



## Food Safety Fact Sheet - Personal Hygiene

### INTRODUCTION

Good personal hygiene is a basic requirement for implementing an effective food safety program. All child nutrition staff must follow the district's Standard Operating Procedures for Proper Personal Hygiene that are found in the "Food Safety Plan" each district is required to develop.



### HERE ARE THE FACTS

Research conducted by the FDA (Food and Drug Administration) shows that poor personal hygiene practices are the primary source of foodborne illnesses. Poor personal hygiene is a risk factor that must be controlled in all types of foodservice operations, especially places serving potentially "at risk" customers like schools, hospitals, nursing homes, and restaurants

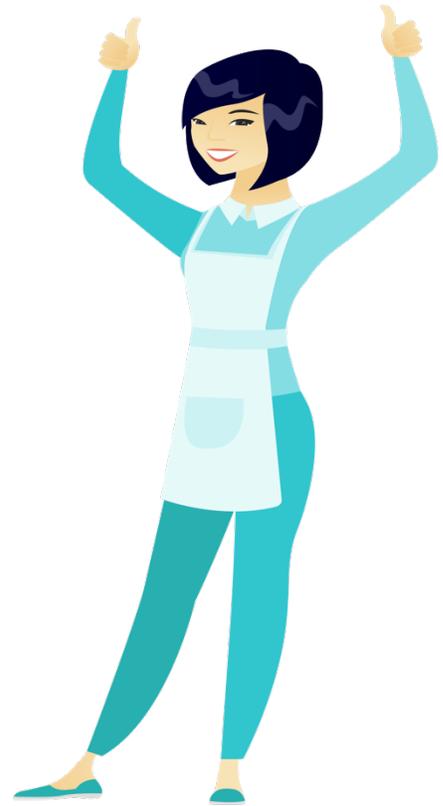


### STEPS TO GOOD PERSONAL HYGIENE

- Report to work in good health, clean, and dressed in clean clothes or uniform.
- Change your apron when it becomes dirty or soiled.
- Wash your hands properly, frequently, and at the appropriate times.
- Keep your fingernails trimmed, filed, and maintained.



- Artificial nails or nail polish should not be worn in a food service operation.
- No jewelry except for a plain ring such as a wedding band.
- Treat and bandage wounds and/or sores immediately. Single-use gloves must be worn at all times when hands or fingers are bandaged.
- Immediately report any illness to your manager.
- Eat, drink, or chew gum only in designated break areas where food or food contact surfaces may not become contaminated.
- A best practice is to always wear a hair restraint such as a hairnet, hat, or cap while in the kitchen.



### TASTING FOODS SAFELY

Follow these simple steps for tasting foods during production and preparation:

- Place a small amount of food into a separate container.
- Step away from any exposed food and/or food contact surfaces.
- Use a teaspoon to taste the food. Remove the used teaspoon and container to the dish room.
- Never reuse a spoon that has already been used for tasting.
- Wash hands immediately after tasting.

**Remember, follow state or local health department requirements.**