

# DINING DIRECTIONS

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## TAKING THE GLOVES OFF TO BEAT BACTERIA IN THE KITCHEN

Washing your hands correctly will not prevent cross-contamination in the kitchen if you do not use gloves in an appropriate manner. Gloves add a layer of protection against bacteria by keeping your hands from direct contact with the food, but if you don't know how and when to use gloves properly, you are just asking for a citation. Mary Pinto, a retired ACHA surveyor, ranks the improper use of gloves as a high frequency violation that carries high risks of cross contamination. Here are a few examples of what Mary saw in the course of her inspections that clearly violated the Food Code requirements.

- Person loads a soiled dish into the dish machine, and then retrieves a clean dish without changing gloves.
- **Food Code Violation: Washing, and sanitizing hands.**
- Person replaces gloves without first washing hands.
- **Violation: Washing and sanitizing hands.**
- Person accidentally drops a spoon in the sugar bin and then uses her bare hand to retrieve it.
- **Violation: Washing and sanitizing hands.**

These violations could have easily been prevented by simply following the protocols for the use of gloves. (Page 2 is a free Glove Use Poster)



### DO YOU HAVE MAGIC GLOVE SYNDROME?

- Do you think gloves are made of armor? They aren't. Gloves can get holes when you use them.
- Think gloves can fly? They can't. Keep them next to the hand sink NOT the prep sink, the pot and pan sink, or the mop sink. The hand sink is the ONLY sink you can wash your hands inside the kitchen.
- Think gloves are full of soap? They aren't. Wash your hands before you put on gloves. So, why aren't gloves kept next to the hand sink?
- Think gloves will tell you when you need to change them? They won't. Change gloves after each task to prevent cross contamination.

With the holidays approaching, we would like to offer you a free copy of our e-book "The Inside Scoop on Safe Holiday Cooking" Visit our website at <http://www.seniornutrition.net/inside-scoop-safe-holiday-cooking>.

## WHAT THE HACCP IS HACCP?

Hazard analysis and critical control points or HACCP is a systematic preventive approach to identify food safety hazards when preparing food that can cause it to become unsafe to eat. Using HACCP, you can also design measurements to reduce these risks to a safe level. Hazards can come from biological, chemical, and physical sources. In this manner, HACCP is referred as the prevention of hazards rather than finished product inspection.

Below it a standardized recipe example from the Colorado Department of Education that demonstrates HACCP in meal preparation. Critical Control Points in red text.

### TURKEY BURRITO BOWL

Ingredients:

- 1 C Brown Rice
- 1/1/2 c Cooked Cubed Turkey Breast
- 1 C Shredded Cheddar
- 1 10 oz can Black Beans
- 1/2 t ground Cumin
- 1/4 t each Oregano and Granulated Garlic
- 2 C chopped Romaine
- 1 c purchased Pico de Gallo



**SERVES 4**

- Prepare Rice according to instructions and hold in the steam table 140-165 Degrees F. CCP: Above 140 degrees F
- Combine Turkey, Oregano, Garlic and Cumin mixing well. Cook to 165 Degrees F for 15 seconds. CCP: 165 Degrees F and hold in the steam table 140-165 degrees Degrees F
- Drain Black Beans and heat to 165 Degrees F for 15 seconds. CCP: 165 Degrees F and hold in the steam table 140-165 Degrees F

To Serve:: Place 1/2 c of the cooked Rice into a bowl. Top with 1/2 c of romaine, 1/2 c Seasoned Turkey and 1/2 c Beans around the bowl. Top with 1/2 c Shredded Cheddar Cheese and 1/4 c Pico de Gallo.

**Critical Control Point (CCP): Before handling ready-to-eat foods, such as fresh fruits and vegetables, hands must be washed and clean gloves must be worn.**

Nutrient Analysis:  
Calories: 460, Protein 32 G, Sodium 570 Mg. Fiber 12 Grams



# GLOVE USE

## NUTRITION AND FOOD SAFETY

**Policy:** Gloves will be worn to maintain safe and sanitary food preparation.

### PROCEDURES:

- Wash hands thoroughly before and after wearing or changing gloves. Bacteria will build up under gloves and should be washed away after wearing gloves.
- Use gloves that fit properly and that are designed for the task at hand.
- Change gloves periodically to minimize the buildup of perspiration and bacteria.
- Change gloves whenever you change an activity, the type of food being worked with, or whenever you leave the kitchen.
  - Handle garbage or garbage can.
  - Handle anything soiled.
  - Handling boxes, crates or packages.
  - Picking up any item off the floor.
  - Changing from dirty side of dishware to putting away clean dishes.
- Change gloves after sneezing, coughing or touching your hair or face with gloved hands.
- Avoid wearing gloves whenever their use presents a potential safety hazard such as using for touching hot equipment where melting may occur.
- Use gloves when direct skin contact with food will occur.
  - Working with raw meat, poultry, shelling eggs, fish and shellfish.
  - Making foods such as meatloaf and meat salads.
  - Tossing salad, mixing coleslaw, potato or macaroni salad.
  - Removing frozen foods from boxes.
  - Making sandwiches.
- Other methods, besides use of gloves, to avoid direct skin contact with food are:
  - Deli tissue
  - Spatulas
  - Tongs
  - Dispensing equipment

### Documentation Requirements:

- Evidence of each Nutrition Services employee competence with glove use.
- Evidence of glove use reviewed at hire and by in-services as needed

*We'd love to hear from you with your comments or suggestions for future newsletters.  
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