



Occasional Quantity Cooks

Kate Shumaker, Abigail Snyder, Lisa Barlage, Patricia Brinkman, Candace Heer, Christine Kendle, Amy Meehan, Michelle Treber and Treva Williams

THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

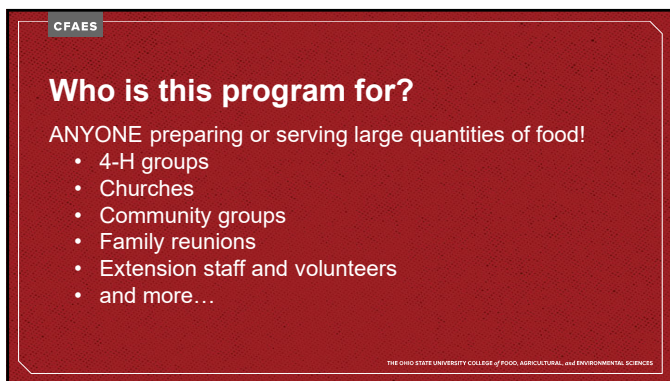


CFAES

**Tasty, nutritious, attractive meals,
safely prepared and served
don't just happen.**

**Much thinking and planning go into
such a project to make it a success.**

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES



CFAES

Who is this program for?

ANYONE preparing or serving large quantities of food!

- 4-H groups
- Churches
- Community groups
- Family reunions
- Extension staff and volunteers
- and more...

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

CFAES

Why are Occasional Quantity Cooks and their situations unique?

- Limited experience with large quantity cooking
- Challenges maintaining proper temperatures
- Potential cross contamination risks
- Access to adequate equipment, utensils and utilities
- Access to handwashing sink and 3-compartment sink

THE OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

CFAES

Program History

- 1993 – ***Safe Food Handling for Occasional Quantity Cooks*** released as a train-the-trainer curriculum
- 2004 – Curriculum updated and released as ***The Original Safe Food Handling for Occasional Quantity Cooks***.
- 2018 – Complete revision/restructuring of the curriculum. Released as ***Occasional Quantity Cooks***.

THE OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

CFAES

Curriculum Details

- In-person program lasts 60-90 minutes
- 7 lessons
- Pre- and post-test
- Certificate of Achievement
- On-line course available includes narrated slides
- Suggested "Tool Kit" of teaching tools

THE OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

CFAES

Curriculum Goals

- Recognize factors leading to foodborne illness.
- Successfully manage risk factors.
- Learn the rules for good personal hygiene.
- Use sanitary practices for food preparation areas.
- Select and use safe food preparation practices and equipment.

THE OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

CFAES

Curriculum Lessons

- Background Information
- Personal Hygiene
- Time and Temperature
- Cleaning and Sanitizing
- Cross Contamination
- Special Considerations
- Event Management

THE OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

CFAES

Lesson 1 Background Information

THE OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

OHIO STATE UNIVERSITY EXTENSION

Foodborne Illness – What's the Big Deal?



- Estimated 48 million cases annually in the U.S.
 - 3,000 deaths
 - 128,000 hospitalizations

Scallan, 2011

THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

In Practice, Implementing Food Safety is Hard



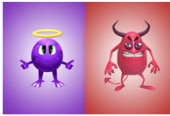

THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

What are the Causes?

- Bacteria, viruses, parasites, and toxins.
- At least 30 pathogens commonly associated with foodborne illness.
- Allergens*





THE OHIO STATE UNIVERSITY


FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Common Pathogens

- *Salmonella* and *Campylobacter*
- *E. coli* 0157:H7
- *Listeria*



 THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

CFAES

Lesson 2

Personal Hygiene

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

OHIO STATE UNIVERSITY EXTENSION

Personal Hygiene is in Your Hands



When preparing food, your hands are your most important tool – keep them clean!

 THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Wear Gloves to Protect Ready-to-Eat Foods from Contamination







THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY


OHIO STATE UNIVERSITY EXTENSION

Clean Clothes and Apron



Wear clean clothes when preparing and serving food.

If possible, wear an apron to protect food from contamination.



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Do Not Prepare or Serve Food if You are Sick





THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

CFAES

Lesson 3


Time and Temperature

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

OHIO STATE UNIVERSITY EXTENSION

Cook Foods Adequately

- Cooking is an essential part of making foods safe to eat.
- Most food pathogens are killed when food is heated to **165°F** for a few seconds.
- Use a food thermometer to know food is adequately cooked.



