



# Safe Food Healthy Customers

**A Handbook for Food Workers**

**Consumer Protection Division**



**TULSA HEALTH  
DEPARTMENT**

# SAFE FOOD HEALTHY CUSTOMERS

A Handbook for Food Workers  
Revised—August 2006

Offered By



**TULSA HEALTH**  
DEPARTMENT

## **Consumer Protection Division**

Serving Tulsa City-County

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The information provided in this handbook is intended to be used in conjunction with attendance in the **Food Handlers Training Class**. This does not represent all regulations provided for in the City of Tulsa Food Code (Food Code) and where the Food Code differs or expands on the information provided herein, the Food Code shall be followed.

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## *Congratulations !*

You are taking the first step in learning how to safely prepare and serve food.

Your customers, family, and friends can get sick if they eat contaminated food. This is called “*foodborne illness*” or “*food poisoning*”. Contamination hazards include:

- ◆ Biological agents (bacteria, viruses, parasites);
- ◆ Chemical agents (pesticides, cleaning supplies); or
- ◆ Physical agents (dirt, broken glass, hair)

Illness may range from mild flu-like symptoms to more serious complications, and can even lead to death.

This book and your attendance in the ***Food Handlers Training Class*** will give you information about how to protect yourself and others. You will learn about areas like:

- ◆ Employee Responsibilities and Hygiene
- ◆ Food Temperatures and Food Protection
- ◆ Food Preparation and Processes
- ◆ Cleaning and Sanitizing

If you have any questions, please feel free to ask your instructor when you attend class or call our offices.

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Consumer Protection Division  
*Working With You To Provide Safe Food*

# ***Hygiene & Employee Responsibility*** **1**

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## **W**ash Your Hands!!!

Correct and frequent handwashing is very important to prevent dangerous bacteria and viruses (germs) from being spread. Most agents that make people sick are transmitted to food by your hands.

Diseases such as Hepatitis A and Shigella are spread because people do not wash their hands after going to the restroom. This is called fecal-oral transmission.

### **Use the right method of hand washing . . .**

**U**se only the hand sink — not the food, dish, or mop sink

**U**se soap and warm running water

**R**ub hands briskly together for 20 seconds

**W**ash all surfaces, including

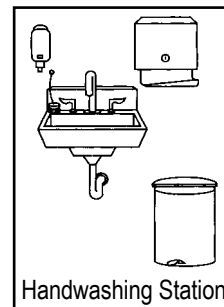
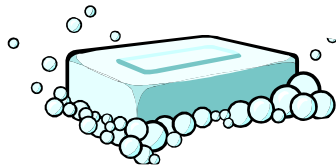
- ✓back of hands      ✓between fingers
- ✓wrists              ✓under fingernails

**U**se a fingernail brush, if available

**R**inse well

**D**ry hands with a paper towel, *then*

**T**urn off the water with a paper towel



## When is the right time for hand washing?



- ! *A*fter going to the restroom
- ! *A*fter eating, drinking, or smoking
- ! *A*fter touching your hair, face, or other body parts
- ! *A*fter blowing your nose, coughing, or sneezing
- ! *A*fter taking a break

*Also. . .*

*B*efore touching any food

*B*efore touching utensils used to prepare food

*B*efore touching any food that is ready to eat

*A*fter touching raw meats, fish, or poultry

*A*fter taking out the trash or handling garbage

*A*fter cleaning, sanitizing, or using chemicals

! Always wash your hands...  
**before** starting work,  
**after** taking a break, or  
**when** entering the kitchen.

## Nothing takes the place of hand washing!

***Sanitizing lotions*** or hand dips may be used ***after*** correctly washing your hands, but may ***never*** be used in place of hand washing.

***Gloves*** may be used for limiting bare hand contact with food, or other duties, but may ***never*** be used in place of hand washing.

## Don't Work Sick!!!

If you are sick, germs can spread to anything you touch — food, dishes, counters, utensils, pots, pans, and other people.

### Do Not Work If You Have . . .

- × *D*iarrhea
- × *V*omiting
- × *J*aundice
- × *S*ore throat with a fever
- × *H*epatitis A (Tell your supervisor and call the Health Department right away at 595-4300.)



