Food Safety Checklist for Food Handler Hygiene

Use this checklist when handling or preparing foods for food shows, fundraisers, demonstrations, and displays.

- **No bare hand contact on ready-to-eat (RTE) foods.** Use utensils such as tongs, ladles, and single service disposable gloves. Wash hands before wearing gloves and change gloves whenever changing tasks.

- **Keep fingernails clean, unpolished, and trimmed short.** Nail polish can chip. Long or artificial nails can chip and break into food.

- **No tasting, eating, drinking, or smoking in the food service/demonstration area.** Use tested recipes to avoid the need for tasting.

- **Authorized persons only in food preparation area.** No children or infants allowed.

- **Wash hands frequently.** Wash before handling food; wash after using the bathroom, handling raw foods, garbage or chemicals, coughing/sneezing, eating, and touching face/hair/body.

- **Wear clean clothes and cover it with a clean apron.** Remove apron when leaving food preparation/service area.

- **Avoid wearing jewelry.** Rings, watches, and bracelets can trap dirt and bacteria. Earrings and other jewelry can fall into food.

- **Keep body, hands, and hair neat and clean.** Restrain hair, or wear a hat or hairnet.

- **Stay home if you have a cold, nausea, fever, diarrhea, or open sores and infected cuts on your hands.**

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