

Foundation Area II: Wellness-standard 3.C

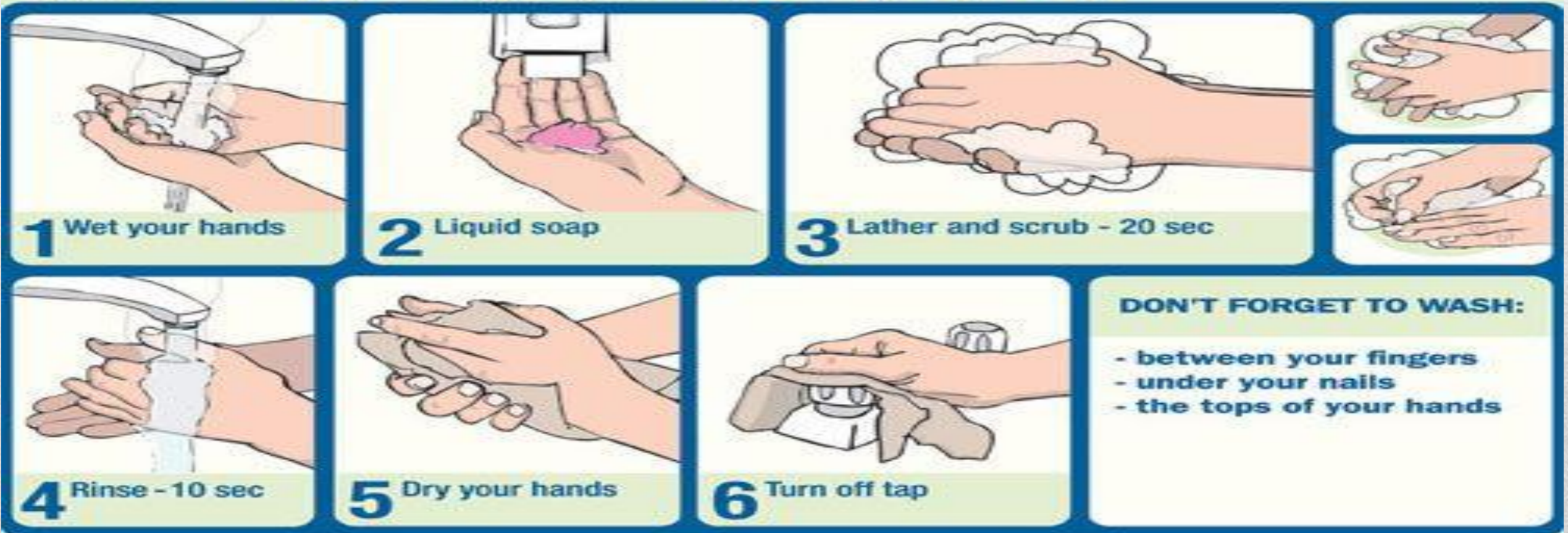
- *Staff members follow host guidelines or requirements of local regulatory agencies for food handling including preparation and clean-up.*

Serving Safe Foods

Handwashing

- *Staff members must always thoroughly wash their hands and arms up to the elbow before starting work and after the following:*
 - *Handling raw food.*
 - *Touching their hair, face, or body.*
 - *Sneezing or coughing.*
 - *Eating or drinking.*
 - *Cleaning or taking out the garbage.*
 - *Touching anything that may contaminate their hands.*

How to wash your hands properly



Hand Care

- *Basic hand care includes:*
 - *Keeping nails short and clean. Not wearing fingernail polish or artificial nails.*
 - *Not touching hair, clothes, or skin especially sores, cuts, or infections.*
 - *Covering all cuts and sores with bandages and plastic gloves.*

Gloves

- *Staff members use plastic gloves for foodhandling. Be sure to always:*
 - *Wash hands before putting on gloves and when changing into a fresh pair of gloves.*
 - *Change gloves as soon as they become soiled or torn and before beginning a different task.*
 - *Changes gloves at least every four hours during continual use and more frequently when necessary*



Storing Food Safely

- *Basic hand care includes:*
 - *Keeping nails short and clean. Not wearing fingernail polish or artificial nails.*
 - *Not touching hair, clothes, or skin especially sores, cuts, or infections.*
 - *Covering all cuts and sores with bandages and plastic gloves.*