### Duties May be Changed . . .

If you must go to work, or become ill while at work, report to your supervisor immediately.

If you have an infected cut, burn, boil or sore on your hand, do not work with food or touch clean dishes or equipment.

Bandage the infected area, and wear a glove over it. Duties may be assigned that do not involve handling food until the illness or infection is gone, including:

- ◆ Taking out the trash
- ◆ Mopping and sweeping floors
- ◆ Cleaning the restrooms and lobby
- ◆ Taking dirty dishes back to the kitchen
- ◆ Being the hostess or cashier



# Eating, Drinking, Smoking

In food preparation areas, food workers **may not**



Eat,



Drink,



Smoke, or use other tobacco

These activities can contaminate food when the employee touches their mouth or other body parts and then touches food.

Employees must go to areas like break rooms, lobbies, or outside the restaurant for these activities.

**Exception:** Employees may drink from a **closed** container **with a handle** while in the food preparation areas. Drinking straws are not allowed. The container must be stored in a way that it cannot spill onto (contaminate) food or food contact surfaces.



**Remember!**

*Always wash your hands  
before returning to work!*





## Hygiene

Food workers are the greatest source of contamination of food. Harmful bacteria and viruses are found on your whole body, including your hair and clothes. Bathe daily and go to work clean.



Wear clean clothes (uniforms) daily. While at work, **do not wipe** your hands on your clothing or apron, and change your apron when it becomes dirty.

## Hair Restraints

Hair (male or female) that is long enough to touch the top of the collar must be restrained any time you are in the kitchen, work with food, handle clean utensils, or wash the dishes.



Some approved methods of restraining hair include hairnets, buns, caps or other approved hats, or a single tight braid.

Beards that are long enough to touch the collar must also be restrained (hairnet or beard net).



**Hair Restraints are not required in establishments that handle **only** pre-packaged food items and no open food.**

## Jewelry

Jewelry may not be worn on hands or arms when preparing food.

**Exception:** Only plain wedding bands may be worn. Medical identification alerts must be pins or necklaces (not bracelets) to prevent contact with food during preparation or service.



## Fingernails

Fingernails must be trimmed, filed, and maintained so that the edges and surfaces are clean and not rough. Food workers may not wear fingernail polish or artificial nails while preparing food.

## Personal Items

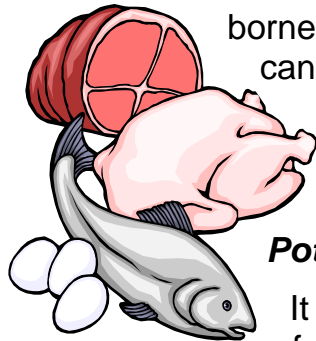
Personal items like coats, jackets and purses should be stored in an approved area away from where food is being prepared, or where food, dishes, equipment, or linens are stored.



Medicine should also be stored away from any food, clean equipment, or the food preparation areas. Severe illness, or even death, could occur if a customer eats food that is contaminated with medicine.



## ***P*otentially Hazardous Foods**



Protecting food is important to prevent food-borne illness (food poisoning). Illness can be caused when people eat food that is contaminated by bacteria.

Bacteria grows easily on certain kinds of food, called:

### ***Potentially Hazardous Foods.***

It is very important to keep these foods hot or cold to kill or limit the bacteria that can grow.

#### **Examples include:**

***R***aw seed sprouts (alfalfa, bean)

***R***aw or cooked meat, poultry, or seafood

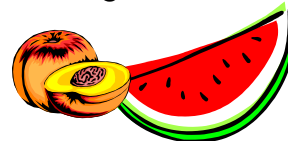
***M***ilk products

***R***aw or cooked eggs

***C***ooked vegetables, rice, beans, or pasta

***C***ut, low-acid fruits and melons

***A***ny food that has any of the above ingredients



## Non-Potentially Hazardous Foods

Harmful bacteria do not grow easily on some kinds of food so they do not need to be kept hot or cold. When these foods *are* refrigerated, it is only to make the food taste better or last longer.



