

Food Safety Requirements Policy and Procedure

- Use and Storage of Food and Beverage Brought in for Residents
- Food Procurement

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FOOD SAFETY REQUIREMENTS-USE AND STORAGE OF FOOD AND BEVERAGE BROUGHT IN FOR RESIDENTS, FOOD PROCUREMENT

POLICY

It is the policy of this facility to provide safe and sanitary storage, handling, and consumption of all foods including those brought to residents by family and other visitors.

It is the policy of this facility to procure food from sources approved or considered satisfactory by federal, state or local authorities.

- (i) This may include food items obtained directly from local producers, subject to applicable State and local laws or regulations.
- (ii) This provision does not prohibit or prevent facilities from using produce grown in facility gardens, subject to compliance with applicable safe growing and food-handling practices.
- (iii) This provision does not preclude residents from consuming foods not procured by the facility.

The food service workers, cooks, dietary aides, dishwashers, food prep aides, or any person (s) who are in the kitchen working with any type of food, are responsible for to adhere to the food safety requirements.

Centers for Medicaid and Medicare Services (CMS) - Definitions

Definitions provided by Center for Medicaid and Medicare Services (CMS) to clarify terms related to sanitary conditions and the prevention of foodborne illness.

- a. **Cross-Contamination** refers to the transfer of harmful substances or disease causing microorganisms to food by hands, food contact surfaces, sponges, cloth towels, or utensils which are not cleaned after touching raw food, and then touch ready-to-eat foods. Cross-contamination can also occur when raw food touches or drips onto cooked or ready-to-eat foods.
- b. **Danger Zone** refers to temperatures above 41 degrees Fahrenheit (F) and below 135 degrees F that allow the rapid growth of pathogenic microorganisms that can cause foodborne illness. Potentially Hazardous Foods (PHF) or Time/Temperature Control for Safety (TCS) Foods held in the danger zone for more than 4 hours (if being prepared from ingredients at ambient temperature) or 6 hours (if cooked and cooled) may cause a foodborne illness outbreak if consumed.

- c. **Dry Storage** refers to storing/maintaining dry foods (canned goods, flour, sugar, etc.) and supplies (disposable dishware, napkins, and kitchen cleaning supplies).
- d. **Food Contamination** refers to the unintended presence of potentially harmful substances, including, but not limited to microorganisms, chemicals or physical objects in food.
- e. **Food Preparation** refers to the series of operational processes involved in getting foods ready for serving, such as; washing, thawing, mixing ingredients, cutting, slicing, diluting concentrates, cooking, pureeing, blending, cooling, and reheating.
- f. **Food Service/Distribution** refers to the processes involved in getting food to the resident. This may include holding foods hot on the steam table or under refrigeration for cold temperature control, dispensing food portions for individual residents, family style and dining room service, or delivering trays to residents' rooms or units, etc.
- g. **Foodborne Illness** refers to illness caused by ingestions of contaminated food or beverages.
- h. **Highly Susceptible Population** refers to persons who are more likely than the general population to experience foodborne illness because of their susceptibility to becoming ill if they ingest microorganisms or toxins. Increased susceptibility may be associated with immune-compromised health status, chronic disease and advanced age. The Food and Drug Administration's Food Code (Section 3-801.11) includes nursing facilities in its definition of a "highly susceptible population."
- i. **Pathogen** refers to an organism capable of causing a disease (e.g., pathogenic bacteria or viruses).
- j. **Potentially Hazardous Food (PHF)** or "time/Temperature Control for Safety(TCS) Food" refers to food that requires time/temperature control for safety to limit the growth of pathogens or toxin formation.
- k. **Ready-to-Eat Food** refers to food that is edible with little or no preparation to achieve food safety. It includes foods requiring minimal preparation for palatability or culinary purposes, such as mixing with other ingredients (e.g., meat type salads such as tuna, chicken, or egg salad).
- l. **Storage** refers to the retention of food (before and after preparation) and associated dry goods.

- m. **Toxins** refer to poisonous substances that are produced by living cells or organisms (e.g., pathogenic bacteria) that cause foodborne illness when ingested.

TYPES OF FOOD CONTAMINATION

Food contamination falls into 3 categories as follow;

(A) Biological Contamination – biological contaminants are pathogenic bacteria, viruses, toxins, and spores that contaminate food. The two most common types of disease producing organism are bacteria and viruses. Parasites may also contaminate food, but are less common.

- **Pathogenic Bacteria**- Not all bacteria in food cause illness in humans. For example, live cultures of Lactobacillus bacteria are added to yogurt to enhance digestion. However, some bacteria can be pathogenic and thus may cause illness or death (e.g., some strains of Escherichia Coli). It is vital to control the growth of bacteria during food storage and preparation because raw or uncooked food may naturally contain pathogenic organisms (e.g., Salmonella in poultry).

