain board on each side
  - Test strips
  - Sanitization solution (chemical or heating element)
- **Hand washing sinks**
  - (more than one may be needed)
  - Soap and Paper towels supplied
  - Signage
- **Mop sink/utility sinks**
- *All work Installed by licensed plumber*





# Checklist For Compliance (Cooking Equipment)

- **Must contact Arkansas Department of Health HVACR area inspector to determine if your kitchen will need a new vent-hood system**
- **Need a commercial ventilation system that covers all cooking equipment**
  - **Work adequate for your cooking needs**
  - **Vent out steam**
  - **Cleaned as needed when needed / regularly**

# Other Items To Consider

- Lighting must be shielded or shatter resistant bulbs
- Enough lighting = no shadows
- Floors, Walls, Ceiling
- Grease Trap (??)
- Floor Drains
- Enough equipment for # of children



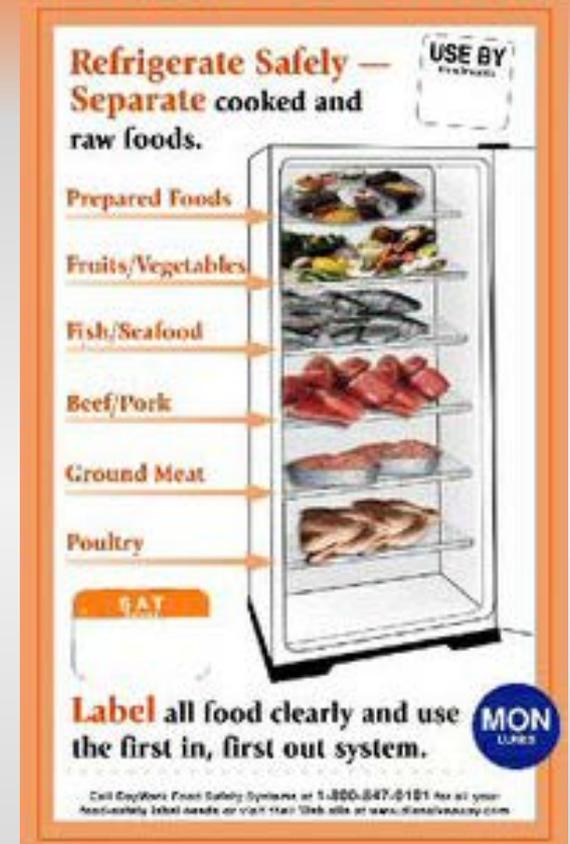
# Storage & Holding

## Dry Storage

- Food 6 inches from floor
- Temperature
- Pest Control

## Cold Storage

- Thermometer
- Order of placement
- Date marking / labeling



Again enough storage to accommodate the number of children you are feeding

# Standard Operating Procedures

## For Employees & Workers

- Workers Health
- Workers Personal Hygiene
- Hand washing



## Operation / Facility Related

- Cleaning
- Pest Control
- Date Marking
- Temperature Controls / Monitoring
- Transportation
- Receiving
- Storage

# BEFORE OPERATION HAS BEGUN

- Must have valid permit from ADH
- Must have name of sponsor on permit
- May have needed to go through the ADH Plan Review process
- Must have been inspected by Area HVACR Inspector for those sites that will be cooking
- Must have adequate facility to service the number of children / participants intended to be fed





# Other Feeding Sites



***Defined: Any place where the children are fed and the meal does not require further processing***

# ADH Concerns

- Hand washing stations for Children / Workers
- Clean area for meal consumption
- All meals must be totally prepackaged
- No food storage (includes snacks)
- No food can be returned to Central Kitchen



# Site Workers

- Health
- Hair restraints
- Clean apron
- Gloves
- Hand washing

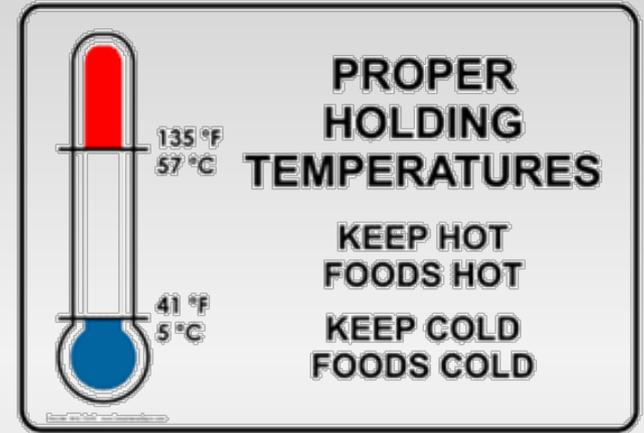


# Temperature Monitoring

- Before it leaves the prep/cooking site
- Once it arrives at Satellite Site
- Once before serving of meal or before last meal is served