These kinds of food are called:

***Non-potentially Hazardous Foods.***

Examples include:

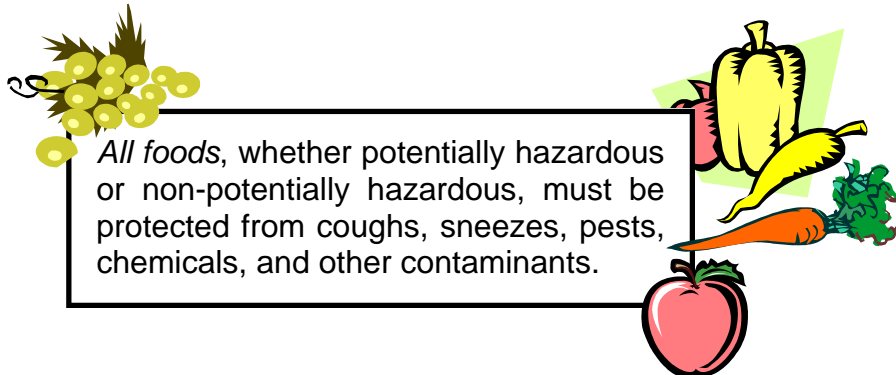
**B**reads, bagels, crackers (low moisture content prevents growth of bacteria).

**M**ayonnaise — commercially-made only (high acid content prevents growth of bacteria).

**P**ickles (high acid content prevents growth of bacteria).

**I**ce (the cold temperature prevents the growth of bacteria).

**F**resh, ***uncut*** fruits and vegetables.



*All foods, whether potentially hazardous or non-potentially hazardous, must be protected from coughs, sneezes, pests, chemicals, and other contaminants.*

# Danger Zone

Bacteria and viruses can be killed by cooking the food. Their growth can be controlled by keeping the food hot or cold. This is called temperature control.

## What Bacteria Need to Grow . . .

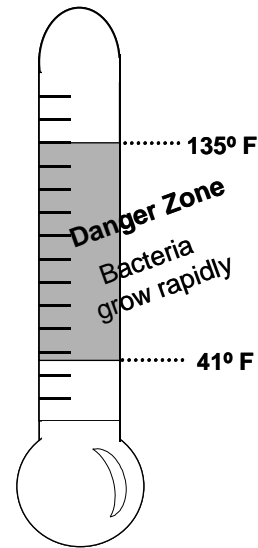
*T*ime

*T*emperature

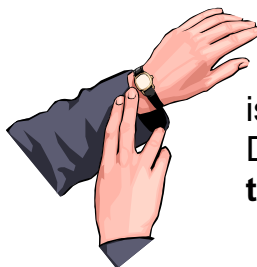
*P*rotein-rich food

*M*oisture

Bacteria do not grow fast when the temperature of the food is colder than 41°F or hotter than 135°F. Temperatures between 41°F and 135°F are known as the ***Danger Zone***.



When potentially hazardous foods are left in the ***Danger Zone***, bacteria grow very fast and can produce poisons (toxins) that can make people sick.



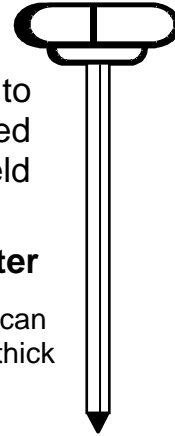
Checking food temperatures routinely is very important. If food is left in the Danger Zone for ***four*** hours or more, **throw it away!**

# Thermometers

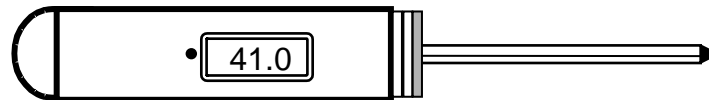
Temperature control is very important to food safety. A thermometer **must** be used to make certain the food is cooked or held at the correct temperature.

## Metal stem thermometer

Note: Bi-metallic (dial-type) stem thermometers can only be used to measure the temperature of thick foods like roasts.



## Digital thermometer



You must use a fast-read digital thermometer to measure the temperature of thin-mass foods like hamburger patties.

## How To Use The Food Thermometer...

**C**alibrate the thermometer (ask your supervisor for help).

**W**ash, rinse, and sanitize before and after each use.

**D**on't let sensor touch the sides or bottom of container.

**I**nsert into the thickest part of the product, avoiding bone.

**W**ait 15 seconds to record the temperature.

Foods that are in the **Danger Zone** should be reported to your supervisor.

