

FoodHandler® SafeBites

FOOD SAFETY KITCHEN HACKS



Chef Cyndie Story, Ph.d., RDN, CC, SNS

Learning Objectives

1) What will the program (webinar) accomplish? The webinar will update participants with a discussion of how to simplify food safety and food production practices through the use of creative, timesaving kitchen hacks. Emphasis will be given to full utilization of equipment, storage tips, time management, and food safety through the flow of food.

2) Why is this session considered an important educational experience? Food safety first is a basic principle of food preparation and service. The emphasis will be on controlling time management through the implementation of work simplification techniques that support HACCP-based food safety programs. Often, proper food safety practices are not maintained when staff are unorganized and behind schedule.


3) How will the session help attendees? Attendees will be encouraged to think out of the box to develop a safe, simplified approach to food production. Emphasis will be placed on practical solutions that can be used in any foodservice operation.

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC SafeBites

Goals for Today

- Understand integration of food safety and food production practices
- Identify creative kitchen hacks
- Develop time management strategies that support food production and HACCP-based food safety plans

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC SafeBites



Foodborne Illness Risk Factors

- Food From Unsafe Sources
- Inadequate Cooking
- Improper Holding Temperatures
- Contaminated Equipment
- Poor Personal Hygiene

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC SafeBites



Integrating Food Safety & Food Production

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC SafeBites

Integrating Food Safety & Food Production



```

    graph LR
      A[Menu Planning] --> B[Purchasing]
      B --> C[Receiving]
      C --> D[Storing]
      D --> E[Preparing]
      E --> F[Cooking]
      F --> G[Holding]
      G --> H[Serving]
      H --> I[Cooling]
      I --> J[Reheating]
  
```

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC SafeBites

Integrating Food Safety & Food Production

Key Food Production Principles

- Practice Good Personal Hygiene
- Avoid Time & Temperature Abuse
- Prevent Cross Contamination



© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC SafeBites



Portion Size

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC SafeBites



**Use The
Service Pan**

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



**Use A Steamer
or Combi Steam**

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



**Heat, Drain,
Chop, Steam**

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



**Prepare,
Halve, Chill,
Cut**

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC







Additional Supplies

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Creative Kitchen Hacks

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Receiving

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Strawberries

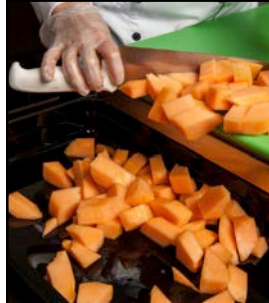
© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC





Transferring Method #1

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Transferring Method #2

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Transferring Method #3

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Melon Culls

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC





Remove Grapes From Stem

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



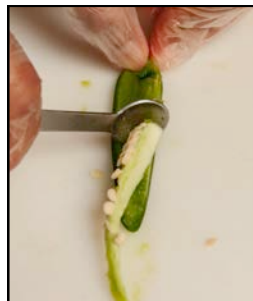
Hang Pans In Sink

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Tomato Blossoms

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Cutting Peppers

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC





**Dicing
Avocado**

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC




**Chopping
Romaine**

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC




**Commercial
Salad Spinner**

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



**Chopping
Onion**

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC





Chopping Green Pepper

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Remove Kiwi Skins

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Removing Refried Beans

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Assembly Lines

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC





Portioning Fruit

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Instant Mashed Potatoes

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Proof & Bake Rolls

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Portioning Honey

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC





Steamed Eggs

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Weight or Measure?

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



All In One Serving!

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Time Management

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC





**Nutritious food
must be safe
food - even
when time is
running out!**



**Develop Time
Standards**

Activity	1	2	3	4
Activity	1	2	3	4
08:00	Check storage	0.5 (2 items - 2 items)	0.5 (2 items - 2 items)	0.5 (2 items - 2 items)
08:05	Prep for prep			
08:10	Prep for prep			
08:15	Prep for prep			
08:20	Prep for prep			
08:25	Prep for prep			
08:30	Prep for prep			
08:35	Prep for prep			
08:40	Prep for prep			
08:45	Prep for prep			
08:50	Prep for prep			
08:55	Prep for prep			
09:00	Prep for prep			
09:05	Prep for prep			
09:10	Prep for prep			
09:15	Prep for prep			
09:20	Prep for prep			
09:25	Prep for prep			
09:30	Prep for prep			
09:35	Prep for prep			
09:40	Prep for prep			
09:45	Prep for prep			
09:50	Prep for prep			
09:55	Prep for prep			
10:00	Prep for prep			
10:05	Prep for prep			
10:10	Prep for prep			
10:15	Prep for prep			
10:20	Prep for prep			
10:25	Prep for prep			
10:30	Prep for prep			
10:35	Prep for prep			
10:40	Prep for prep			
10:45	Prep for prep			
10:50	Prep for prep			
10:55	Prep for prep			
11:00	Prep for prep			
11:05	Prep for prep			
11:10	Prep for prep			
11:15	Prep for prep			
11:20	Prep for prep			
11:25	Prep for prep			
11:30	Prep for prep			
11:35	Prep for prep			
11:40	Prep for prep			
11:45	Prep for prep			
11:50	Prep for prep			
11:55	Prep for prep			
12:00	Prep for prep			

Create Work Schedules

- Communicates Expectations
- Includes Kitchen Specifics
 - Equipment
 - Space
 - Product Form
 - Food Safety
- Develop Work Plans

**Efficient Inputs = Less Tired Staff
= Better Morale + Improved
Productivity = Safe Food**



**Use A
Personal
Timer**

Summary

- Integrate food safety throughout food production to create nutritious meals
- Implement creative kitchen hacks to increase productivity while maintaining time for safety
- Develop time management strategies that support food production and HACCP-based food safety plans

© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC



Questions?

Cyndie Story, PhD, RDN, CC, SNS
chefcyndiephd@gmail.com



© 2017 Chef Cyndie Story, Culinary Solution Centers, LLC

