

**HOW TO PREVENT
FOODBORNE ILLNESS
AT A
FUNDRAISING EVENT
OR A
GROUP MEAL**

During the planning stages of your group meal call Humboldt County Department of Health and Human Services, Division of Environmental Health, and discuss your project with an Environmental Health Specialist who can advise you in the preparation and serving of a safe meal.

CALL:

***DIVISION OF
ENVIRONMENTAL HEALTH***

707-445-6215

DURING A GROUP MEAL, THERE SHOULD BE ONE PERSON IN CHARGE TO MAKE SURE ALL OF THE FOOD PREPARERS AND SERVERS INVOLVED FOLLOW THE RULES SPECIFIED BELOW.

WASH YOUR HANDS FREQUENTLY

PERSONAL HYGIENE

1. Wash your hands after going to the toilet, handling uncooked foods, and smoking.
2. If your hands have infected cuts, burns, or hangnails, do not prepare or serve food.
3. Never prepare foods when you are ill.
4. Do not smoke in food preparation areas.

FOOD SOURCES

1. All foods must be from approved sources (a retail or wholesale commercial source).
2. Never use meats that are not government inspected.
3. Never use home canned items.

FOOD PREPARATION

1. When possible, foods should be prepared at facilities which have adequate professional equipment.
2. Hazardous foods, such as meat, eggs, and dairy products, which can support rapid bacterial growth, must be kept at temperatures below 45° F or above 135° F at all times, except for a maximum of one hour preparation time.
3. Refrigerate hazardous foods in shallow containers. Home type refrigerators may not be able to maintain the less than 45° F temperature if overloaded with warm foods.
4. Have a probe thermometer available at all times that is capable of checking food temperatures. One can be purchased at a kitchen supply store.
5. Frozen meats must be thawed in the refrigerator, in a microwave oven, under running water, or in the cooking process. Never at room temperature.

Keeping hot foods hot and cold foods cold is one of the most important rules in preventing foodborne illness.