

Food Flow

Food Flow

There are 8 stages in the flow of the food through your establishment:

1. Purchasing and receiving
2. Storage
3. Preparation (including defrosting)
4. Cooking
5. Cooling
6. Hot and cold holding
7. Reheating
8. Serving

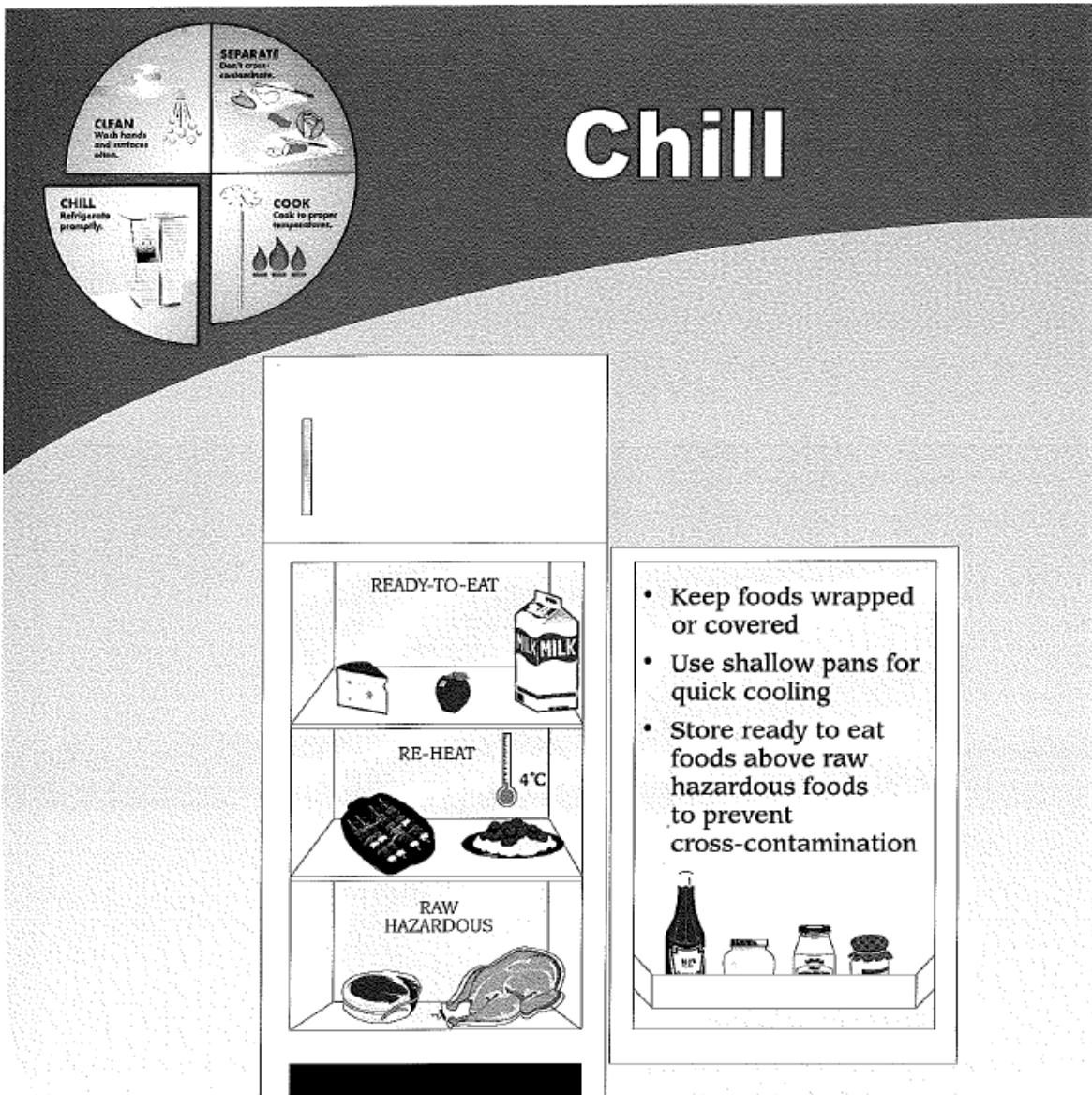
8 Steps of Food Flow

1. Purchasing and receiving

- All food must come from approved sources.
- Homemade or uninspected food is not allowed.
- Inspect all incoming food for torn, damaged or stained boxes.
- Inspect the condition of the delivery truck.
- Check the temperature of incoming food. Refrigerated foods must be at 4°C (40°F) or less. Frozen food must be at -18°C (0°F) or less.

2. Storage

- General
 - Practice F.I.F.O. (First In, First Out)
 - Store chemical products away from food products.
 - When foods are repackaged, clearly label and date container.
 - All food containers must be properly covered.
- Refrigeration Storage
 - All refrigeration units must have an accurate indicating thermometer.
 - Temperatures must be maintained at 4°C (40°F) or less.
 - Store all raw foods below cooked or ready to eat foods to prevent cross contamination.
 - Avoid packing refrigerator full, air needs to circulate to maintain proper temperature.



