**CMHAM**

State Training Guidelines Workgroup Training/Curriculum Recommendations

*The intent of this Training Guideline is for the development and presentation of training content. Curricula based on this guideline will contribute to statewide training quality, uniformity, and reciprocity.*

*Updates to guides will be communicated through the State Training Guidelines Workgroup to the PIHP Leads/CEO’s. It is the responsibility of the PIHP to communicate when a guide has been updated and placed on Improving MI Practices*

**Topic:** Food Safety

**Defining Paragraph** (*Vision, Boundaries, Overall Outcome Statement*): Direct Support Professionals (DSP) need a basic knowledge of food and kitchen safety to prevent food-borne illness and injury. Knowledge of these concepts and the use of proper techniques are critical to the health and well-being of all persons.

**Definitions**

**Content** – These are a listing of the areas covered in the subject.

**Outcomes/Competencies** – These are statements about what participants will be able to do as a result of having participated in the course.

**Outline** – A suggested approach to meeting Outcomes/Competencies. These three are interrelated, but not necessarily a one-to-one relationship.

**Content**: Click or tap here to enter text.

1. Major tenants of food safety
2. Proper handwashing technique and personal hygiene
3. Safe food storage and preparation
4. Safety in the kitchen and food recalls

**Outcomes/Competencies**: Click or tap here to enter text.

1. Describe the link between improper food handling, poor personal hygiene, and food-borne illness
2. Demonstrate proper hand washing technique and describe how this helps prevent food-borne illness
3. List signs and symptoms of food-borne illness
4. List criteria for safe food handling, storing, preparation, and serving
5. Identify appropriate response to food recalls
6. Knowledge of kitchen safety and how to prevent injury in food preparation
7. Identify the importance of food expiration dates and the purchase of food that is not damaged or compromised

**Outline/Recommendations**: Click or tap here to enter text.

1. Preventing food-borne illness
2. Improper food handling can cause food-borne illness
* Severe abdominal cramps
* Diarrhea
* Nausea and vomiting
* Fever
1. Proper handwashing may prevent food-borne illness: wet hands, use of soap, vigorous washing for 20-seconds, drying with paper towel to avoid contamination. Total process should take 50-60 seconds.
2. Maintaining proper food temperatures (Food temperature danger zone is between 40 degrees F and 140 degrees F. Store cold items colder than 40 degrees and hot items cooked hotter than 140 degrees)
3. List signs and symptoms of food-borne illness
4. May appear 30 minutes to 2-weeks after eating contaminated food. Most people get sick within 4-48 hours after eating contaminated food
5. Review different type of bacteria
6. Expectations for safe food handling are the same for all people
7. Clean: wash hands and surfaces often
8. Separate: don’t cross contaminate raw meat with other foods
9. Cook: cook to the right temperature
10. Chill: refrigerate promptly
11. Safety in the Kitchen
12. Prevent physical injury by following safety rules and practices
13. Kitchen clean-up
* Methods for washing and sanitizing dishes
* Methods for cleaning counters and tabletops
* When to discard broken, worn or damaged dishes, glasses, cups etc.
1. Food Recall
2. [www.recalls.gov](http://www.recalls.gov)
3. [www.cdc.gov](http://www.cdc.gov)
4. [www.fda/gov](http://www.fda/gov)

**Trainer Qualifications**

*Check all that apply, be specific (years, degree, skills, etc.)*

[ ] College Degree: Click or tap here to enter text.

[ ] License: Click or tap here to enter text.

[x] Years’ experience (Please specify): one - year preferred

[ ] Documented Skill Set: Click or tap here to enter text.

[ ] Training Experience: Click or tap here to enter text.

[ ] Training Experience: Click or tap here to enter text.

[x] Trainer in Adult Learning Styles/Methods

[x] Other: Should have content expertise for food preparation and kitchen safety

**Length of Training:** This course could be 1-2 hours at the entry-level, longer for larger groups. On-line this course may take 30-60 minutes

**Format**

*The acceptable format(s) for the class.*

[x] Blended Learning (Online + Instructor led) – Recommended for initial format

[x] Instructor Led class – recommended format for initial training

[x] Instructor led webinar –

[x] Online Course –

[ ] Other (specify): Click or tap here to enter text.

**Teaching Methods**

*These are the best teaching methods for teaching course content. Additional methods may also enhance learning.*

[x] Individual

[x] Classroom/group

[x] Lecture

[x] Group discussion

[ ] Skills practice

[x] Return demonstrations

[x] Activities

[x] Videos, supplemental to other teaching methods

[x] Online activities

[ ] Individual assignments

[ ] Homework assignments

[ ] Case Study

[ ] Other (specify Click or tap here to enter text.

**Method of Assessment**

*How to measure entry-level competency in this course.*

[x] Written Test with Performance Indicator 80%%

[ ] Return Demonstration with Performance Indicator Click or tap here to enter text.%

[x] Online Test\* with Performance Indicator 80% or embedded knowledge checks requiring correct answer before moving forward with course

[ ] Skill Sheet with Performance Indicator Click or tap here to enter text.%

[ ] Other: Click or tap here to enter text.

*\*Online test encompasses review questions anchored within the training and/or online test after the class*

**Scope of Implementation**

*Training recommended for:*

[x] Specialized Residential direct care staff/home managers

[x] Specialized Residential Administrators

[x] Community Living Supports (CLS)

[x] Pre-Vocational Skill Building / Supported Employment (i.e., competitive employment, volunteer)

[x] Non-Vocational Skill Building

[x] Supported Living Staff

[x] Adult Foster Care staff

[x] Respite Service staff

[x] Self-Determination staff

[x] In-home service staff

[x] Foster family group home staff

[x] Child-caring institutions (children’s group home) staff

[x] As identified in the individual’s Person-centered plan

[ ] Other employee group (specify)Click or tap here to enter text.

**Frequency**

*It is recommended the content be reviewed and retaken.*

[x] Initial and as needed

[ ] Initial and annually

[ ] Initial and every two (2) years

[ ] Initial and every three (3) years

[ ] As directed by Individual Plan of Service (IPOS)

[ ] As needed

[ ] Other: Click or tap here to enter text.

**Additional Comments:** May be taught in conjunction with Nutrition

**References/Legal Authority**

1. [**www.recall.gov**](http://www.recall.gov)
2. [**www.cdc.gov**](http://www.cdc.gov) **(Centers for Disease Control)**
3. [**www.fda.gov**](http://www.fda.gov) **(Federal Drug Administration)**
4. [**www.michigan.gov/documents/dhs/E**](http://www.michigan.gov/documents/dhs/E)**. Nutrition and Food Service 291190 7.pdf**
5. [**www.fsis.usda.gov/wps/portal.fsis/topics**](http://www.fsis.usda.gov/wps/portal.fsis/topics) **(Food and Safety and Inspection Service)**