- **Documentation is key!**
  - Sanitized thermometer
  - Documentation
  - Verification
  - Corrective Action for non-compliance





# Basic Food Safety

**TEMPERATURE DANGER ZONE**

**42° F - 134° F**

# How Food Becomes Unsafe

- Getting food from unsafe sources
- Failing to cook food adequately
- Holding food at incorrect temps.
- Using contaminated equipment
- Practicing poor personal hygiene



# Three Main Factors

Except for purchasing food from unsafe sources, each cause listed previously is related to three main factors.

Time-  
Temperature  
Abuse



Cross-  
Contamination

Poor Personal  
Hygiene

# Approved Source

- **Defined:** *acceptable to the Regulatory Authority based on a determination of conformity with principles, practices, and generally recognized standards that protect public health*
- ***What about donations?***
  - *Church groups*
  - *Civic groups*
  - *I had a big dinner lots of leftovers*



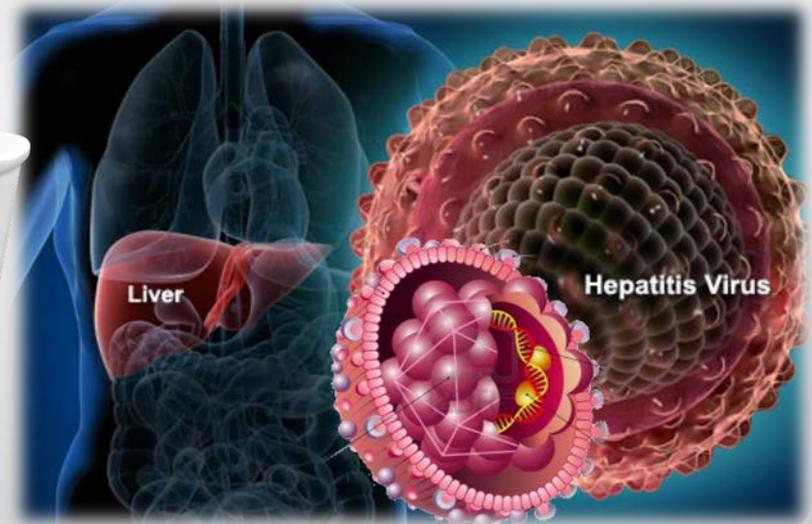
# Approved Source

- Someone that has a current Health Department permit
- *That is industry regulated (FDA, USDA, ADH etc.,)*
- *All food stuff*
  - groceries
  - Pre-packaged foods
  - Fresh products non-expired



# Workers Or Employee Health

- Should have an illness reporting policy
- Restriction and Exclusion



# Cross-Contamination

Results of contamination, which is the presence of harmful substances in the food. Some human hazards are caused by humans or by the environment. Others can occur naturally.

Biological: Pathogens include viruses, parasites, fungi and bacteria



Chemical: Foodservice chemicals can contaminate food if they are used incorrectly. Includes cleaners, sanitizer, polishes, machine lubricants, and toxic metals that leach from cook ware into food.

Physical: Foreign objects like hair, dirt, bandages, metal staples or broken glass getting into food.



# Cleaning

Cleaning is the removal of the things you can see. Dirt, food, trash....



Sanitization is the removal of particles you can't see.



# Travel, Time & Temperature



Food must remain outside of the “Danger Zone”

# The clock is ticking...

- The moment food leaves temperature control devices
- Bacteria growth starts in the danger zone



# The Danger Zone

Temperature range from

**42° F - 134° F**



How many bacteria will grow from **1 bacteria** left in the Danger Zone for 7 hours?



