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Fueling Georgia's Future

Defining and Building Quality Meals
Kitchen Production and Food Safety

MC2022 Virtual: Own It!
March 1, 2022

Richard Woods, Georgia’s School Superintendent | Georgia Department of Education | Educating Georgia’s Future
Quality Meals

Fueling Georgia's Future

Georgia Department of Education School Nutrition

Professional Development
Student & Community Engagement

MANAGERS CONFERENCE 2022

CULINARY & FOOD SAFETY

With our experts:

DR. ELLEN STEINBERG
Food Safety Specialist

JOHN HUFF
Culinary Specialist

MICHAEL DUBOSE
Culinary Specialist
What makes a Quality Meal?

A Quality Meal is not just meeting the requirements for reimbursement. It does mean:

- Fresh and colorful ingredients
- Consistent quality and variety of meal offerings
- Appealing and colorful presentation
- Culinary Integrity- Taste –Flavorful with a variety of pleasant textures
- Correct Temperature - Hot foods hot and cold foods cold
- Balance Nutrition
**Improve Efficiency for Better Quality Meals**

- How to set up a workstation
- Looking ahead
- Utilizing your equipment
- Communication

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**How to Set Up a Workstation**

- Sanitizer bucket at each workstation with two towels
- Each employee should have a pen, permanent marker, and thermometer
- Cutting board with a damp towel underneath to prevent sliding
- Have the necessary equipment for specific stations close to that station (e.g., measuring cups, whisk, salad spinner)
Sanitizer Buckets

Chlorine (Bleach)

- Concentration: 50 to 100 PPM
- Less effective in hot water (55°F - 75°F is ideal)

Quaternary Ammonia (QUAT, QAC)

- Concentration: Per manufacturer’s instruction (usually at 200 PPM)

Always clean first and sanitize second

Sanitizer Buckets

- Buckets must be easily identifiable (e.g., red buckets) and not used for any other purposes
- Store below and away from foods and food contact surfaces
- Keep wiping cloths submerged in sanitizer solution when not in use
- Measure sanitizer concentration using proper test strips
- Test every 2 hours
- Change solution when concentration is weak or when the solution becomes cloudy
Looking Ahead

- Always plan for the next day or the next several days
- Find common items for the week and prepare all at one time
- Slack out items that should be thawed by placing them in the walk-in refrigerator
- Read your labels and determine which items should be cooked from frozen
- Pre-cook and chill ingredients used for making bulk items such as salads
- Mental Mise En Place

Two-Stage Cooling Method

Cooked time/temperature control for safe food shall be cooled:

- Within 2 hours from 135°F to 70°F
- Within a total of 6 hours from 135°F to 41°F or less.

Corrective Action: if not achieved, reheat to 165°F for 15 seconds.
Corrective Action: if not achieved, discard.
Rapid Cooling Methods

- Place food in shallow pans
- Separate food into smaller or thinner portions
- Rapid cooling equipment (blast or tumble chiller)
- Stir food in container placed in ice water bath
- Use containers that facilitate heat transfer
- Add ice as an ingredient

Importance of Rapid Cooling

Excessive time for cooling of time/temperature control for safety foods has been consistently identified as one of the leading contributing factors to foodborne illness.

During slow cooling, time/temperature controls for safe foods are subject to the growth of a variety of harmful microorganisms.

The initial two-hour step is most critical because food is passing through the temperature range that supports rapid growth of bacteria.
Vegetative Cells vs. Spores

Temperatures between 70°F and 120°F, the spores can germinate into vegetative cells and produce a toxin.

Thorough cooking (135°F) will kill the vegetative cells, but spores may survive.

Heat destruction of spores requires boiling for about 20 minutes.

Chemical disinfectants can kill bacteria, but they do not destroy their spores.

Poll Time

What piece of equipment is currently collecting dust on a shelf in your kitchen, but could be used to improve efficiency with a little training?
Utilize Your Equipment to Your Advantage

- Prep common ingredients for the week at one time using your equipment
  - Example 1: Use your buffalo chopper you mince all onions needed for the entire week
    - Measure the amounts for each recipe and label in the walk-in
  - Example 2: Double or triple your recipe for ranch dressing prepare in the VCM for the week
- Speed Racks should be used to organize prep in the walk-in
  - Prep entire recipes and meals and pull

Kitchen Communication

Establish communication procedures

Encourage communication:

- Between managers and staff
- Between staff members
- Create an environment where questions are not only welcomed but expected
Own It!

You are the leader in your kitchen!

Promote constructive communication

Everyone brings strength to your team

Poll Time

What is your and your staff’s comfort level utilizing standardized recipes?
Standardized Recipes

A part of your program’s strong foundation

Communication/training opportunity

Ensure consistency

Knowing exactly what goes into what is being served

Why Standardized Recipes Matter to ME?

They are your instruction guide.
Tools and Equipment

Ingredients

Step-by-Step Instructions

1. Preheat oven to 425 degrees F.
2. Trim away the stalk, then, cut the broccoli and cauliflower into uniform florets (bite size pieces).
3. Wash, dry, and combine broccoli and cauliflower in a large bowl. Add onions and toss to combine.
4. Toss vegetables with vegetable oil, 1/8 cup of minced garlic, lemon juice, and black pepper.

Standardization does not end here!

Other useful information

- Crediting
- Nutrition Information
- Ingredient list to identify allergens
- HACCP Information
Quality Meals

Standardized recipes help to ensure Quality meals, only when they are used properly

Recipe is out and followed every time
Nothing is added or taken away in production
Giveaway!

Learning Codes

Event Name: MC2022
Event Date: March 1, 2022
Hours: 1.5
Professional Learning Code: 2130 (Culinary Skills) and 2620 (Food Safety)
Join us for our next session!

MC2022 Session 2

Leadership
Dr. Beverly Girard
Leading Edge Training and Consulting

Like. Follow. Engage.

Share your school story with us!

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