



Church Leader Training

# FOOD SAFETY



FAMILY LEADERSHIP  
INITIATIVE



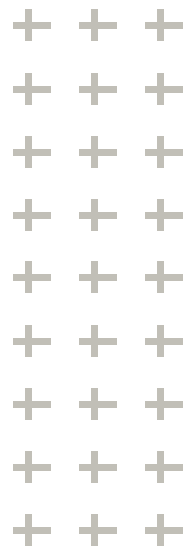
# Welcome

Sharing a meal around the table with family is important in today's ever-changing society. Within this session, you will learn:

- **The value of family meals.** *Page 4*
- **Creative ways to implement family meals as a part of your Family Leadership Initiative program.** *Page 5*
- **Basic principles of food safety.** *Page 7*
- **Best practices for food handlers.** *Page 8*
- **How to avoid cross-contamination throughout the flow of food.** *Page 14*
- **Cleaning and sanitizing standards.** *Page 15*



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# The Value of Family Meals

Do you think mealtime was important to Jesus? If so, what instances do you recall from the Bible?

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These days, getting families to sit together for a meal is no easy task. There is so much going on—work schedules, school activities, commitments, church meetings, and social events. Families are continuously being pulled in many different directions.

## Benefits of Eating Meals as a Family

- Eating together encourages family togetherness.
- Eating together fosters happy, well-adjusted children.
- Eating together helps kids do better in school.
- Mealtime is the perfect time to build self-esteem.
- Eating together is informational.
- Mealtime is a good time to learn manners.
- Mealtime provides better nutrition.
- Eating together is enjoyable.

# Implementing FLI Family Mealtime

FLI is committed to supporting churches as they invest in the healthy growth of children and families. And FLI family mealtime is an essential resource your church can leverage to help participating families strengthen and develop! You see, these meals are so much more than food on a plate. These meals are valuable opportunities for busy families to come together and share stories, listen to one another, have fun, and connect—all while being surrounded by a caring Christian community.

## Making the Most of Mealtime

- Start on time.
- Provide each family with its own table or space.
- Every family should take responsibility.
- Incorporate Table Talk—conversations starters included in the FLI curriculum. Table Talk questions can be written on a whiteboard, index cards, or paper. Ask families to answer and discuss. If families write down their responses, try collecting the information to help you better understand where they are coming from.

## Cooking for a Crowd

Managing a meal for a large group can be overwhelming and expensive. The following suggestions can help:

- Develop a team of volunteers to cook.
- Create a healthy menu in advance.
- Take advantage of sales.
- Buy in bulk, when possible.
- Give families the opportunity to contribute.



## COVID-19 Adaptations

Even if your church offers its FLI programming virtually, the meal component remains essential. These are some creative ideas for supporting families who gather for FLI family mealtime at home:

- **Passport Kitchen**

Families participating in this MSU Extension program receive a themed travel box each week that includes a recipe, specialty ingredient (think rice paper or a piping bag), packing list of ingredients to gather from around the house, and fun information about the week's country or cultural focus. Participants access a video lesson to help with preparing the recipe and can watch additional videos to learn even more. For more information about Passport Kitchen, contact Melissa Preston at [prest142@msu.edu](mailto:prest142@msu.edu).

- **Cooking Matters**

The YMCA of Greater Grand Rapids offers this national 6-week nutrition education program to teach families how to make healthy food choices on a budget. Participants learn cooking skills, simple recipes, and food safety. A new recipe is prepared during each class. At the end of each class, participants are given the ingredients to make the recipe again at home. It's the perfect opportunity to practice newly developed skills and try new food as a family. To learn more about Cooking Matters, email [activate@grymca.org](mailto:activate@grymca.org) or call (616) 885-5912.

- **Rethink Table Talk**

Ask families to email their Table Talk responses—if they're comfortable sharing—to the instructor. Share the compiled responses from each week with all families to promote further discussion. Another option is to host Table Talk discussions on a virtual meeting platform such as Zoom or Google Meet.

