Food Safety for Fruits and Vegetables Restaurant Safety Infographic







Clean Hands Count
Germs are easily transferred
from hands to food during
meal preparation, accounting for 89% of
outbreaks. Good hand hygiene is your first
line of defence in preventing foodborne illness.



2 Sick Workers Have No Place In Foodservice

12% of foodservice employees report having worked when they were sick with vomiting or diarrhea.² Sick employees can easily spread pathogens to other employees and customers. Sick workers should stay home when sick.

3 Cool

Chill food promptly and properly. Illnesscausing bacteria can grow in perionable foods within two hours unless you refrigerate them. Cold temperatures slow the growth of illness causing bacteria.²



Take Your Food's Temperature

Proper cooking temperatures are key to killing hazardous pathogens. Bacteria that cause food poisoning multiply quickest in the "Danger Zone" – between 40" and 140"F. ** Use a food thermometer to determine a food's true internal temperature.

5. Put A Label On It!

Avoid confusion and ensure freshness by labeling and dating stored ingredients and prepared foods. Any food item not stored in its original packaging must be labeled.⁶ 6 Don't Get Your Signals Crossed On Cross-Contamination

Raw meat, poultry, seafood, and eggs can apread itness-causing bacteria to ready-to-eat foods. Cutting boards or useroils used with raw meats must never be re-used for ready-to-eat foods like fruits and vegetables without first thoroughly cleaning and sanitizing them after each use and before beginning a new task.*

Be A Clean Freak

Cleaning removes dirt and debris. Sanitzing reduces pathogens that may be present to safe levels. Food contact surfaces must be cleaned and sanitzed after each use, or every 4 hours if in continual use,?

Love Your Gloves
Failure to wear gloves by
foodservice workers who
prepare ready-to-eat foods is a
top trending health inspection violation.⁶
Wearing gloves can reduce the spread of
footborners litters.





Give Fruits & Vegetables A Bath

Washing fruits and vegetables helps prevent the spread of bacteria to food preparation surfaces. Even fruits and vegetables that will be peeled or skinned must still be washed.*

Train Staff
A knowledgeable Hitchen staff is your greatest ally in protecting guests and preventing foodborne liness. Each new Hitchen staff member should be regularly given instruction on proper cleaning and sanitizing protocols. 10



Source: https://saniprofessional.com