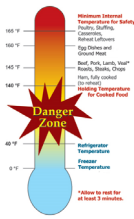
THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Stay Out of the Danger Zone

- Do not leave food at room temperature for more than 2 hours
- If the temperature is above **90°F**, food may only be held at room temperature for 1 hour



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Preparing to Store Food

- Wash hands
- Cover cuts and scratches on hands
- Use clean utensils and surfaces
- Remove stuffing from meat and poultry
- Gather an adequate supply of clean containers that are approved or labeled for storage of food




THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Cool Food Quickly

- Divide food into smaller quantities
- Food should be no more than 2-3 inches deep in the container, loosely cover the container
- Ice bath
- Allow plenty of air circulation in refrigerators
- DO NOT stack hot food containers



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

CFAES

Lesson 4 Cleaning and Sanitizing

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

OHIO STATE UNIVERSITY EXTENSION


Cleaning vs. Sanitizing

Clean



Sanitize





Clean an item or area first and then sanitize

THE OHIO STATE UNIVERSITY


FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Sanitizing

To make a sanitizing solution:

- Mix 1 tablespoon of unscented liquid chlorine bleach with 1 gallon clean water.
- Mix 1 teaspoon of unscented liquid chlorine bleach with 1 quart clean water.
- Use on work surfaces, tabletops, dishes and utensils.
- Allow the surfaces to air dry.

THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Washing Dishes in a 3-Compartment Sink

1. Rinse, scrape and soak to remove additional food particles.
2. Wash in hot, soapy water.
3. Rinse in hot, clean water.
4. Sanitize in a chemical sanitizer
5. Air dry.




THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

CFAES

Lesson 5

Cross Contamination

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

OHIO STATE UNIVERSITY EXTENSION

Shopping



 THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Food Storage





 THE OHIO STATE UNIVERSITY


FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Food Preparation

- When preparing foods, wash hands and surfaces frequently.
- Wash produce in running tap water to remove dirt and grime. Store cut produce in the refrigerator.
- Marinate foods in the refrigerator, not on the counter.



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Taste Testing

- NEVER** taste directly from the pot!
- Remove a small amount to a separate plate or bowl to taste.






THE OHIO STATE UNIVERSITY


FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Storing Leftovers

- Refrigerate or freeze leftovers within 2 hours utilizing clean, shallow, covered containers to slow bacterial growth.





THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

CFAES

Lesson 6



Special Considerations


THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

OHIO STATE UNIVERSITY EXTENSION

What is a Food Allergy?

- A food allergy is the body's ...
- The only way to prevent it is ...



 THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Cross-Contact

Cross-contact happens when a food allergen or gluten is transferred to a food meant to be allergen or gluten-free.





 THE OHIO STATE UNIVERSITY


FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Food Prep Considerations

- First, wash hands and change gloves when preparing food for someone with a food allergy.
- Clean and sanitize surfaces before preparing the food/foods: countertops, cutting boards, flat-top grills, etc.



 THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

What to do if Cross-Contact Happens

- Do **NOT** serve the food to the person with the food allergy.
- Label the food with the potential allergen. Set food aside.



 THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

CFAES

Lesson 7 Event Management

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

OHIO STATE UNIVERSITY EXTENSION

Purpose of the event

- Profit
- Community service
- Labor of love for family and friends



 THE OHIO STATE UNIVERSITY


FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Considerations

Health regulations, permits, etc.

- Contact local Health District in **advance** of the event.
- What foods are you planning to prepare/serve?
- Location?
- For sale, donation or give away?
- Plans for cleaning and sanitizing?

 THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Considerations

Location


- Adequate space for storage, preparation and seating/service
- Parking
- Utilities (water, electricity)


Volunteers, labor and time

- Adequate staffing
- Training

Finances

- Money box!



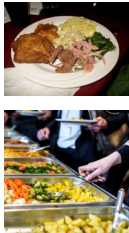
 THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

OHIO STATE UNIVERSITY EXTENSION

Menu Selection

- Occasion/event
- Group
- Type of service (buffet, family-style, sit down, grab-go)
- Meal appeal (senses)
- Seasonality
- Profit
- Labor and time
- Equipment and space available



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY

CFAES

Evaluation

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

CFAES

ON-LINE PROGRAM PARTICIPATION

2017 – 121 Students

2018 – 160 Students

2019 YTD – 228 Students

30% increase in 2019!

THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

CFAES

Face to Face classes

2018 – XXX students

2019 – XXX students

THE OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

CFAES

PROGRAM COMMENTS

- Much needed class that more people should take!
- Thanks for the food safety items.
 - This instructor gives students a box of food safe gloves and a food thermometer.
- Much improved format, images
- I do like the newer version better – how it is broken into smaller lessons.

THE OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

CFAES

Future Plans...

- Package curriculum for sale – download or flash drive?
- Develop public-facing on-line program available to individuals for a fee

THE OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

CFAES

What questions do you have?

THE OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

CFAES


Contact Us!

- Kate Shumaker – shumaker.68@osu.edu
- Abigail Snyder
- Lisa Barlage – barlage.7@osu.edu
- Patricia Brinkman – brinkman.93@osu.edu
- Candace Heer – heer.7@osu.edu
- Christine Kendle – kendle.4@osu.edu
- Amy Meehan – meehan.89@osu.edu
- Michelle Treber – treber.1@osu.edu
- Treva Williams – williams.973@osu.edu

THE OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

Thank You!



 THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES
