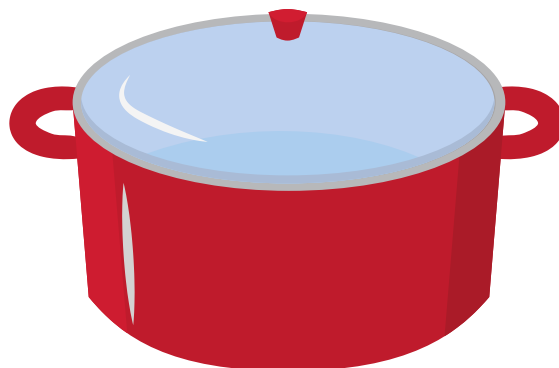
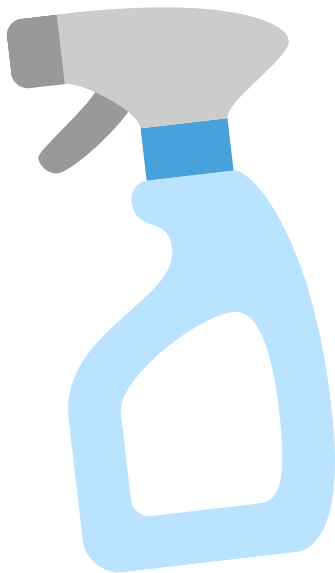




MODULE 3: SAFETY & FOOD PREP



Safety & food prep starts from the moment you shop for your ingredients. Here are a few quick tips to help you shop and store your ingredients safely.

Shopping

- Purchase refrigerated or frozen items after selecting your non-perishables.
- Never choose meat or poultry in packaging that is torn or leaking.
- Do not buy food past "Sell-By," "Use-By," or other expiration dates.

Storage

- Always refrigerate perishable food within 2 hours—1 hour when the temperature is above 90 °F
- Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40 °F (4.4 °C) or below and the freezer at 0 °F (-17.7 °C) or below.
- Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, or pork, within 3 to 5 days.
- Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.
- To maintain quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.



Step 2: Practice Safe Food Handling

Whether you are making a simple orange juice or using vegetables or raw meat, it is important to always thoroughly wash your hands for at least 20 seconds.



Four easy-to-remember steps when preparing food:

1. Clean/wash your hands
2. Separate raw meat from other ingredients
3. Cook raw meats to proper temperature
4. Refrigerate leftover ingredients and food promptly



Practicing proper food prep and safety is a good start, but now we need to set up a clean space and process to sell your product to the customers!

1. Wipe down all surfaces with commercial-grade cleaner and a clean towel.

2. Use proper food safety measures when displaying or holding your food items:

- Hot food should be held at 140 °F (60 °C) or warmer.
- Cold food should be held at 40 °F (4.4 °C) or colder.
- When serving food at a buffet, keep food hot with chafing dishes, slow cookers, and warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.
- Perishable food should not be left out more than 2 hours at room temperature—1 hour when the temperature is above 90 °F
- <https://www.fsis.usda.gov/>

3. Wash your hands or use hand sanitizer after each transaction, or utilize disposable plastic gloves.

Describe how you plan to set up your juice stand (or other product):

Step 4: Breakdown & Food Storage

Once you have finished with your day of selling, you'll need to properly clean, break down, and pack up your space. Use the guidelines below to ensure products are safely stored and that your tables, serving trays, etc. are sanitized.

Leftovers

- Discard any food left out at room temperature for more than 2 hours—1 hour if the temperature was above 90 °F (32.2 °C).
- Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling.
- Use cooked leftovers within 4 days.
- Reheat leftovers to 165 °F (73.9 °C).

Surfaces

- Wipe down all surfaces with commercial-grade cleaner and a clean towel.
- Make sure all surfaces are clean and dry before putting in storage.

What does your cleaning checklist look like? Fill in the lines below with items you'll be using and how to clean them. Example: fold-out table with disinfectant spray and clean towel.



Things to Think About for the Next Module

**In the next session of Jr. CEO, we will dive into MARKETING & CUSTOMER SERVICE!
We'll walk through some marketing basics and how to give the best customer service to encourage repeat business!**

What are some basic ways you can market your business?

Would partnering with an existing business help drive sales? Example: Setting up your juice stand outside an apartment complex.

What materials do you need for your marketing plan and how much will that cost?