



# SNS COLLEGE OF TECHNOLOGY



(An Autonomous Institution)

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Accredited by NAAC-UGC with 'A++' Grade (Cycle III) &

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COIMBATORE-641 035, TAMIL NADU

## UNIT I: FOOD SAFETY AND HYGIENE

### Cleaning and disinfection- Personal hygiene- Pest control -Waste disposal

#### PERSONNEL HYGIENE

The hygiene and health of all food handlers (persons who prepare/sell) are essential to keep food safe. Physical hazards like wearing of jewellery, having bandages on or careless attitude should also be avoided.

#### Hence, precautions needed are: -

- 1) Recruitment of staff should be done after medical exam only.
- 2) Staff should be vaccinated against Typhoid every 3 years.
- 3) Health checks up of employees to be done every six months and records should be maintained.
- 4) Motivate, educate, encourage and most importantly supervise employees, to stop handling food when they get infected viz. Jaundice, diarrhoea, vomiting, fever, sore throat, eye, nose or ear discharge, skin problems (boils, cuts, itching etc.).
- 5) The management of food premises shall promote food safety training to their employees by conducting on-going in-house courses for them or arranging them to participate in courses run by various organizations.
- 6) Records indicating those employees who have been trained and their relevant particulars shall be maintained by the management.
- 7) Food handlers should wear clean and proper clothing. They should cover hair and wear hand gloves while handling food.
- 8) Street shoes inside the food preparation area should not be worn while handling and preparing food.
- 9) Personal belongings should be kept away from food and food contact surfaces.

10) Hand washing facilities should be available at the outlet along with continuous supply of water, soap and tissue roll/paper towel/hand dryer or hand sanitizer.

11) Hand washing is critical for all food handlers using soap and water. Thorough washing under running water needs to be ensured before & after handling food and especially after using toilets, handling garbage, touching animals, touching raw food of animal origin, touching toxic substances like cleaners, pesticides, disinfectants etc.

12) Food handlers should avoid following practices while handling food :

- Chewing or smoking tobacco
- Chewing betel nut or gums
- Touching mouth, tongue, nose, eyes or other body parts
- Spitting, sneezing, coughing etc.
- Touching ready-to-eat food with bare hands
- Handling food and money at same time

13) Handlers should ensure:

- Careful food handling
- Protect food from environmental exposure
- Do not wear jewellery/threads/cosmetics on hands

### **CLEANING AND SANITIZING**

Cleaning and sanitizing at every point of the preparation chain has to be ensured by using proper cleaning agents, methods and cleaning schedules.

- Food contact surfaces (direct – equipments, utensils, crockery etc.) should be kept clean and disinfected.
- Other areas and surfaces (e.g. racks, chimneys, door knobs, burner heads, drip trays etc.) which are not coming in direct contact with food should be kept clean and disinfected wherever required.

## **WASTE DISPOSAL AND PEST CONTROL**

Waste disposal (organic and other) is critical to keep food and beverage safe at every point of the chain, waste at no point should come in contact with the food directly or indirectly (through flies, insects etc.)

Hence, it has to be ensured that –

- 1) Biodegradable and non-biodegradable wastes should be separated right at the point of putting them into the bins.
- 2) Liquid and solid wastes should be separated right at the point of putting them into the bins.
- 3) Waste should be suitably disposed of as per law.
- 4) Trolley/dustbins should be marked or specifically colored.
- 5) All garbage cans should be covered, cleaned daily, sanitized and collected at an assigned collection point at a public garbage collection system.
- 6) The garbage cans should be kept at sufficient distance to avoid food contamination.
- 7) Food waste should be disposed of in such a way as not to attract insects and animals, such as flies, dogs, cats and rodents.
- 8) Adequate pest control measures should be in place.
- 9) At the selling point and at entry points Pest – O – flash needs to be installed to prevent entry of insects as a precautionary measure.