- **Provide families with a recipe and ingredients.**

They can prepare and eat the meal together at home.

- **Offer a family meal as the prize in a contest or drawing.**

- **Eat a picnic dinner outside.**

- **Share family recipes.**

# What is Food Safety?

Food safety refers to the conditions and practices that preserve the quality of food to prevent contamination and foodborne illnesses. Whether you are cooking or providing takeout for FLI family mealtime, food safety is important. We must strive to offer families food that is safe.

## Common Mistakes



### **Purchasing food from unapproved suppliers**

Only purchase food from approved, reputable suppliers. Suppliers should comply with all applicable local, state, and federal laws. They should also meet the requirements of agencies such as the Food and Drug Administration and the United States Department of Agricultural. Remember to check all labels for FDA and USDA approval. Reject packages with leaks, dampness, or water stains. Food prepared in a private home should be avoided.



### **Failing to cook food correctly**

Inadequate cooking is a common cause of food poisoning.



### **Holding food at incorrect temperatures**

Knowing temperature danger zones for heating and cooling food is critical.

People can suffer food poisoning after eating:

- Food that is held or stored at an incorrect temperature.
- Food that is not cooked or reheated to a proper temperature.
- Food that is not cooled correctly.



### **Using contaminated equipment**

Prepare food with sanitary equipment, including slicers, can openers, and utensils. Prevent cross-contamination by thoroughly washing cutting boards, dishes, and countertops after contact with raw meat, poultry, or seafood. This prevents harmful bacteria from transferring to cooked and ready-to-eat foods.



### **Practicing poor personal hygiene**

Foodborne illnesses can result when food handlers and servers:

- Fail to wash hands correctly.
- Cough or sneeze on food.
- Don't properly cover an open wound or sore.
- Prepare or serve food while sick.



### **When preparing food, it is vital to:**

- Use approved suppliers.
- Limit access to preparation, storage, and cooking areas.
- Assure cooks and servers are well trained.
- Use appropriate equipment and avoid cross-contamination
- Practice good personal hygiene.



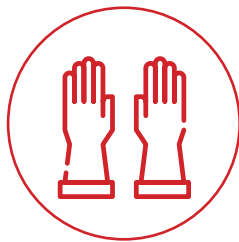
## Best Practices for Food Handlers

Food handlers—defined as anyone who is involved with the preparation, storage, or service of food—play a critical role in keeping food safe for consumption. In fact, food handlers are the #1 cause of the spread of germs to food. To ensure FLI family mealtime is safe, those preparing and serving food in your program must understand their responsibilities relating to health and hygiene, including:



