



**LifeCare  
Alliance**

# Volunteer and Workers Welcome To Lifecare Alliance

Food Safety 101  
Brought to you by  
Mound Street Production Kitchen  
Lifecare Alliance

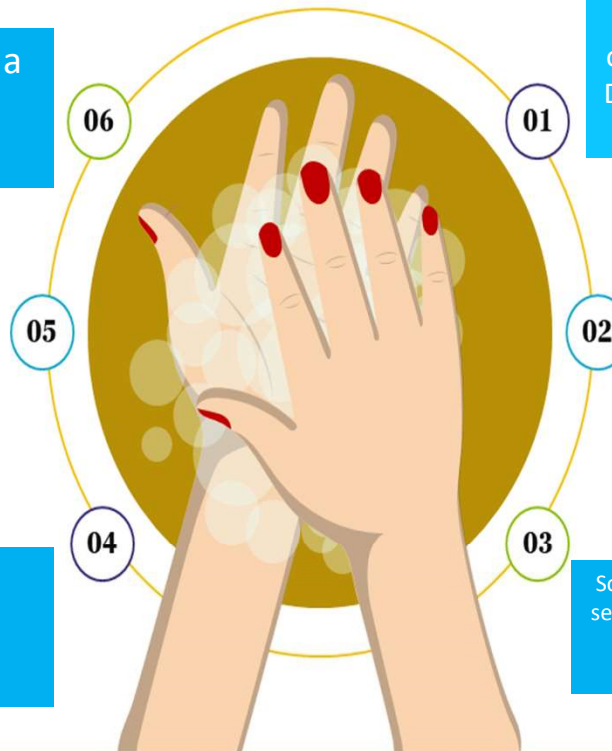


## Hand Washing PowerPoint Template

Dry your hands using a clean towel or air dry them.

Use a paper towel to turn off the faucet.

Rinse your hands well under clean, running water.



01 Wet your hands with clean, running water (100 Degrees), turn off the tap, and apply soap.

02 Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

03 Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

04

05

06



# HOW TO WASH YOUR HANDS

PROTECT YOURSELF AND OTHERS  
AGAINST INFECTIONS



1  
WET HANDS



2  
APPLY SOAP



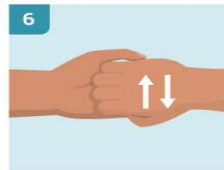
3  
RUB HANDS  
PALM TO PALM



4  
LATHER THE BACKS  
OF YOUR HANDS



5  
SCRUB  
BETWEEN YOUR FINGERS



6  
RUB THE BACKS  
OF FINGERS ON  
THE OPPOSING PALMS



7  
CLEAN THUMBS



8  
WASH FINGERNAILS  
AND FINGERTIPS



9  
RINSE HANDS



10  
DRY WITH  
A SINGLE USE TOWEL



11  
USE THE TOWEL  
TO TURN OFF THE FAUCET



12  
YOUR HANDS ARE CLEAN



# Wear Gloves The Right Way

- 1** Wear food service gloves or use sanitary utensils or deli tissue when handling ready-to-eat foods.
- 2** Always wash your hands before putting on gloves.
- 3** Change your gloves any time you would need to wash your hands.
  - ✓ After touching your body
  - ✓ After using the toilet
  - ✓ After eating or drinking
  - ✓ After handling dirty equipment or utensils
  - ✓ After handling raw food
  - ✓ After any other activities that contaminate your gloves
- 4** Remove your gloves before washing hands.





# HOW TO USE A 3 COMPARTMENT SINK

## REMOVE FOOD

Scrape leftover food  
off dishes.

## SINK 1 WASH

Scrub dishes in soapy,  
warm water at minimum  
temperature of 110°F.

## SINK 2 RINSE

Use second sink to rinse  
dishes in clean, warm  
water at minimum  
temperature of 110°F

## SINK 3 SANITIZE

Soak dishes in chemical  
sanitizing solution. Follow  
sanitizing directions.

OR

Sanitize dishes in hot  
water at 171°F or hotter  
for at least 30 seconds.

## DRY DISHES

Always  
air-dry dishes.

**IMPORTANT: REPLACE THE WATER WHENEVER IT APPEARS DIRTY**

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The information provided here does not, and is not intended to, constitute legal or medical advice. Please refer to FDA Warewashing Guidelines and sanitizing solution instructions.

## Proper Work Attire

### Foodhandlers should:

- A** Wear a clean hat or other hair restraint
- B** Wear clean clothing daily – dirty clothes must be kept away from food and prep areas
- C** Remove aprons when leaving food-preparation areas
- D** Remove jewelry from hands and arms
- E** Wear appropriate, clean, and closed-toe shoes



**Never wear an apron to the restroom or on break**





# Food Should Never Be Stored Directly On the Floor

## Storing Food Safely

### General Storage Guidelines:

- Store food at least 4 to 6 inches off the floor.
- Store food away from walls.



Proper hand hygiene and exclusion of food employees exhibiting symptoms of norovirus disease (i.e., diarrhea or vomiting) are critical for norovirus control. Norovirus is one of the main reasons employers and employees should not eat, drink, smoke, or chew gum while: prepping or serving food. working in prep areas.



Does this mean gum too?



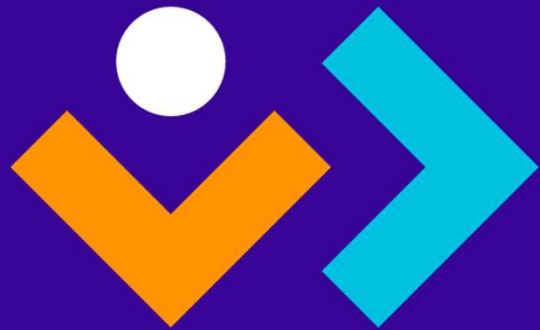
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