Several factors which may influence the growth of bacteria include;

- Hazardous nature of the food. Although almost any food can be contaminated, certain foods are considered more hazardous than others and are called ‘potentially hazardous foods (PHF) or Time/Temperature Controlled for Safety (TCS)’ food. Examples of PHF/TCS foods include ground beef, poultry, chicken, seafood (fish or shellfish), cut melon, unpasteurized eggs, milk, yogurt, and cottage cheese.
- Acidity (pH) of the food. More acidic food (i.e., pH<5) such as pineapple, vinegar, and lemon juice, inhibits bacterial growth.
- Water percentage of the food. Foods that have a high level of water (e.g., fruits and vegetables) encourage bacterial growth.
- Time and temperature control of the food. Time in conjunction with temperature controls are critical. The longer food remains in the danger zone, the greater risks for growth of harmful pathogens. Bacteria multiply rapidly in a moist environment in the danger zone. Freezing does not kill bacteria. Rapid death of most bacteria occurs at 165 degrees F or above.

NOTE: Some foods may be considered a TCS food needing time/temperature control for safety to limit pathogenic microorganism growth or toxin formation. Examples include foods held for later services (e.g., cooked

rice, refried beans, grilled sautéed onions, or baked potatoes).

- Viruses – Viruses cannot reproduce without a living host (animal or human). While they cannot reproduce in or on food, viruses may survive long enough in or on a food to be transmitted to a new host. Two viruses that are well known for being spread by poor food handling practices are Hepatitis A and Norovirus (formerly known as Norwalk virus).
- Toxins – Toxins are poisonous substances that come from a variety of sources. Some pathogens (e.g., *Staphylococcus aureus* and *Clostridium botulinum*) produce toxins as a byproduct of their growth. Most toxins are not destroyed by high temperatures. A PHF/TCS food that is allowed to remain in the danger zone long enough for the bacteria to produce toxins will become unsafe to eat.
- Spores - A spore is an inactive form of an organism that is highly resistant to extreme temperatures, acidity, and dehydration. The organism is reactivated once conditions become favorable for its growth. Two common spore-forming pathogens are *Bacillus cereus* and *Clostridium botulinum*. Temperature control is the way to minimize the danger associated with spore-forming organisms.

(2) **Chemical Contamination** – The most common chemicals that can be found in a food system are cleaning agents, (such as glass cleaners, soaps, and oven cleaners) and insecticides. Chemicals used by the facility staff, in the course of their duties, may contaminate food (e.g., if a spray cleaner is used on a worktable surface while food is being prepared it becomes exposed to a chemical). An inadequately identified chemical may be mistaken for an ingredient used in food preparations. For example, incorrectly stored (e.g., dishwashing liquid stored in a syrup bottle) or unlabeled (e.g., white granulated cleaner that looks like salt) cleaning products may be inadvertently added to food and cause illness. It is recommended that chemical products including, but not limited to cleaning supplies, be stored separately from food items.

(3) **Physical Contamination** – Physical contaminants are foreign objects that may advertently enter the food. Examples include but are not limited to staples, fingernails, jewelry, hair, glass, metal shavings from can openers, and pieces of bones.

FACTORS IMPLICATED IN FOODBORNE ILLNESSES

Many factors contribute to foodborne outbreaks in facilities. These factors apply not only to facility staff, but family and visitors as well. Several factors that cause pathogen growth include, but are not limited to:

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- **Poor Personal Hygiene** – Personal health and hygiene are significant factors in preventing foodborne illness. This has been demonstrated in the population at large, commercial food service establishments, and in nursing facilities. Foodborne illness in nursing homes has been associated with Norovirus. Because “infectious” individuals (persons capable of transmitting an infection or communicable disease whether they are colonized or infected) are a source of Norovirus. Proper hand washing techniques and exclusion of infectious workers from handling food are critical for prevention of foodborne illness.
- **Inadequate Cooking and Improper Holding Temperatures** - Poorly cooked food promotes the growth of pathogens that may cause foodborne illness. The PHF/TCS foods require adequate cooking and proper holding temperatures to reduce the rapid and progressive growth of illness producing microorganisms, such as Salmonellae and Clostridium botulinum.
- **Contaminated Equipment** – Equipment can become contaminated in various ways including, but not limited to;
 - Poor Personal Hygiene;
 - Improper Sanitation; and
 - contact with raw food (e.g., poultry, eggs, seafood, and meat).

NOTE: The food procurement requirements for facilities are not intended to restrict resident choice. All residents have the right to accept food brought to the facility by any visitor(s) for any resident.

