A Food Safe Salad Bar
Safe Preparation and Service

LET’S MOVE
Salad Bars to Schools

Missouri
Fresh Produce

• Ready-to-eat-food
• No “kill step”
• Must be safe to be nutritious
Fresh Produce – Key Points

• Processing fresh produce into fresh-cut products increases the risk of bacterial growth and contamination by breaking the natural barrier of the produce.

• The release of plant cellular fluids when chopped or shredded provides a nutritive medium for pathogens to grow and survive.
Fresh Produce – Key Points

- Internalization occurs when microbes infiltrate the produce moving from the outer surface to the internal tissue.

- Once microbes are internalized, they cannot be removed.
Internalization

Preventing the introduction of pathogens to produce is critical to safety! Once pathogenic microorganisms are internalized, they cannot be removed.
2009 FDA Food Code

- Classifies fresh-cut leafy greens, tomatoes and melons as “hazardous foods”
- Account for 50%+ of produce outbreaks
A Food Safe Salad Bar
Safe Preparation

LET’S MOVE
Salad Bars to Schools

Missouri
The Most Important Step to Safe Food!

“Hand washing is the single most important means of preventing the spread of infection.”

- Centers for Disease Control & Prevention
Handwashing 101

1. Wet hands
2. Soap (20 seconds)
3. Scrub backs of hands, wrists, between fingers, under fingernails.
4. Rinse
5. Towel dry
6. Turn off taps with towel

Handwashing Practices

Microorganisms from hands washed for the recommended 20 seconds

Microorganisms from unwashed hands after using the restroom

Source: Iowa State University Extension Service
Wear Gloves

- Eliminate bare hand contact with ready-to-eat foods
Wash Hands & Re-glove...

• After:
  – Touching equipment
  – Using/touching chemicals
  – Answering the phone
  – Accepting deliveries
  – Handling money
  – Any other glove contamination

• If a glove is torn, damaged or soiled
Clean & Sanitize Work Surfaces

**SEPARATE**
Don’t cross-contaminate.
Prevent Cross-Contamination

A clean and sanitized cutting board shows no sign of microorganisms

Source: Iowa State University Extension Service
Food Preparation Practices

Source: Iowa State University Extension Service
Maintain the Cold Chain

- Receiving
- Storing
- Preparing
- Serving

Inspect for Damaged & Bruised Produce

- Bruised spot on nectarine
- Decayed spot on apple
Please **Do Not** Soak When Washing
Wash Fruits and Vegetables
Internalization: Tomatoes

- Wash tomatoes in H₂O warmer than tomato – at least 10 degrees (wash warm)

- Tomatoes will act as a vacuum drawing pathogens inside from surface of skin IF washed in cold(ER) water
Whole unwashed leafy greens

Whole leafy greens washed with running water
Thick Skinned Fruits and Vegetables
Pre-Packaged Vegetables

- Baby Carrots
- Salad washed & ready to eat
- Washed in spring water
Food Preparation Practices

• **Pre-washed** produce in sealed bags can be used without further washing

• **Pre-washed** produce in **opened-bags** should be washed before using
1. Wash hands

2. Put leafy greens in clean and sanitized container

3. Cover and label
School Tested Tools for Processing

Robot Coupe R301 Series D 3.5qt.
Robot Coupe R2N Ultra 3 qt.

Sunkist Fruit & Vegetable Commercial Sectionizer Base Model 699-002
A Food Safe Salad Bar
Safe Service

LET’S MOVE
Salad Bars to Schools

Missouri
Check Temperatures Regularly

- Temperatures of salad bar items: before holding and after holding (or after 2 hrs, whichever is less)

Keeping the Bar Clean
Salad Bar Tongs or Spoodles

Replace:
• If dropped to floor
• When food is replenished
• If contaminated in any way
Educate Students!

- Always WASH your hands first!
- USE serving UTENSILS, not your fingers.
- If a UTENSIL or plate FALLS on the floor, DON’T put it back! Tell a cafeteria person.
- TASTE food items at your TABLE, not at the salad bar.
- Your HEAD stays ABOVE the SNEEZE GUARD or food shield. Ask a friend or a cafeteria person for help if you can’t reach.
- Be POLITE in line and WAIT your turn.
Storage

• **Prepared food** that was not put on the bar should be labeled, held and used X # of days after dated (according to produce fact sheets)

• **Leftover food:**
  • Option 1: may not be saved
  • Option 2: may be saved and used the next day **IF**
    - has been out of refrigeration < 2 hrs
    - has been held at **less** than 41° F

Food Safety Requirements

• Food safety training/certificate
• HACCP-based Food Safety Programs required since 2004
• Sample SOPs
  – D. Date Marking Ready-to-Eat, Potentially Hazardous Foods Pg. 38
  – G. Receiving Deliveries Pg. 44
  – J. Washing Fresh Fruits and Vegetables Pg. 50
Resource Links

• https://store.extension.iastate.edu/Product/Leafy-Green-Safe-Handling-Posters
• https://dese.mo.gov/sites/default/files/HACCP_Guidance.pdf
• http://www.fns.usda.gov/food-safety/produce-safety-resources
Alma.Hopkins@health.mo.gov
Alma.Hopkins@dese.mo.gov
(573) 751-2342