**Answer: 2,097,152!**



# *Proper Temperature Control Must Be Maintained*

## **Cold Holding**

- Milk, sliced fruit, etc.
- Must be transported in a manner to continue cold holding
- 41F or below



## **Hot Holding**

- Main meals
- 135F or above

# 4 Hour Window



Meal Prep and Packing Time



Meal Transport Time



Meal Service / Feeding Time



Total Safe Window of Time

Must be 4  
hours or less



# EXAMPLE

Meal Prep and Packing Time: took 1 hour  
(10:00 am – 11:00 am)



Meal Transport Time: took 45 minutes to get  
to satellite site (11:00 am – 11:45 am)



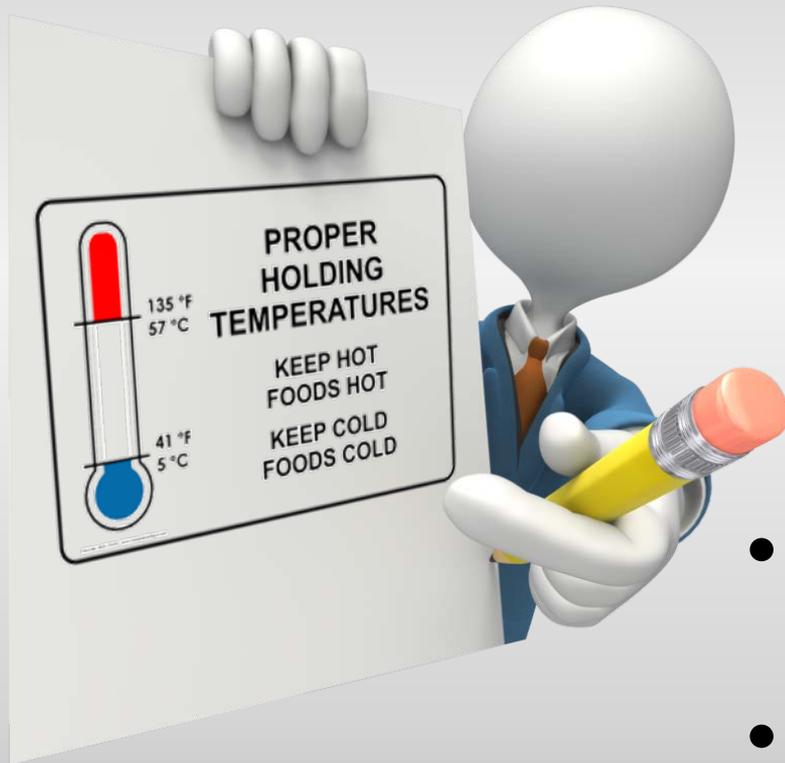
Meal Service / Feeding Time: 2 hours to service all  
children (12:00 noon – 2:00 pm)



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Total time food out of temperature  
control: 3:45 minutes ←

# KEY POINTS TO REMEMBER



- Must check temperatures at each critical point
  - Before it leaves central kitchen
  - Once it arrives to feeding location
  - Once serving has started
  - At end of service time
- Can not serve after the 4 hour window (**NO EXCEPTIONS**)
- Can not re-use/return food for future use



# Temperature Taking



**Keep Hot Stuff Hot & Cold Food's Cold**

# TAKING TEMPERATURE

How to take the temperature

- Clean and sanitize thermometer
- Place in fat part of food



# KEY POINTS TO REMEMBER



- Must check temperatures at each critical point
  - Before it leaves central kitchen
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- Can not serve after the 4 hour window (***NO EXCEPTIONS***)
- Can not re-use/return food for future use

## Calibrating a Thermometer

A food thermometer should be checked for accuracy. Many food thermometers have a calibration nut under the dial that can be adjusted (Check the package for instructions). The ice water method below is one easy way to calibrate the thermometer.

### Ice Water Method:

1. Fill a large glass with finely crushed ice.
2. Add clean, cold tap water to the top of the ice and stir well.
3. Immerse the food thermometer stem a minimum of 2 inches into the mixture, touching neither the sides of the bottom of the glass.
4. Wait a minimum of 30 seconds before adjusting.
5. Without removing the stem from the ice, hold the adjusting nut under the head of the thermometer with a suitable tool and turn the head so the pointer reads 32 °F or 0° C.

### CALIBRATE FREQUENTLY

(For ease in handling, the stem of the food thermometer can be placed through the clip section of the stem sheath horizontally).

### CLEAN AND SANITIZE THERMOMETERS BEFORE AND BETWEEN USES

**1**

**ADH Requirements**

Be Permitted  
Approved Source  
Notification of  
where your feeding

**2**

**Workers**

Healthy  
Knowledgeable  
Clean

**3**

**Food**

Approved Source  
Pre-Packaged for  
deliveries  
Stored Correctly

**4**

**Cleaning**

Clean of facilities  
Clean work surfaces  
Pest Free Zones  
Sanitization

**5**

**Transportation**

Food Safety #1  
concern  
Within 4 hour  
window

**6**

**Temperature**

Hot foods stay hot.  
Cold foods stay cold

**Review: Final remarks or questions**