**Clean  
Hands**

+



**Disposable  
Gloves**

+



**Personal  
Cleanliness**

+

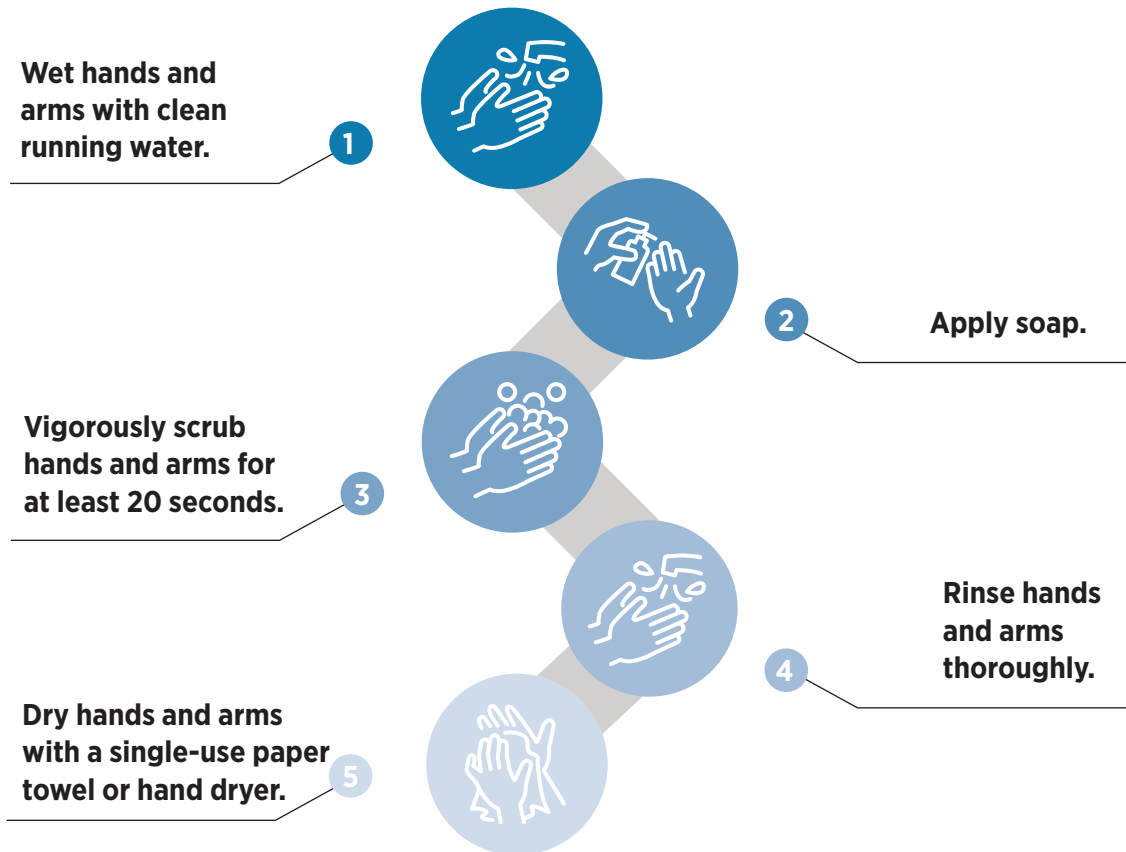


**Health  
Standards**



# Clean Hands

Our hands don't have to look dirty to be loaded with microscopic germs that can cause big problems when preparing or serving food. Proper handwashing is one of the most important actions food handlers can take to prevent foodborne illnesses. Follow these steps:



## When to Wash Hands



### BEFORE

- Preparing food or serving food.
- Eating or drinking.
- Leaving or returning to the kitchen/prep area.
- Using gloves.
- Working with clean equipment and utensils.

### AFTER

- Using the restroom.
- Handling uncooked meat, poultry, or seafood.
- Coughing, sneezing, or using a tissue.
- Handling money or electronic devices, such as a phone.
- Touching clothing, apron, hair, face, or body.
- Using chemicals to clean counters or other surfaces.
- Taking out the garbage.
- Using gloves.

# Disposable Gloves

**In addition to proper handwashing, food handlers must wear disposable gloves when preparing or serving food. When used properly, gloves serve as a protective barrier between bare hands and food to prevent germs from contaminating equipment, food, and utensils.**



**Gloves should NEVER be used in place of handwashing.**

## Follow these guidelines:

- Wash hands before putting on disposable gloves.
- Select the correct size.
- When putting on a glove, hold it by the edge and never blow into it. It's important to touch the glove itself as little as possible to prevent contamination.
- Once on, check each glove for rips or tears. Replace if necessary.
- Never wash or reuse disposable gloves.
- Food handlers must never handle food with bare hands!

## When to Change Gloves



To ensure food is prepared and served safely, food handlers must change gloves in these situations:

- If gloves become soiled or torn.
- After touching anything that could contaminate food. (Hair, nose, refrigerator, trash, etc.)
- When a task is interrupted. (Answering phone, leaving kitchen/prep area, etc.)
- After handling raw food. (Meat, poultry, seafood, etc.)
- Before handling ready-to-eat foods, as well as different types of food.
- Every 4 hours when performing the same task.

