

Module 3 Overview:



Food Handling Techniques - Avoiding Bare Hand Contact



TRAINER: Read this page ahead of time to prepare for teaching the module.

PARTICIPANTS WILL:

1. Define and identify READY-TO-EAT FOODS.
2. Establish proper handling methods for READY-TO-EAT FOODS.
3. Use disposable gloves properly.

TIME: 15 minutes

TEACHING LOCATION: Kitchen

MATERIALS NEEDED:

- Activity: Food Handling Techniques (p. M3-5)
 - READY-TO-EAT FOOD
 - Tongs
 - Deli paper
 - Disposable gloves

COPIES REQUIRED:

- Pre and Post Quiz
- Talking Points (p. M3-4)
- Activity: Food Handling Techniques (p. M3-5)
- Fact Sheet: Using Disposable Gloves (p. M3-6)

GLOSSARY TERMS:

- READY-TO-EAT FOOD



Module 3 Presentation:

Food Handling Techniques - Avoiding Bare Hand Contact



TRAINER: Read aloud to prepare participants for training.

Today We Are Learning About Food Handling Techniques -

Avoiding Bare Hand Contact. Before our training begins today there will be a short quiz. The quiz helps the Health Department assess training effectiveness and success. You do not need to write your name on the quiz and you will not be graded. Try your best to answer all the questions and don't share your answers with coworkers. We will be taking the same quiz at the end of training so if you don't know the answers, you'll be learning them today. After the training presentation we will do an activity together followed by some review questions. The training will take about 15 minutes and all of you will be participating.



TRAINER: Read aloud.

What's the Risk?

Germs are invisible to the naked eye. However, they may be present on your hands if you do not wash them thoroughly, particularly after using the restroom. Studies have also shown that even with proper handwashing, all contamination may not be removed from your hands. In order to prevent germs on your hands from contaminating foods, the Food Code prohibits bare hand contact with READY-TO-EAT FOODS and requires good handwashing by food employees. The Food Code does not require gloves to be worn, but does require that READY-TO-EAT FOODS be prepared and served without bare hand contact. Wearing disposable gloves is one of several acceptable ways to comply.



TRAINER: Read aloud.

What's the Law?

Food employees must not handle READY-TO-EAT FOODS with their bare hands.



TRAINER: Give participants a copy and have them take turns reading aloud.



Talking Points

- **READY-TO-EAT FOOD:** Food that may be safely eaten without additional preparation.
- **Examples of READY-TO-EAT FOODS that may not be handled with bare hands:**
 - Prepared fresh fruits and vegetables served raw
 - Salads and salad ingredients
 - Cooked, cold meats and sandwiches
 - Bread, toast, rolls and baked goods
 - Garnishes such as, parsley, lemon wedges, or pickles on plates
 - Fruit or vegetables for mixed drinks
 - Ice served to the customer
 - Any food that will not be thoroughly cooked or reheated after it is prepared
- **Alternatives to handling READY-TO-EAT FOODS with bare hands:**
 - Deli Paper
 - Disposable Gloves
 - Forks & Spoons
 - Napkins
 - Spatulas
 - Tongs
 - Wax Paper
 - Ice Scoops



Fact Sheet:

USING DISPOSABLE GLOVES

Food employees are not allowed to touch ready-to-eat foods with their bare hands. Handwashing alone may not be enough to remove all the germs from your hands. Using disposable gloves can provide added protection against the spread of germs that cause foodborne illness.

TIPS FOR USING GLOVES

- Always wash your hands before putting on new gloves.
- Gloves must be discarded:
 - After sneezing or coughing into your hands
 - After touching your hair or face
 - Between handling raw foods and ready-to-eat foods
 - When an activity or workstation change occurs
 - When they are contaminated or torn
- Frequently change gloves and wash hands to minimize the build-up of perspiration. Sweaty hands may breed bacteria.
- Food handlers with cuts, scrapes, or burns on their hands must cover the area with an impermeable bandage and always wear gloves.