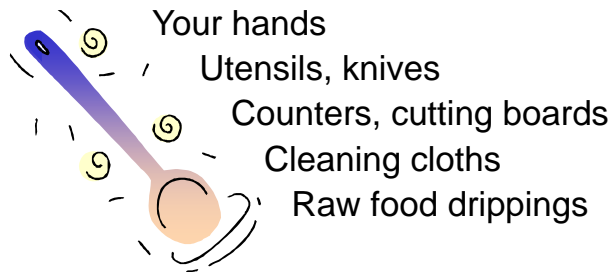


**Thermometers should also be used to check the temperature of refrigerators, freezers, and dishwashing machines. Check with your supervisor for the correct type.**

# Cross Contamination

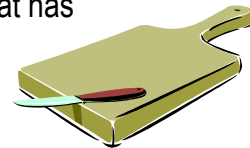
Cross contamination is transferring bacteria or other harmful substances to food that has already been cooked or is ready to be served to the customer. (Example: Handling raw hamburger meat and then putting lettuce and tomatoes on the hamburger bun without washing your hands first.)

Any of the following things can transfer bacteria or other contaminants to ready-to-eat-food:

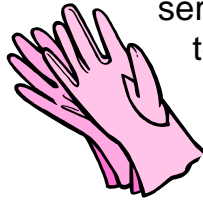


## How To Prevent Cross Contamination . . .

- ◆ Wash your hands between tasks, before touching ready-to-eat food, or before touching clean utensils.
- ◆ Use a clean spoon each time you taste food.
- ◆ Wash, rinse and sanitize utensils and all work surfaces after each task, especially after raw meat has touched the utensil or work surface.
- ◆ Keep cutting boards and utensils in good repair for easier cleaning.
- ◆ Store raw meat below ready-to-eat or cooked food.
- ◆ Store raw products separate from ready-to-eat products.



## Don't Touch Ready-To-Eat Food



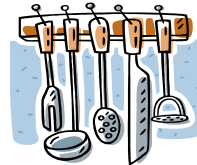
Food that has been prepared and is ready to be served to the customer should **not** be touched with bare hands. Minimizing bare-hand contact with ready-to-eat food will prevent bacteria from being re-introduced into food. Handle these foods with utensils (scoops, tongs, ladles), deli tissues, or single-use gloves.

**G**loves used to avoid bare-hand contact with food must be single-use, disposable gloves.

Employees must **always**:

- ◆ Wash their hands before putting on gloves and when changing into a new pair of gloves.
- ◆ Change gloves as soon as they become soiled or torn.
- ◆ Change gloves before beginning a different task.

**U**tensils should be stored in ways that will keep them from becoming contaminated. This includes storing them in a clean, dry area or leaving them in the product with the handle up.



**Never wash or rinse gloves!**  
Take them off, wash your hands,  
and put on a new pair.



## **Food Receiving & Storage** **3**

### **Sources**

All food served to customers must come from approved sources (suppliers, wholesalers, or distributors).

**M**eat, poultry, and eggs must be inspected by the Oklahoma State Department of Agriculture or by the United States Department of Agriculture.



**M**ilk must be pasteurized before it can be served to customers.

**S**hellfish must have certification tags telling where it came from and when it was harvested.

**F**ood prepared for the public must be made in a kitchen that has been licensed by *The Health Department*. The food may not be prepared or stored in someone's home.

**I**nspect all food on delivery to make certain that it is safe, undamaged, and within the correct temperature ranges. Do not accept food that is in the **Danger Zone**, has an unpleasant odor, is moldy, or canned goods that are damaged or swollen.



## General Guidelines For Storage

- ◆ Label and date all food with product name and the date and time the item was placed in storage.
- ◆ Food items should be stored at least 6" off the floor.
- ◆ Clean up all spills and remove trash and dirty packages.
- ◆ Rotate stock to use the oldest foods first (FIFO).
- ◆ *Never* store chemicals or cleaning supplies with food.
- ◆ *Never* re-use old cleaning or chemical containers to store food.

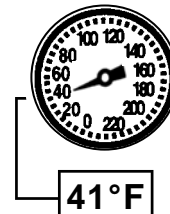
## Dry Storage

- ◆ Cover dry foods.
- ◆ Keep all packages closed and dry.
- ◆ Storage areas should be clean and pest free.



