

**FOOD SAFETY**

Class Location \_\_\_\_\_

Class Date \_\_\_\_\_

Course # \_\_\_\_\_

Name \_\_\_\_\_

SS# \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Payment Options:

Check

Credit/Debit Card

Name on Card \_\_\_\_\_

Billing Address \_\_\_\_\_

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ V-Code \_\_\_\_\_

**Mail or bring this registration form with payment to:**

Iowa Western  
Continuing Health Education  
2700 College Road  
Council Bluffs IA 51503

**To Register**

**Visit us:**

Iowa Western Community College  
Looft Hall, Room 110  
2700 College Road  
Council Bluffs, IA 51503  
*(Exact cash or credit card payments)*

**Call:** 712-325-3344 **Fax:** 712-325-3729  
*(Credit card payments only)*

**Online:**

go to [www.iwcc.edu/continuing\\_education](http://www.iwcc.edu/continuing_education)  
and click on CE Class Registration  
*(Credit card payments only)*

September 23, 2013  
**Clarinda Campus**

October 30, 2013  
**Council Bluffs Campus**

December 18, 2013  
**Council Bluffs Campus**

February 21, 2014  
**Harlan Campus**

March 25, 2014  
**Council Bluffs Campus**

April 28, 2014  
**Clarinda Campus**

**Scan to Register**



# Food Safety and Sanitation



## Iowa Western Food Safety Programs

## Class Dates & Locations

Class: 8:00 a.m.—5:00 p.m.  
Test: 5:30 p.m.—7:30 p.m.

September 23, 2013  
IWCC, **Clarinda Campus**  
Course #VFODS 12-08

October 30, 2013  
IWCC, Looft Hall, **Council Bluffs Campus**  
Course #VFODS 12-03

December 18, 2013  
IWCC, Looft Hall, **Council Bluffs Campus**  
Course #VFODS 12-04

February 21, 2014  
IWCC, **Harlan Campus**  
Course #VFODS 12-05

March 25, 2014  
IWCC, **Council Bluffs Campus**  
Course #VFODS 12-06

April 28, 2014  
IWCC, **Clarinda Campus**  
Course #VFODS 12-07

### Fee

\$95 Includes textbook,  
test fee and certificate

### Important!!

**You must register at least 5 business days  
in advance to allow  
for the mailing of the textbook**

Lunch is on your own

## What is Safe Food?

**Safe Food** is food that is free of contaminants. Food Safety involves all the stages from receipt of raw materials to sale to customers. The most important food safety principles are:

- Rejecting contaminated food or food from suspect sources
- Protecting food from contamination
- Preventing multiplication of microorganisms
- Destroying microorganisms
- Discarding or removing unsafe or contaminated food

## Course Outline

- Introduction to Food Safety
- Biological Contamination and others sources of Contamination
- Handling Food Safely
- From Purchase to Service
- Facilities and Equipment
- Cleaning and Sanitizing
- Pest Control
- Legal Requirements, HACCP and Inspections

## Course Objectives

After completing this lesson, the participant should be able to:

- Define food safety
- Describe causes of contamination and prevention methods
- Create a food safety culture in your establishment
- Outline standards for a safety policy for your workplace
- Describe possible causes of biological contamination
- Identify variables that effect bacterial growth
- Identify common chemical contaminants and ways to prevent such contamination
- Discuss how to prevent physical contamination
- Identify the most common causes of food allergies and practices to prevent allergic reactions
- Explain the relationship between personal hygiene and preventing food safety hazards
- Describe how smoke can affect the food in your environment
- Describe the importance of proper hand washing.
- Identify potentially hazardous foods
- Discuss methods to prevent cross contamination between potentially hazardous foods and safe foods
- Identify guidelines for proper storage of specific food items
- Identify the hazards, controls, and monitoring actions involved in food preparation
- List the guidelines for cooking and/or reheating specific types of foods
- List two sources of drinking water supplies and the best way to prevent backflow
- Review types of temperature measuring devices and the importance of food temperature
- Describe cleaning and sanitizing equipment and methods used in food service