Public Health – Madison and Dane County (06/04)



TRAINER: Share one or more of the following "Tales from the Kitchen."



Tales from the Kitchen

The following are examples of violations observed during inspections.

1. A food employee removed his gloves and went to the restroom. When he returned he put the same pair back on to make a sandwich.

Problem: Disposable gloves should never be reused.

Solution: After using the restroom, wash hands thoroughly and put on new gloves.

2. A food employee ate a sandwich with her gloves on and did not change them before cutting tomatoes.

Problem: Contamination can occur from eating and other activities such as smoking or using the restroom.

Solution: Remove your gloves and throw them away before using the restroom, smoking, or eating. Remember to wash your hands before wearing a new pair of gloves.

3. Employees are observed changing their gloves but never washing their hands.

Problem: Disposable glove use should not be a substitute for proper handwashing. If the disposable gloves are used incorrectly, then they can be contaminated just like your hands, with germs that can cause foodborne illness.

Solution: Education and monitoring of food employee practices by managers is very important. Handwashing and proper glove use are the best prevention to the spread of germs.



Module 3 Questions:

Food Handling Techniques - Avoiding Bare Hand Contact Review



TRAINER: Ask participants to answer the following.

1. What foods may not be touched with your bare hands?

Answer: READY-TO-EAT FOODS that may be safely eaten without additional preparation.

2. What methods may be used to handle READY-TO-EAT FOODS?

Answer: Utensils, tongs, deli paper, or disposable gloves.

3. Why is bare hand contact prohibited with READY-TO-EAT FOODS?

Answer: Food employees may transmit disease through unwashed or poorly washed hands. Wearing gloves or using utensils protects the customer from germs the food employee may be carrying on their hands.

4. When should gloves be changed and hands washed?

Answer: Anytime the gloves become contaminated, for example, after using the restroom, handling raw animal foods, or touching your hair or face.



Post Quiz Answers

MODULE 3:

FOOD HANDLING TECHNIQUES - AVOIDING BARE HAND CONTACT

1. List three ready-to-eat foods.

- Prepared fresh fruits and vegetables served raw
- Salads and salad ingredients
- Cooked, cold meats and sandwiches
- Bread, toast, rolls and baked goods
- Garnishes such as, parsley, lemon wedges, or pickles on plates
- Fruit or vegetables for mixed drinks
- Ice served to the customer
- Any food that will not be thoroughly cooked or reheated after it is prepared

2. List three methods for handling ready-to-eat foods.

- Deli Paper
- Disposable Gloves
- Forks & Spoons
- Napkins
- Spatulas
- Tongs
- Wax Paper
- Ice Scoops



Module 3 Moving Ahead:

For Managers/Trainers



TRAINER: Do not read aloud. These are your next steps, additional activities and resources.

After the Training

- Have participants sign Training Verification Log (p. 9), a requirement for **SAFE FOOD CREW** Recognition Program.
- Complete the Trainer's Evaluation Form (p. 10), a requirement for **SAFE FOOD CREW** Recognition Program.
- Present participants with Certificate of Completion (p. 12).
- Track all trainings an employee receives on the Employee Attendance Record (p. 13).
- Develop or review your written policy for proper handling of READY-TO-EAT FOODS.
- Post the Using Disposable Gloves fact sheet (p. M3-6) in the kitchen for a quick reference.
- Mount a glove dispenser at the handwash sink(s). This will encourage food employees to wash their hands prior to glove use.

Resources

- FDA 2001 Food Code and Wisconsin Food Code: 3-301.11, Preventing Contamination from Hands.
- Video: [Handwashing for Life: The Why, The When & The How](#). The Handwashing Leadership Forum, 2002. *This short, language-free video motivates line-level kitchen workers and servers on the why, when, and how to handwash (4:30 min).*