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# Personal Cleanliness

**Our bodies are naturally covered in bacteria; some helpful, some incredibly harmful. The simple act of touching the mouth, nose, hair, or even clothing while preparing or serving food can spread bacteria and cause contamination.**



**Even healthy people carry bacteria on their bodies that can cause food poisoning.**

## Follow these guidelines:

- Shower or bathe before preparing or serving food.
- Wear clean clothing.
- Use an apron, when possible. Remember to remove the apron when leaving the kitchen/prep area. Do not wipe hands on apron.
- Wear a clean hat or hair restraint. Hair accessories and false eyelashes should not be worn. Those with facial hair should also wear a beard restraint.
- Remove jewelry including rings, bracelets, and watches. (The exception is a plain ring, such as a wedding band, with no stones or grooves.) Soap and water aren't enough to thoroughly remove illness-causing bacteria that can build up the intricate nooks and crannies of jewelry. Also, jewelry with jagged edges can tear gloves.
- Use waterproof bandages and gloves to cover a wound on the hand or arm.

## When to Lather Up



Bacteria, including pathogens that cause foodborne illnesses, cling to the oils our skin produces naturally.

To prevent pathogens from collecting on the skin and being transferred to food, it is important to lather up—at the sink, under the showerhead, or in the tub—before preparing or handling food.

Using water alone to clean the skin isn't effective, because water and oil molecules don't mix. (Think about a bottle of Italian salad dressing.)

But soap molecules have two different ends:

- The hydrophilic end is attracted to water.

- The hydrophobic end loves oil and fat molecules.

When you build up a soapy lather, one end of the soap molecules attach to the oils on the skin. When you rinse, the other end of the soap molecules attach to the water molecules—pulling the oils and any bacteria it is harboring off your skin and down the drain.



## Health Standards

Those who are sick or have a contagious illness should not prepare or serve food. To minimize the spread of germs and bacteria, food handlers need to be symptom-free for at least 48 hours.



**If you're sick, your body is producing more germs and microorganisms than it does when you're healthy.**

### When to Stay Home



Remind your program volunteers and staff not to handle food—in any capacity—if experiencing:

- Nausea
- Vomiting
- Fever
- Diarrhea
- Rash
- Stomach cramps



# Avoid Cross-Contamination Throughout Food Flow

The flow of food is the path food ingredients and products take from the time of purchase through being served. Steps in the food flow process include:

- |         |         |
|---------|---------|
| 1 _____ | 5 _____ |
| 2 _____ | 6 _____ |
| 3 _____ | 7 _____ |
| 4 _____ | 8 _____ |

It is critical to follow food safety procedures at every step in the process to avoid mishandling and cross-contamination. When preparing or serving FLI meals:

- Keep raw and ready-to-eat food away from each other.
- Use separate equipment for raw and ready-to-eat food.
- Clean and sanitize all equipment, work surfaces, and utensils before and after each meal.
- Prep raw and ready-to-eat food at different times.
- Buy prepared food that does not require much handling.
- Follow the guidelines for heating, cooling, and storing food. Bacteria can grow when food is not stored at correct temperatures.
- Store supplies in designated storage areas. Food items should be stored away from walls and at least 6 inches off the floor.
- Store food in sealed or covered leak-proof containers that are intended for food.
- Keep all storage areas clean and dry. Clean floors, walls, and shelves.
- Work stations, cutting boards, and utensils should be clean and sanitized.

# Cleaning and Sanitizing Standards

Food residue on surfaces and equipment can provide an ideal environment for the growth of illness-causing bacteria. It's critical to keep your facility and equipment properly cleaned and sanitized. To help prevent foodborne illnesses, please note the following recommendations:

## Cleaning

Cleaning removes food and other dirt from surfaces. Cleaners must be \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ to use.

- Always follow manufacturer instructions carefully.
- Use cleaners for intended purposes only.

## Sanitizing

Sanitizing reduces \_\_\_\_\_ on surfaces to \_\_\_\_\_ levels. Utensils, equipment, and surfaces can be sanitized with \_\_\_\_\_ or \_\_\_\_\_.

