

PUBLIC HEALTH BACKCOUNTRY GUIDE

(Keep this reference card with each trip.)

FOOD STORAGE, HANDLING, PREP, SERVICE

Storage - Raw Time/Temperature Control for Safety (TCS) food should be stored in a separate cooler. If this is not possible (e.g. single cooler trips), raw TCS foods must be stored at the bottom of the cooler in durable leak-proof containers. Double bagging is not adequate when storing raw TCS foods in the same cooler as ready-to-eat foods. All food items should be stored separately from cleaners, fuel, human waste or solid waste receptacles.

Temperature – Store all TCS foods below 45F. Use a thermometer to monitor TCS food temperatures in coolers.

Food Handlers may not eat while preparing food, must protect any cuts or sores before preparing food, and **ARE REQUIRED** to wear gloves when handling ready-to-eat foods.

Illness – Guides who experiences symptoms of diarrhea or vomiting are restricted from food handling and water treatment for 72 hours after symptoms resolve.

Guests are not allowed to prepare or handle any food items other than their own. If guests experience symptoms of diarrhea or vomiting it *may* be advisable to serve them food away from the food service area for 72 hours after symptoms.

Sanitize raw TCS food contact surfaces (*such as utensils, cutting boards, containers, etc.*) before/after use with other foods. Sanitizer strength = 100 ppm with test strip to check. Wipe sanitizer from surface with single-use paper towels only.

Thermometers – Use a food stem thermometer to check the internal cooking temperatures of raw animal foods (Good idea to use 165F as a general rule. However, the FDA Food Code allows eggs, pork, fish, & seafood to be cooked @145F, steaks @ 145F, ground meat @155F, & chicken @ 165F).

Separate Utensils or Gloves should be used by servers for each food item. A good practice, but not required, is to have a food handler place food on guest's plates as they walk by rather than guests touching each utensil. This is especially important if anyone in the group is ill. Sick individuals should have a plate of food served to them separately.

Food protected – From environmental contaminants. Overhead or side protection should be used as needed to protect food from rain, wind, overhead vegetation, etc.

Cooked TCS food consumed or discarded within 4 hours – TCS food is not allowed to be prepared in advance in the backcountry and then cooled down for service at later meals.

***Time/Temperature Control for Safety (TCS) food** Includes:
1-**Raw or cooked** *meat, fish, shellfish, poultry, eggs, and dairy* products. 2-**Cooked** (but the raw form is **not** TCS) *rice, beans, and vegetables*. 3-**Raw sprouts**. 4-**Cut leafy greens, tomatoes and melons**.

POTABLE WATER METHODS

Hauled Water – Use only an approved Municipal System Source. Before hauling disinfect the container by: (1) Add 2 TBLS bleach to 5 gallon container. (2) Fill with potable water. (3) Wait 30 min. (4) Empty, then rinse w/potable water. (5) Fill with potable water for hauling.

Water Filtration and Disinfection - If sediment in water, let settle overnight or use settling agent (i.e. alum). Filter with no larger than 1 micron absolute filter. Disinfect with 1 ppm free Cl. (*Start with ¼ tsp NSF-60 unscented bleach per 5 gal. This may vary with changing water conditions. Use a test kit to determine actual chlorine residual level and adjust bleach additions to acquire 1 ppm free Cl.*) Let water stand 30 min before consumption.

Boiled Water – Bring water to a rolling boil for 1 minute (3 minutes for elevations over 6500 feet).

HANDWASHING PRACTICES

Handwashing Setups – Ensure there is 100 ppm Cl residual in source water. Test strips should be used to check Cl levels. Liquid soap shall be provided and used. Repeated dipping of hands in source water is not allowed. Air drying hands is ok for non-food handlers, but not for food handlers.

Location – Locate handwashing setups within 25 feet of food prep areas and toilet areas where available.

Food handlers shall wash hands immediately before food preparation, after using toilet, after touching hair or clothing, and after other potential contamination. Food handlers use clean paper towels to dry hands.

Guests – Guests should be regularly encouraged to wash their hands after using the toilet and before getting food service.

Alternative handwashing setups – In extreme circumstances where handwashing stations or sufficient treated water is not available, 70% ethyl alcohol sanitizer may be used after washing hands with untreated water.

DISHWASHING AND SANITIZING

3-compartment dishwashing setup - In the order of Wash-Rinse-Sanitize. Hot wash water with detergent. Sanitizer must have 100 ppm Cl residual if using potable water, sanitizer strength must be 200 ppm Cl residual if using river water.

Test Strips – Use to check Sanitizer compartment Cl residual.

Air Dry – Air Dry dishes and utensils before storage.

Sanitize surfaces – Sanitize tables and other non-food contact surfaces between uses. Sanitizer =100 ppm Cl residual. Mix and date sanitizer prior to each trip. Paper towels only are to be used to wipe sanitizer from soaked surfaces. Clorox-type wipes are not sufficient to sanitize surfaces and are not permitted.

ILLNESS REPORTING

1 or 2 persons (including crew) sick – Complete the GI Illness form (one for each person sick) at the time of illness. Submit the form(s) at the conclusion of the trip.

3 or more sick – Complete the form (one/person) at time of illness. Call out ASAP using SAT phone. If no SAT phone is available then try any of the following: (1) Use another groups