

## Common causes of foodborne disease.

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- Food workers that don't wash their hands properly.
- Food workers that handle ready to eat food with their bare hands. Proper hand washing removes some, but not all pathogenic viruses and bacteria from your hands.
- Meat that is not cooked to the proper temperature before serving.
- Food that is temperature abused; held more than 4 hours between 41°F to 135°F. 41°F to 135°F is the temperature danger zone where bacteria can grow quickly.
- Sick food workers and infected asymptomatic food workers.
- Food that is contaminated by chemicals or cross contaminated by dirty utensils or dirty food prep surfaces

## ARE YOU A LIMITED FOOD SERVICE ESTABLISHMENT?

Limited Food Service Establishments (LFSEs) are defined as establishments operated by volunteers that prepare or serve food in conjunction with amateur athletic events. LFSEs are required by law to obtain an annual permit each year which will expire on December 31<sup>st</sup> of that year.

Permit applications for LFSEs must be submitted to the local health department at least 30 days prior to construction or commencing operation.

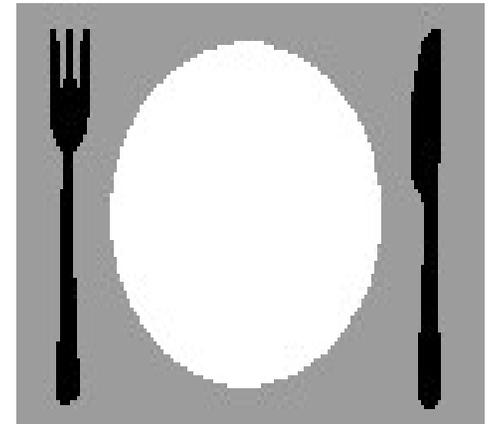
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## WILKES HEALTH DIVISION OF ENVIRONMENTAL HEALTH

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*306 College St.*

*Wilkesboro NC 28697*



## GUIDELINES FOR LIMITED FOOD SERVICE ESTABLISHMENTS

## **RULES TO FOLLOW**

**LSFEs must adhere to the rules set forth in North Carolina Law for the protection of public health. 15A NCAC 18A .2674**

### **PREPARING FOOD AT AN LFSE:**

1. LFSEs shall not prepare any Time/Temperature control for safety food (TCS food) prior to the day of sale.
2. Foods prepared for the day of sale may not be saved. They must be given away or thrown away at the end of the day.
3. No food shall be prepared in a home kitchen. All food must be commercially packaged, purchased from a permitted establishment, or prepared at the permitted LFSE on the day of the event.
4. All meats shall be purchased in pre portioned ready to cook form.
5. For outdoor cooking, overhead protection shall be provided such that all food, utensils, and equipment are protected. (15A NCAC 18A .2669(b))
6. To prevent bacterial growth, TCS food must be kept cold (41°F or less) or hot (135 °F or more).

7. For the protection of public health, accurate thermometers must be available to check hot and cold holding temperatures and to ensure meat is cooked to the following minimum internal temperatures:

1. Ground Beef.....155° F
2. Poultry.....165° F
3. Pork .....145° F

### **KEEP IT CLEAN AND SAFE**

8. Only paper or plastic plates, cups, forks, spoons and knives can be given to customers. These may not be washed and used again.
9. Cooking, storing and serving utensils and food-contact surfaces must be washed, rinsed and sanitized:
  - Between raw and cooked products
  - If dropped on the floor.
  - When moving from one food to another
  - At the end of the day

An acceptable sanitizer would be a mixture of bleach and water. The mixture should be prepared at 50-200 ppm chlorine. (About 1 tablespoon per gallon or 1 teaspoon per quart) To ensure that your chemical sanitizer is at proper strength, LFSEs must have test strips or buy a commercially prepared sanitizing solutions.

## **DIRTY HANDS SPREAD DISEASE**

10. Frequent and thorough hand washing remains the first line of defense in preventing foodborne diseases. Food workers must wash their hands when reporting for work and often when working.

### **Always wash hands after:**

- Using the bathroom.
  - Sneezing, coughing or blowing their nose.
  - Handling raw foods.
  - Mopping floors, taking out the garbage or other “dirty” chores.
  - Eating, drinking or smoking.
11. No bare hand contact is permissible with ready to eat food
  12. Workers experiencing symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice) must be prohibited from working in an LFSE.

*During your permitting inspection, Wilkes Health will provide each LFSE with information about the legal reporting requirements regarding worker health and activities as they relate to diseases that are transmissible through food.*