



FOOD SAFETY CHECKLIST FOR FOOD HANDLER HYGIENE

Use this checklist when handling or preparing foods for food shows, fundraisers, demonstrations and displays.

- ☒ **Wear clean clothing** and cover it with a clean apron. Remove apron when leaving food preparation/serving area.
- ☒ **Keep body, hands, and hair neat** and clean. Restrain hair or wear a cap or hairnet.
- ☒ **Avoid wearing jewelry.** Rings, watches and bracelets can trap dirt and bacteria. Earrings and other jewelry can fall into food.
- ☒ **Keep fingernails clean, unpolished, and trimmed short.** Nail polish can chip. Long or artificial nails can chip and break into food.
- ☒ **Minimize bare hand contact.** Use utensils such as tongs, ladles and single service disposable gloves. Wash hands before wearing gloves & change gloves whenever changing tasks.
- ☒ **Do not handle money and food** at the same time.
- ☒ **No tasting, eating, drinking, or smoking** in the food service/demonstration area. Use tested recipes to avoid the need for tasting.
- ☒ **Wash hands frequently.** Wash after using the bathroom; after handling raw foods, before handling food, after handling garbage, chemicals, coughing/sneezing, eating, or touching face, hair or body.
- ☒ **Stay home** if you have a cold, nausea, fever, diarrhea, or open sores and infected cuts on your hands.