Chill

CLEAN
Wash hands and surfaces often.

SEPARATE
Don't cross-contaminate.

CHILL
Refrigerate promptly.

COOK
Cook to proper temperatures.

- Keep foods wrapped or covered
- Use shallow pans for quick cooling
- Store ready to eat foods above raw hazardous foods to prevent cross-contamination

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- Freezer Storage
 - Must be maintained at -18°C (0°F) or less.
- Dry Storage
 - Keep food at least 15cm (6in) off the floor to facilitate cleaning and to easily identify rodent problem.

3. Preparation

- Wash your hands before beginning preparation and in-between tasks.
- Prepare food in small batches.
- Prevent cross contamination by cleaning and sanitizing utensils and work surfaces in between tasks, or by using color coded cutting boards for different foods.
- Prepare the food as close to serving time as possible.

Thawing/Defrosting

Food can be safely defrosted:

- In the refrigerator;
- Under cold running water;
- In the microwave on the defrost cycle;
- Raw food defrosted should not be refrozen;
- Use item within 2 days.



4. Cooking

CLEAN
Wash hands and surfaces often.







SEPARATE
Don't cross-contaminate.


CHILL
Refrigerate promptly.

COOK
Cook to proper temperatures.

Cooking Temperatures

Cook food to a minimum internal temperature of :

	Whole poultry (chicken, turkey)	82°C	180°F
	Poultry pieces or ground poultry	74°C	165°F
	Hazardous food mixtures	74°C	165°F
	Ground meats (beef, pork, lamb)	71°C	160°F
	Pork & Pork Products	71°C	160°F
	Fish	70°C	158°F


Use a probe thermometer to check cooking temperature.
 * Note: Temperature to be maintained for a minimum of 15 seconds

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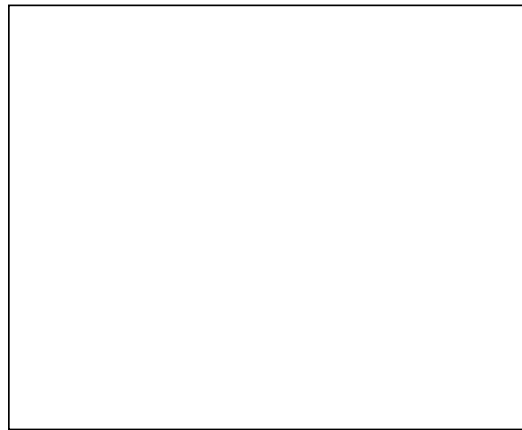
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Microwave Cooking

- Hot and cold spots - if no rotating base on the microwave physically stop the cooking process and turn the food occasionally.
- Check internal temperature at 3 different sites.
- Place thicker portions of food toward the exterior of the microwave dish.
- Ensure the containers are microwave safe.



5. Cooling

Food should be cooled from 60°C (140°F) to 4°C (40°F) within 4 to 6 hours. It can take hours, if not days, for large quantities of food to cool to appropriate temperatures.

Suggestions of how to reduce cooling times:

- Place pots of food in an ice water bath.
- Divide large quantities of food into smaller containers 10cm (4in) in depth.
- Stir frequently.
- Slice or divide large cuts of meat into smaller pieces.

- Place in the refrigerator and once it cools to 4°C(40°F) cover the container.

6. Hot and Cold Holding

Proper Hot Holding

- Maintain temperature of hazardous food above 60°C (140°F).
- Check internal temperature of the food using a metal stem probe thermometer every 2 hours.
- Never cook or reheat food in hot holding equipment.



Proper Cold Holding

- Keep food cold in refrigerated display units or on ice. The internal temperature of the food must be maintained at 4°C (40°F) or less.

7. Reheating

- Reheat cold hazardous food to original cooking temperature.
- Reheat quickly on or in the stove.
- Never reheat slowly over several hours in hot holding units. Place food in/on stove or in microwave to reheat then place in hot holding units.

8. Serving

- Prevent cross-contamination by ensuring servers take appropriate personal hygiene measures (e.g. Hand washing, no direct contact with food).
- Ensure clean and sanitized utensils are used.
- Do not stack plates when serving meals to customers.
- Ensure service areas kept clean, and regularly wipe down menus.

If transporting foods, ensure vehicles are clean and foods are held at proper hot or cold holding temperatures.

Review Questions

1. When cooking hamburgers, cook them until:

1. The internal temperature of the food is 71 °C/160 °F
2. The meat is grey or brown
3. The juices run clear

2. HACCP:

- a) Breaks down a recipe into steps
- b) Identifies critical control points
- c) Uses preventive measures at the most dangerous steps
- d) All of the above

3. A critical point is:

- a) A point where a preventative measure can be applied
- a) A point where loss of control results in an unacceptable health risk
- b) A step which will prevent or eliminate the hazard to food
- c) All of the above