## Cold Storage

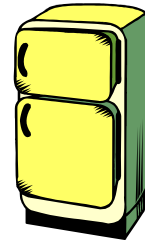
- ◆ Store cooked and ready-to-eat foods above raw foods to avoid contamination.
- ◆ Always cover foods for protection.
- ◆ Space pans of food in refrigerated units far enough apart to allow air circulation. Avoid overloading the unit.
- ◆ Check food temperatures (see page 19 for cooling requirements).
- ◆ Refrigerated units must be able to maintain foods at 41°F.
- ◆ Use an approved thermometer in refrigerated units to ensure the correct temperature.



## Thawing

There are four safe ways to thaw foods:

1. **In the refrigerator.** This is the safest way, but it may take a few hours to a few days. Allow a day or more for large items such as turkeys and roasts.

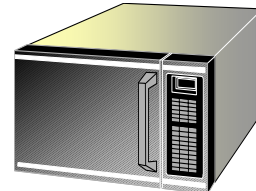


2. **Under cold, running water.** Use a clean, sanitary sink, and remove the food as soon as it is thawed. **Do not** thaw food in warm water, hot water, or standing water.



3. **During the cooking process.** This works well with items like french fries, onion rings, or hamburger patties. It does not work well with large items.

4. **In a microwave oven.** Food must be cooked or served right away. This does not work well for large items.

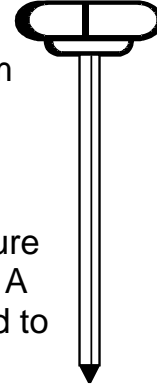


**Never thaw at room temperature!**  
Setting food on the counter or sink to thaw at room temperature is **unsafe** because it allows bacteria to grow rapidly.

# Cooking

Cooked foods must be cooked to minimum temperatures to kill dangerous bacteria. The minimum internal temperatures of the foods must be held for 15 seconds.

It is impossible to determine the temperature of a product by looking at it or touching it. A clean, sanitary thermometer **must** be used to check product temperatures.



Listed below are the correct internal temperatures to ensure that the food is cooked safely:

**165°F** Poultry (chicken, turkey, duck, pheasant)  
Meat with a stuffing  
Anything stuffed with meat

**155°F** Ground beef (hamburger)



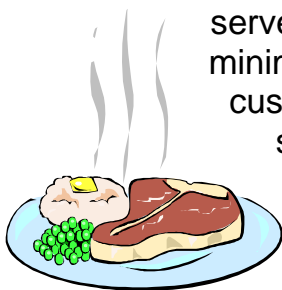
**145°F** Seafood  
Pork  
Most other potentially hazardous foods

**140°F** Fruits & vegetables (if cooked for hot holding)

**130°F** Rare roast beef

## By Customer Request . . .

Steak, vegetables, and other food may be served at a temperature less than the minimum required, or served raw, if the customer requests it. Check with your supervisor about required customer advisories for these exceptions.



## Hot Holding

Food that has been cooked and will not be served immediately, must be maintained at **135°F**. Steam tables, soup warmers, and other heating units must be turned on and heated up before the food is placed into them.

- ◆ Place smaller amounts of food in heating units and refill the containers often.
- ◆ Cover pans to keep the food hot.
- ◆ Regularly stir food to distribute heat.
- ◆ Never mix raw food with cooked food.



## Cold Holding

For cold holding, food must remain **41°F** or below. Store the food in a refrigerated unit or serving unit. **Do not** let the food stand at room temperature because bacteria will grow.

- ◆ Cover food that is placed in a refrigerator to prevent contamination.
- ◆ Put ready-to-eat cold foods in pans or on plates. Do not place food directly on ice.
- ◆ Food placed on ice should be pre-chilled, and the ice should come up to the level of the food in the dish.

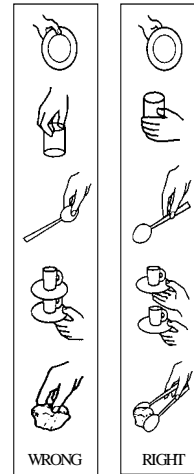


Check foods often with a thermometer to make sure hot foods stay above **135°F** and cold foods stay below **41°F**.