- When sanitizing with heat, soak items in water that's at least 171°F for a minimum of 30 seconds. A high-temperature dishwasher is also effective.
- When sanitizing with chemicals, follow manufacturer instructions for concentration level, water temperature, and contact time to achieve optimal effectiveness.

## Best Practices

- 1 Dishes can be washed by hand or in a dishwasher. To avoid contamination, make sure clean dishes are stored properly.
- 2 Wiping cloths—wet or dry—are often used to clean food spills and equipment surfaces. Use separate cloths for surfaces that do and don't come into contact with food. Store wet wiping cloths in a sanitizing solution between use. And finally, do not reuse a cloth after it has come into contact with raw meat, poultry, or seafood.
- 3 Only use chemicals approved for use in food service areas. Store in designated areas, away from food.

As you reflect on the information we have covered, what are two improvements your church needs to make immediately to ensure FLI family mealtime is safe?

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What are some additional changes that need to be made as soon as possible?

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## Resources

### **ServSafe**

Your FLI ministry team should include at least one member who is ServSafe trained and certified. The ServSafe Food Handler course (\$150-200) covers basic food safety practices for preparing and serving food. Learn more at [www.servsafe.com](http://www.servsafe.com).

### **Cooking for Crowds**

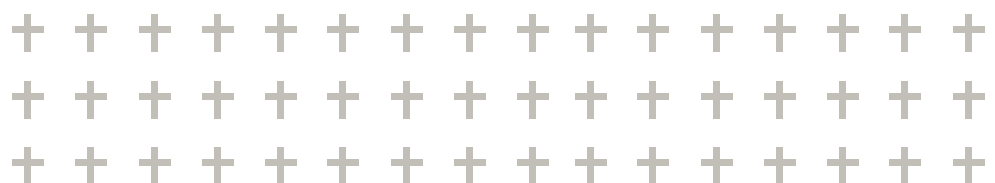
This MSU Extension workshop (\$15) helps nonprofit groups learn how to prevent unsafe conditions that may cause foodborne illnesses. Learn more at [https://www.canr.msu.edu/cooking\\_for\\_crowds](https://www.canr.msu.edu/cooking_for_crowds).

### **Food Safety Hotline**

(877) 643-9882

### **ServSafe Manager Book (7th Edition)**

by the National Restaurant Association





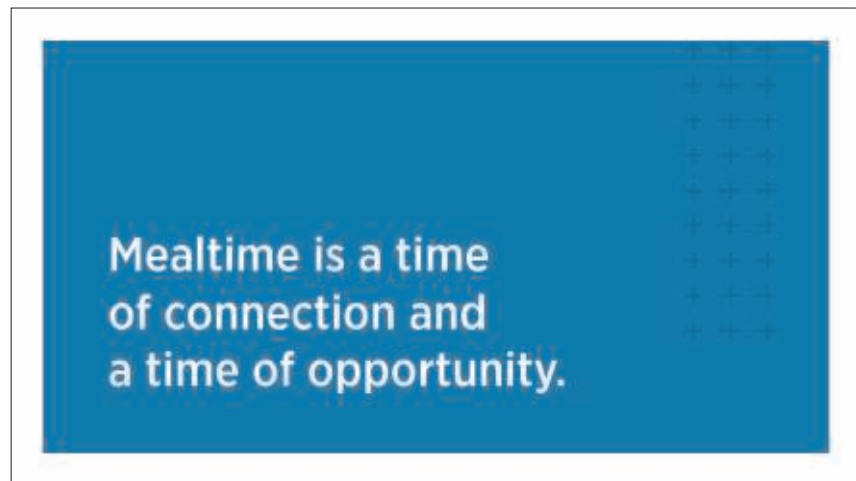
Slide 1



Slide 2



Slide 3



Slide 4



**Benefits of Eating Meals as a Family**

- ENCOURAGES TOGETHERNESS.
- FOSTERS HAPPY WELL-ADJUSTED CHILDREN.
- HELPS KIDS DO BETTER IN SCHOOL.
- BUILDS SELF-ESTEEM.
- IT'S INFORMATIONAL.
- TEACHES MANNERS.
- PROVIDES BETTER NUTRITION.
- IT'S ENJOYABLE.

