

To assist the QFO with training the CCHD has reviewed the following low cost on line employee training programs for you to consider. These programs are offered in multiple languages and are audio/visual. The courses take approximately one to two hours to complete and are followed by a test and certificate of achievement. **You can find these courses listed on our website at www.ccthd.org**

Courses that have been reviewed by CCHD are:

- National Registry of Food Safety Professionals Food Handler Online Course: <http://hrtsonline.net>
(Course in English and Spanish, \$12.95)
- State Food Safety Online ServSafe Food Handlers Training and Assessment Online Course: www.statefoodsafety.com.
(Course in English, Spanish, Mandarin, Korean, and Vietnamese, \$10.00)
- National Restaurant Association ServSafe Employees Food Handlers Online Course and Exam: www.servsafe.com
(Course in English and Spanish, \$15.00)



Food Allergies - What You Should Know:

Food allergens are proteins in food that usually are not broken down by the heat of cooking or by stomach acids/ enzymes that digest foods. As a result they survive to enter the bloodstream causing allergic reactions throughout the body.

Food Allergy Facts:

- ◇ More than 12 million Americans have food allergies
- ◇ Approximately 3 million children in the U.S have food allergies
- ◇ Food allergy is a public health concern
- ◇ There is no cure for food allergies

Most Common Food Allergens:

- ◇ Peanuts and Tree nuts (walnuts, almonds, cashews, pistachios, pecans)
- ◇ Shellfish (shrimp, crayfish, lobster, crab)
- ◇ Fish
- ◇ Eggs
- ◇ Milk
- ◇ Wheat
- ◇ Soy

When a customer of your restaurant informs you that they have a food allergy:

- ◇ Refer food allergy concern to the manager or person in charge
- ◇ Check the preparation of food to ensure no potential cross contact can occur
- ◇ Review the food allergy with the customer check all ingredient labels
- ◇ Inform the customer of your findings

QUALIFIED FOOD OPERATOR (QFO) RESPONSIBILITIES AND EMPLOYEE TASKS



Central Office: 505 Silas Deane Hwy, Wethersfield, CT 06109 Phone (860) 721-2822 Fax (860) 721-2823

Berlin: 240 Kensington Road, Berlin, CT 06037 Phone (860) 828-7017 Fax (860) 828-9248

Newington: 131 Cedar Street, Newington, CT 06111 Phone (860) 665-8586 Fax (860) 665-8533

Rocky Hill: 761 Old Main Street, Rocky Hill, CT 06067 Phone (860) 258-2770 Fax (860) 258-2767

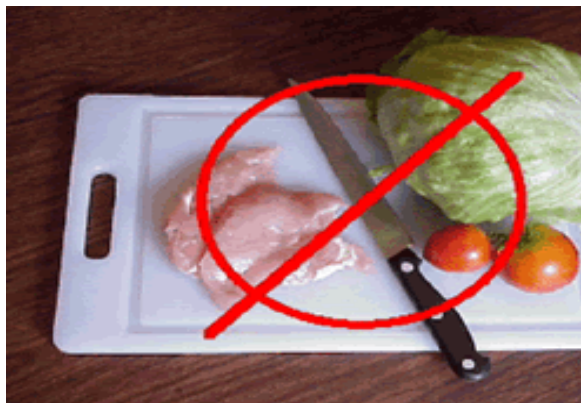
A Qualified Food Operator (QFO) for a restaurant is a person who has passed a CT approved course for food safety. This person shall be employed full-time and should demonstrate knowledge of safe food handling techniques and practices. The QFO should continually oversee the performance of all food workers. The QFO should observe, intervene and correct staff when necessary. The QFO should ensure that all food workers perform the appropriate tasks at the scheduled intervals.

Suggested Tasks for QFO:

- ◇ Ensure staff is washing hands and using single use gloves at appropriate times
- ◇ Educate and train new staff on a regular basis
- ◇ Keep and update training records for all employees
- ◇ Ensure staff is wearing proper attire, clean uniforms & hair restraints
- ◇ Ensure staff has good personal hygiene, no long finger nails, fake nails or jewelry.
- ◇ Observe staff and correct wrong food handling & habits at the time it occurs
- ◇ Train staff for allergens
- ◇ Ensure all personnel are healthy and not sick within last week of their work shift

Suggested Tasks for Cook/Food Prep Workers:

- ◇ Check temperatures of all refrigeration daily/ keep a temperature log
- ◇ Reheat all potentially hazardous food quickly to 165 degrees then hot hold at 140 degrees
- ◇ Keep all equipment on cook line clean & sanitized daily
- ◇ Clean shelves in the walk-in cooler & refrigeration weekly or as needed
- ◇ Wash hands and use single use gloves at appropriate times
- ◇ Stock dry storage rooms, remove all dented cans
- ◇ Stock all hand sinks with liquid soap and paper towels.
- ◇ Ensure no cross contamination of food during food prep, cooking and storage
- ◇ Label and date food



Suggested Tasks for Dishwashers:

- ◇ Check chemical dishwasher sanitizer solution daily and keep a chemical log
- ◇ Check temperature of hot water dish machine weekly
- ◇ Prepare sanitizer buckets for wiping cloths for all work stations
- ◇ Clean walls, floors and equipment daily & as needed
- ◇ Clean rest rooms, supply with soap and paper towels daily
- ◇ Fill 3 bay sink with soapy wash water in 1st bay and sanitizer in 3rd bay in the morning and as needed throughout the day
- ◇ Empty all trash containers as needed and clean dumpster area
- ◇ Clean automatic grease recovery unit daily

Suggested Tasks for Wait Staff:

- ◇ Clean waitress stations daily
- ◇ Keep all tables and service areas clean
- ◇ Refill & restock condiments
- ◇ Wipe down salad prep areas, restock daily
- ◇ Vacuum/ sweep floors after each shift
- ◇ Ensure waitress hand sinks have liquid soap and paper towels
- ◇ Prepare sanitizing bottles and label