# Service

Employees can protect the food by practicing good hygiene and food service procedures.

- ◆ Follow hygiene and hand washing procedures outlined in Chapter 1.
- ◆ **Never** touch the food-contact areas of glasses, cups, plates, or tableware.
- ◆ **Never** stack cups or bowls while serving to prevent contamination.
- ◆ Use ice scoops or ice tongs. Do not scoop ice with a service glass or any other glass. The glass could break, and running your fingers through the ice contaminates it.



# Re-Service

The only items that may be taken from one customer's table and served to another customer are unopened, sealed packages of food. This includes items like wrapped crackers and packets of honey, jelly, sugar, sweeteners, creamer, ketchup, or mustard. Condiment bottles such as ketchup and steak sauce may also be taken from table to table.



If a customer leaves food on a plate, it **must be thrown away**. Unused food, such as chips, rolls and bread, may **not** be served to another customer.

# Cooling

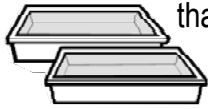
Food must be cooled quickly! Do not let food set at room temperature, or stay in the **Danger Zone** where bacteria grows quickly. Cool the food from:

**135°F to 70°F** within 2 hours, and then  
**70°F to 41°F** within 4 hours (a total of 6 hours)

- ◆ Cut large roasts and turkeys into smaller pieces.



- ◆ Place food in shallow metal pans with food not more than 4 inches deep. Very thick foods should be no more than 2 inches deep.

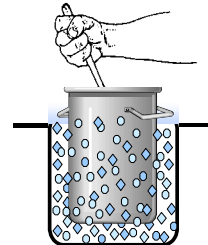


- ◆ Ice may be added to the food as an ingredient.
- ◆ Leave enough space around the pans for air to circulate. Do not stack pans on top of one another.
- ◆ Place food in refrigerator or freezer as soon as possible.
- ◆ Leave the pan uncovered until it has reached 41°F (place in an area to prevent contamination).

## Ice Water Bath...

An ice water bath can also be used for cooling and works very well for liquid foods:

- ◆ Place the metal pot or pan into a sink or a larger pan.
- ◆ Fill the sink or larger pan with ice up to the level of the food in the pan. Add cold water to the top of the ice.
- ◆ Stir frequently to ensure that the product reaches the proper temperature.

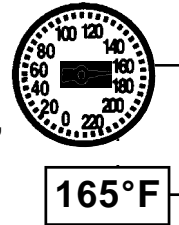


Always use a thermometer to check food temperatures during the cooling and reheating process!

## Reheating

Sometimes food will be reheated after it has been cooled. Foods must be reheated very quickly to keep the food safe.

- ◆ Reheat the food to **165°F** within 2 hours.
- ◆ Use stove burners, microwave ovens, convection ovens, or double boilers.
- ◆ Never use steam tables or crock pots because they heat too slowly.
- ◆ Reheat food in small batches and stir often.
- ◆ Put reheated food in hot holding equipment or serve it immediately to the customer.



## Leftovers



Leftovers are those food items that **were not** served to a customer, and will be stored and served at a later time. Steps should be taken to protect this food:

- ◆ Serve leftover foods as soon as possible.
- ◆ Always serve leftovers before serving freshly prepared foods.
- ◆ Never mix freshly made foods with leftovers.

Food that has been served to a customer is **NOT** considered leftovers. If the customer does not eat the food, it must be **thrown away**.





## ***Clean & Sanitary***

## **5**

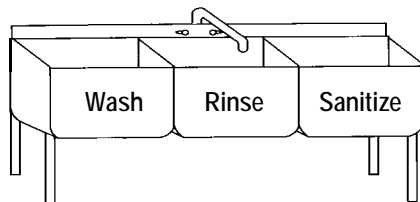
Clean and sanitary do not mean the same thing. Clean means free of visible soil (dirt, soap, food). Sanitary means free of harmful contamination (bacteria, viruses). All food contact surfaces of equipment and dishes must be cleaned and then sanitized with either heat or chemicals.

You can see clean.  
You *cannot* see sanitized.