Slide 5

**MAKE THE MOST OF MEALTIME.**



- ✓ Start on time.
- ✓ Provide each family with its own table or space.
- ✓ Every family should take responsibility.
- ✓ Incorporate Table Talk.

Slide 6



**Food Safety**


The conditions and practices that preserve the quality of food to prevent contamination and foodborne illnesses.

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Slide 7



If food handlers do not handle food correctly, it can become unsafe and can potentially cause illness.

Slide 8

**More than 30 children experienced dizziness, nausea, and vomiting after eating spaghetti at an elementary school cafeteria.**

According to the regulatory authority, the spaghetti was not heated correctly on the day it was served. It also was not cooled correctly when it was prepared the day before. The cafeteria had to be closed so staff could be retrained on safe food-handling practices.

7th Edition ServSafe Manager

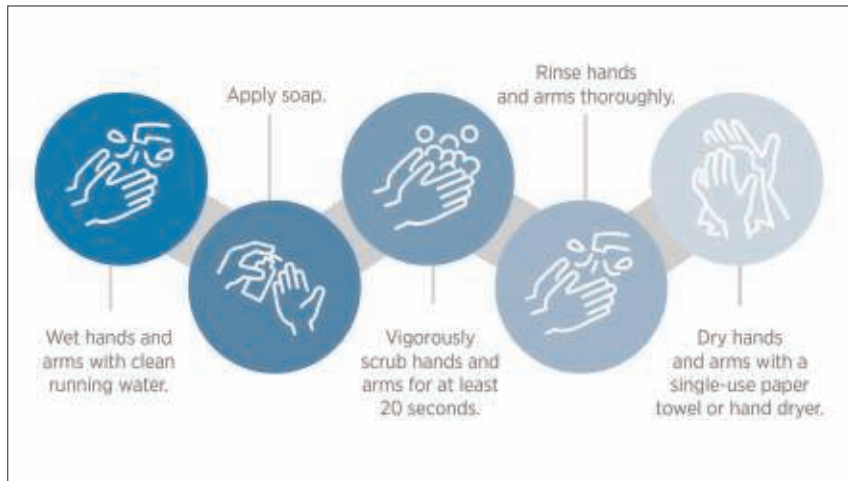
Slide 9



**When preparing food, it's vital to:**

- Use approved suppliers.
- Limit access to preparation, storage, and cooking areas.
- Assure cooks and servers are well trained.
- Use appropriate equipment and avoid cross-contamination.
- Practice good personal hygiene.

Slide 10



Slide 11



Slide 12



- Wash hands before putting on disposable gloves.
- Select the correct size.
- When putting on a glove, hold it by the edge and never blow into it.
- Once on, check each glove for rips or tears.
- Never wash or reuse disposable gloves.
- Never handle food with bare hands!

Slide 13

Our bodies are naturally covered in bacteria; some helpful, some incredibly harmful.



Slide 14



Program staff and volunteers must not handle food—in any capacity—if experiencing:

- Nausea
- Vomiting
- Fever
- Diarrhea
- Rash
- Stomach cramps

Slide 15

FOOD PREPARATION



- Keep raw and ready-to-eat food away from each other.
- Use separate equipment for raw and ready-to-eat food.
- Clean and sanitize all equipment, work surfaces, and utensils before and after each meal.
- Prep raw and ready-to-eat food at different times.
- Buy prepared food that does not require much handling.



Slide 16

FOOD  
PREPARATION



- Follow the guidelines for heating, cooling, and storing food.
- Store supplies in designated storage areas.
- Store food in sealed or covered leakproof containers that are intended for food.
- Keep all storage areas clean and dry.
- Work stations, cutting boards, and utensils should be clean and sanitized.

Slide 17



**Cleaning**  
Removes food and other dirt from surfaces.

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Slide 18



**Sanitizing**  
Reduces bacteria on surfaces to safe levels.

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FAMILY LEADERSHIP  
INITIATIVE