FOOD SAFETY REQUIREMENTS POLICY (USE AND STORAGE OF FOOD AND BEVERAGE BROUGHT IN FOR RESIDENTS, FOOD PROCUREMENT)

POLICY

It is the policy of this facility to provide safe and sanitary storage, handling, and consumption of all food including food and fluids brought to residents by family and other visitors. Additionally, the facility procures food from sources approved or considered satisfactory by federal, state or local authorities. This includes the storage, preparations, distribution, and serving food in accordance with professional standards for food service safety.

OBJECTIVE OF POLICY

The objective/intent of this requirement is to ensure that the facility:

- (1) Obtains food for resident consumption from sources approved or considered satisfactory by Federal, State, or local authorities;
 - (i) This may include food items obtained directly from local producers, subject to applicable State and local laws or regulations.
 - (ii) This provision does not prohibit or prevent facilities from using produce grown in facility gardens, subject to compliance with applicable safe growing and food-handling practices.
- (2) Follows proper sanitation and food handling practices to prevent the outbreak of foodborne illness. Safe food handling for the prevention of foodborne illnesses begins when food is received from the vendor and continues throughout the facility's food handling processes.

Nursing home residents risk serious complications from foodborne illness as a result of their compromised health status. Unsafe food handling practices represent a potential source of pathogen exposure for residents. Sanitary conditions must be present in health care food service settings to promote safe food handling. CMS recognizes the U.S. Food and Drug Administration's (FDA) Food Code and the Centers for Disease Control and Prevention's (CDC) food safety guidance as national standards to procure, store, prepare, distribute and serve food in long term care facilities in a safe and sanitary manner. Effective food safety systems involve identifying hazards at specific points during food handling and preparation, and identifying how hazards can be prevented, reduced, or eliminated. It is important to focus attention on the risks that are associated with foodborne illness by identifying critical control points (CCPs) in the food preparation processes that, if not controlled, might result in food safety hazards are thawing, cooking, cooling, holding, reheating of foods, and employee hygienic practices.

PROCEDURE

- A. Facility staff will follow applicable State and local laws or regulations with respect for obtaining food items directly from local producers. ***(Insert state specific information here)***
- B. Facility gardens will be conducted in accordance with applicable safe growing and food-handling practices. ***(Insert facility specific information here)***
- C. Food And Beverage Brought In For Residents
 - a. Resident Individualized Assessment and Comprehensive Care Planning
 - i. Upon admission, readmission and as needed residents will be assessed as to their abilities around consumption and safe handling and storage of food and beverages via the resident assessment instrument and correlating processes.
 - ii. Notification of assessment outcomes will be provided to resident, resident representative, primary care physician and others as applicable. Care plan will be updated as applicable.
 - b. Educate and Inform
 - i. Educate staff, family, residents, visitors and community groups on resident's right to consume foods not procured by the facility on admission, readmission and as needed.
 - ii. Education on safe food handling will be provided to all staff, family, residents, resident council, visitors and community groups who may provide foods or fluids to residents of the facility. This education will include at a minimum:
 1. Proper food handling to prevent foodborne illness
 2. Perishable food such as meat, poultry, fish, and dairy products must be frozen or refrigerated immediately after receipt.
 3. Requirements for covered containers or secure wrapping
 4. Proper labeling and dating of each item
 5. Leftover foods will be used within 3 days or discarded
 6. All refrigerators will be at or below 41 degrees F, freezers will be cold enough to keep foods frozen solid to the touch.
 7. Leftovers will be reheated to 165 degrees.
 8. Method for checking proper food temperature
 - c. Monitor
 - i. Facility staff will be appointed to check resident refrigerators for proper temperatures, food containment and quality, and disposal of items per facility policy. ***(Insert facility specific information here)***
 - ii. Facility staff will be appointed to check resident rooms through daily housekeeping process for food and beverage items for safe and sanitary storage and handling ***(Insert facility specific information here)***

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- d. Foods requiring refrigeration will be received by the facility designee (activity department, food and nutrition department, charge nurse, etc.) ***(Insert facility specific information here)*** for proper and immediate storage including labeling and dating.
- e. Staff will examine food for quality (smell, packaging, appearance) to identify potential concerns. If concerns are identified, staff will notify the resident or resident representative of findings and necessary actions per proper food and beverage safe handling.

D. Refrigeration

- a. A potential cause of foodborne illness is improper storage of PHF/TCS food. Refrigerators including those in resident rooms must be in good repair and keep foods at or below 41 degrees F. Freezers must keep frozen foods frozen solid. The following are methods to determine the proper working order of the refrigerators and freezers;
- b. Document the temperature of external and internal refrigerator gauges. Refrigerators must be 41 degrees or less. Freezers must be cold enough to keep foods frozen solid to the touch.
- c. If temperatures are out of range, notify maintenance and follow facility policy for food disposal.
- d. Check for situations where potential for cross – contamination is high (e.g., raw meat stored over ready-to-eat items).
- e. Check the firmness of frozen food and inspect the wrapper to determine if it is intact enough to protect the food.

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