### **Manual Dishwashing**

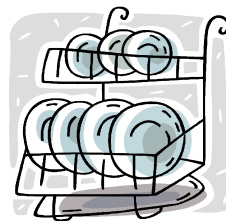
When equipment and dishes (utensils, tableware, pans) are washed by hand, they must be washed in a three-sink unit.



Before washing items by hand, clean and sanitize all sinks and work surfaces the items will touch.

### **Washing equipment & dishes by hand . . .**

- 1.** Scrape leftover food and debris into the garbage.
- 2. Wash** the items in the *first sink* with hot, soapy water.
- 3. Rinse** items in the *second sink* with clean, warm water.
- 4. Sanitize** items in the *third sink* with warm water and a chemical sanitizing solution. Use a test strip to make sure the chemical concentration is correct.
- 5.** Air dry all items before storing them.  
Do not use a towel to dry dishes.



# Machine Dishwashing

There are two types of commercial dishwashing machines:

**Hot water sanitizing machines**

**Chemical sanitizing machines**



## Washing dishes in a machine . . .

1. Check the machine to make sure it is clean and in good operating condition.
2. Scrape leftover food and debris into the garbage. Pre-soak dishes that have dried food left on them.
3. Load the equipment and dishes into the machine, making sure not to overload the machine.
4. Air dry equipment and dishes before storing them. Never use a towel to dry dishes.
5. To make sure that the items are properly sanitized, always use a thermometer to check the water temperature or a chemical test strip to check the concentration of the solution.

## Chemical Solutions

Chemicals must be mixed correctly and soap should never be added to solutions used for sanitizing. To check that the concentration is correct, use the approved test strip for the chemical. Three common chemicals used for sanitizing with correct concentrations are:



Chlorine (bleach).....25 ppm to 100 ppm

Iodine .....12.5 ppm to 25 ppm

Quaternary Ammonia .....See container label

## General Cleaning



Cleaning never stops. A daily schedule should be used to make certain that all areas are cleaned including walls, ceilings, and floors. Food contact surfaces, equipment, and customer tables should be cleaned as they are used. Chemicals, such as bleach or pesticides, are used to keep the establishment clean, sanitary, and free from pests.

### Wiping Cloths . . .

- ◆ Use wiping cloths to clean food contact surfaces, tables, cutting boards and equipment.
- ◆ Store wiping cloths in a clean, sanitizing solution. Never add soap to the solution.
- ◆ Use a different wiping cloth for cleaning up after raw meats. Do not use the same cloth to wipe tables and other counters.



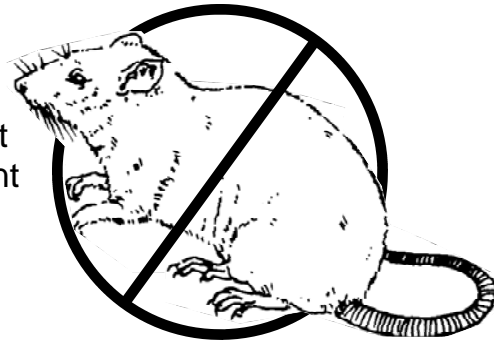
### Chemicals. . .

- ◆ **Never** store chemicals, soaps, or pesticides with or above food, utensils or equipment.
- ◆ Label everything clearly. It is best to keep chemicals in the bottles or boxes that they came in.
- ◆ Read and follow the directions for use.



## **Pest Control**

The best defense against pests in the establishment is a regular cleaning and sanitizing schedule.



### **Common Pests . . .**

All pests are a serious health hazard because they leave disease-causing germs on food and food contact surfaces. A few common pests found in a restaurant are:

**Cockroaches**

**Flies**



**Ants**

**Rats and mice**

### **Prevent Infestation . . .**

- ◆ Thoroughly clean and sanitize the establishment regularly, and immediately clean up spills.
- ◆ Seal all cracks in floors, walls, and ceilings.
- ◆ Fill or cover all holes around pipes.
- ◆ Keep doors and windows tightly closed. *Do not* prop open the back doors or drive-through windows.
- ◆ Keep garbage in sealed plastic bags inside tightly covered containers. Clean containers frequently.
- ◆ Outside dumpsters should have closed lids, and the ground around the dumpsters should be kept clean.

If pests become a problem, a licensed pest control company should be used.

