

FIRST THINGS FIRST:  
**Food Safety in Your  
Student Store**



# Food Safety in Your Student Store

Wherever food is being sold, proper sanitation practices must be in place so that the risk of food-borne illness is minimized. Here you will find the basic information needed to help keep foods safe from bacteria and in turn, keep your customers safe from illness.

## The Four Basic Guidelines for Sound Food Safety Practices

These guidelines were adapted from "Fight Bac! Materials" (see the following page for the website.)

### 1. Clean:

- Wash hands and surfaces often using hot soapy water.
- Before handling, preparing or serving food all workers should be sure to keep their hands well washed especially after:
  - > Using the bathroom
  - > Touching your mouth, nose, hair
  - > Handling raw meat
  - > Taking out the trash
  - > Picking up anything from the floor
- All surfaces in your store should be kept clean including: countertops, cutting boards, dishes, utensils, towels and wiping cloths.

### SIMPLE SANITIZING SOLUTION

The following is a simple formula for an effective sanitizing solution:

Once you have this made up, fill a couple of spray bottles with this and have the spray bottles readily available around your food service area:

**1 Tsp. of regular chlorine laundry bleach + 1 qt of H<sub>2</sub>O**

### 2. Separate:

- Keep foods intended to be cooked separate from foods intended to be eaten raw. Don't cross-contaminate. Avoid the spread of bacteria.
- Be sure to use different cutting boards for raw meat products and all other foods.
- Never place a food that is ready to eat on a plate that previously held raw meat, poultry or seafood.

### 3. Cook:

- Cook foods to proper temperatures. Adequate cooking kills harmful bacteria. Use clean thermometers!
  - > Red meat should be cooked to at least 160°F.
  - > Poultry should be cooked to at least 170°F.
  - > Cook eggs until yolks and whites are firm.
  - > Cook fish until it is opaque and flaky.
- Reheat things well!
  - > Bring sauces, soups and gravies to a boil.
  - > Reheat leftovers to 165°F.

### 4. Chill:

- Keep perishable food cold!
- Refrigerate leftovers promptly (within two hours or sooner). Bacteria will have less of a chance of growing if foods are kept cold.
- Defrost foods in refrigerator, under cold running water or in microwave.
- Keep thermometers in your refrigerator and freezer. Check your refrigerator temperature regularly – it should be no higher than 40°F. Your freezer should be 0°F.

#### **DO YOU KNOW ABOUT THE DANGER ZONE?**

**Bacteria grows best in a temperature range known as “The Danger Zone.”**

**The Danger Zone is between 40° and 140°F. So be sure to keep foods stored at temperatures less than 40°F and be sure to cook them to greater than 140°F.**

*For more food safety information, check out the following websites:*

- Fight Bac! [www.fightbac.org](http://www.fightbac.org)
- Food Safety Project: Lessons [www.extension.iastate.edu/foodsafety/Lesson/L1/L1p1.html](http://www.extension.iastate.edu/foodsafety/Lesson/L1/L1p1.html)
- Focus on Food Safety [www.kdhe.state.ks.us/fofs/index.html](http://www.kdhe.state.ks.us/fofs/index.html)

*State of Montana food safety resources:*

- Montana Department of Public Health and Human Services  
406-444-2408 or [www.dphhs.state.mt.us/hpsd/pubheal/healsafe/food/index.htm](http://www.dphhs.state.mt.us/hpsd/pubheal/healsafe/food/index.htm)
- Montana State University Extension Service, Food and Nutrition  
Lynn Paul, EdD, RD, 406-994-5702 or [www.montana.edu/extensionnutrition](http://www.montana.edu/extensionnutrition)  
See page 58 for information on *Food Safety Works*, a high school food safety education job training program.



## Safe Food Handling Checklist for School Stores or Concession Stands

Use this checklist on a regular basis to make sure you are following safe food handling practices:

1. Before the store opens each day, all work surfaces are cleaned and sanitized.
2. Workers wash hands frequently. A good rule of thumb is to have one worker handle the money while the other worker handles the food.
3. Workers shall keep hair restrained, wear clean clothing, not eat, not chew gum and not wear artificial nails, nail polish or excessive jewelry while working.
4. Food is stored properly to keep cold foods cold (less than 40°) and hot foods hot (more than 140°). Raw foods are kept away from cooked foods to avoid cross contamination.
5. Inventory is rotated so the first items in are the first items out when sold. Food items are stored at least six inches off the floor. Food is stored away from non-food and cleaning supplies.
6. Thermometers are in the refrigerator and freezer and temperatures are checked regularly. Refrigerator temperature is no higher than 40°F and freezer temperature is at least 0°F.
7. Workers are trained in using a food thermometer to monitor food temperatures.
8. While store is open, hot and cold foods are kept at safe temperatures: Hot foods 140°F or above; cold foods 40° F or below.
9. Foods are defrosted in refrigerator, under cold running water or in microwave.
10. Proper dishwashing methods are followed to ensure items are cleaned and sanitized. The easiest way is to ask the food service program to run the items through the dish machine. Otherwise, use three large tubs and a clean drying rack: Tub #1 is filled with hot, soapy water; Tub #2 contains hot rinse water, and Tub# 3 contains sanitizing solution. Items are washed, rinsed and then submerged in the sanitizing solution for at least one minute. Items are air-dried on the rack.