## Glossary

**Biological agents** — bacteria, parasites, viruses, and fungi that can grow and survive in certain types of food and on surfaces of equipment and dishes. Bacteria can be killed by proper cleaning and sanitizing.

**Calibrate** — process to determine if a thermometer is set at the correct mark to give accurate temperature readings, and then to make the necessary adjustments if it is not accurate.

**Clean** — to be free of visible soil, dirt, food or soap.

**Concentration** — the amount of chemical present in a volume of water.

**Contaminate (contamination)** — to introduce bacteria, chemicals, or other harmful substances into food or onto food contact surfaces.

**Cross contamination** — to transfer or re-introduce bacteria, chemicals, or other harmful substances into food or onto food contact surfaces after a food has been cooked or is ready to be served to the customer.

**Danger Zone** — temperature range in which biological agents can survive, reproduce, and grow; temperatures between 41°F and 135°F.

**Dishes** — within this handbook, dishes shall mean items used to store, serve, prepare, transport or dispense foods. This includes items such as utensils, tableware, plates, bowls, glasses, pots, pans, and all food contact parts of equipment.

**Dish washing** — the process of cleaning and sanitizing dishes and the food contact surfaces of equipment by hand or by machine, using heat or chemicals.

**Equipment** — items used in the operation of a food service establishment such as slicers, mixers, stoves, can openers, tables, counters, and refrigerators.

**FIFO (First In First Out)** — method of rotating food items to ensure that the oldest stock items are the first items used.

**Fecal-oral transmission** — transmission of disease when fecal matter contaminates food or water sources; most common transmission in a food establishment happens when employees use the restroom and do not adequately wash their hands. Then they touch food (or dishes), which is then consumed (or used) by customers.

**Food contact surfaces** — surfaces of equipment and dishes that come into contact with food; includes surfaces onto which food may drip, drain, or splash.

**Foodborne illness (food poisoning)** — illness which results when people eat food contaminated with bacteria, viruses, chemicals, physical agents, or other harmful substances.

**Non-potentially hazardous foods** — foods in which bacteria does not grow easily.

**Potentially hazardous foods** — foods that support the rapid and progressive growth of bacteria; require temperature control to be safe for consumption.

**Ready-to-eat** — foods that are in a form that is ready to serve to customers due to washing, cooking, or other preparation.

**Sanitize** — to reduce the amount of bacteria and viruses on an item to safe levels; to kill bacteria and viruses by using heat or chemicals.



## FOOD HANDLER TRAINING SCHEDULE

### Expo Square Center

4616 East 15th Street • Tulsa, Oklahoma • (918) 582-9355

#### Classes are taught in **ENGLISH** on:

Monday	12:00 pm	3:00 pm	6:00 pm
Wednesday	9:00 am	2:00 pm	
Thursday	9:00 am	12:00 pm	4:00 pm

#### Classes are taught in **SPANISH** on:

Monday & Friday ..... 9:00 am

Schedule is subject to change. Check current schedule at [www.tulsa-health.org](http://www.tulsa-health.org) or (918) 595-4310.

Arrive **30 minutes before** the time listed above to register for class. The fee for class must be paid in cash only – personal checks are not accepted. A driver's license is **not** required to attend the class. Class size is limited to the first 80 people present.

#### **Call the Centers below for their class schedules:**

##### **Bixby (South Tulsa)**

8120 E. 126th St. .... 369-3155

##### **Sand Springs**

306 E. Broadway ..... 591-6100

##### **Broken Arrow**

##### **James Goodwin Health Center**

5051 S. 129th E. Ave ..... 595-4427

##### **Collinsville**

12th and Center ..... 596-8650







This handbook is available  
on our website at  
**[www.tulsa-health.org](http://www.tulsa-health.org)**



**Also on the website:**

- ◆ Class schedules
- ◆ Food safety posters
- ◆ Newsletters
- ◆ Food Code
- ◆ Self-inspection forms
- ◆ Citizen compliant form
- ◆ Restaurant inspections



**TULSA HEALTH**  
**DEPARTMENT**

Tulsa City-County Health Department  
Consumer Protection Division  
(918) 595-4300  
[www.tulsa-health.org](http://www.tulsa-health.org)