Simple Sanitizing Solution The following is a simple formula for an effective sanitizing solution. Once you have this made up, fill a couple of spray bottles with this and have the spray bottles readily available around your food service area: **1 Tsp. of regular chlorine laundry bleach + 1 qt of H2O.**

## **MONTANA STATE LICENSURE FOOD SAFETY GUIDANCE**

As stated in the Montana State Licensure Law, student stores that operate for more than 14 days a year are required to obtain an annual license from their respective county sanitarian office.

### **50-50-102 Definitions**

(7) (a) "Food service establishment" means a fixed or mobile restaurant, coffee shop, cafeteria, short-order cafe, luncheonette, grille, tearoom, sandwich shop, soda fountain, food store serving food or beverage samples, food or drink vending machine, tavern, bar, cocktail lounge, nightclub, industrial feeding establishment, catering kitchen, commissary, private organization routinely serving the public, or similar place where food or drink is prepared, served, or provided to the public at retail, with or without charge.

(b) The term does not include:

- (i) operations, vendors, or vending machines that sell or serve only packaged, nonperishable foods in their unbroken, original containers;
- (ii) a private organization serving food only to its members;
- (iii) custom meat cutters or wild game processors who cut, process, grind, package, or freeze game meat for the owner of the carcass for consumption by the owner or the owner's family, pets, or nonpaying guests; or
- (iv) an establishment, as defined in 50-51-102, that serves food only to its registered guests.

### **50-50-201. License required.**

- (1) Except as provided in 50-50-202, a person operating an establishment shall procure an annual license from the department.
- (2) A separate license is required for each establishment, but if more than one type of establishment is operated on the same premises and under the same management, only one license is required.
- (3) Only one license is required for a person owning and operating one or more vending machines.
- (4) A license issued by the department is not valid unless signed in accordance with 50-50-214.

### **50-50-202. Establishments exempt from license requirement**

(2) A license is not required to operate an establishment if it is operated by a nonprofit organization for a period of less than 14 days in 1 calendar year. An establishment exempt from licensure under this subsection:

- (a) must be operated in compliance with the remaining provisions of this chapter and rules adopted by the department under this chapter; and
- (b) prior to each operation, shall register with the local health officer or sanitarian on forms provided by the department.

### **50-50-203. Application for license.**

An application for a license is made to the department on forms and contains information required by the department or is an application for a license that is in compliance with rules established by the board of review established in 30-16-302.

### **50-50-205. (Temporary) License fee -- late fee -- preemption of local authority -- exception.**

(1) (a) Except as provided in subsection (1) (b), for each license issued, the department shall collect a fee of \$75. It shall deposit 88% of the fees collected under this section into the local board inspection fund account created in 50-2-108, 6% of the fees into the general fund, and 6% of the fees into the account provided for in 50-50-216.

(b) For each license issued to an establishment that does not have more than two employees working at any one time, the department shall collect a fee of \$60, which must be deposited in accordance with the percentages provided in subsection (1)(a).

(2) In addition to the license fee required under subsection (1), the department shall collect a late fee from any licensee who has failed to submit a license renewal fee prior to the expiration of the licensee's current license and who operates an establishment governed by this part in the next licensing year. The late fee is \$25 and must be deposited in the account provided for in 50-50-216.

(3) A county or other local government may not impose an inspection fee or charge in addition to the fee provided for in subsection (1) unless a violation of this chapter or rule persists and is not corrected after two visits to the establishment.

### **50-50-301. Health officers and sanitarians to make investigations and inspections -- training requirements.**

(1) State and local health officers, sanitarians-in-training, and registered sanitarians shall make investigations and inspections of establishments once a year and make reports to the department as required under rules adopted by the department. An inspection may be conducted more often than once a year.

### **37.110.241 REVIEW OF PLANS**

(1) Whenever a food service establishment is constructed or remodeled and whenever an existing structure is converted to use as a food service establishment, properly prepared plans and specifications for such construction, remodeling or conversion must be submitted to the regulatory authority for review and approval before construction, remodeling or conversion is begun. The plans and specifications must indicate the proposed layout, arrangement, mechanical plans, and construction materials of work areas, and the type and model of proposed fixed equipment and facilities. The regulatory authority shall approve the plans and specifications if they meet the requirements of this subchapter. A food service establishment may not be constructed or remodeled, and any existing building may not be converted into a food service establishment, except in accordance with plans and specifications approved by the regulatory authority.

For more information contact your county sanitarian's office or the Montana Public Health and Human Services Agency (licensing office) at 406-444-2408.