



PREVENTION OF CONTAMINATION BY HANDS IN COTTAGE FOOD ESTABLISHMENTS (CFE)

The Cottage Food Regulations, section 6.1.4 requires producers and employees to effectively clean their hands, by routinely hand washing to prevent contamination from hands. Producers and employees should follow the following methods to prevent contamination from hands:

- **BARE HAND CONTACT WITH READY TO EAT FOODS** - No bare hand contact with exposed, ready to eat food. Ready to eat food is a food that is edible without additional preparation to achieve food safety. Use suitable utensils such as deli tissue, spatulas, tongs, single-use gloves, or dispensing equipment when handling ready to eat foods. Efforts shall be made to minimize bare hand and arm contact with exposed food that is not in a ready to eat form.
- **HOW TO WASH HANDS** - Producers and employees in a CFE shall use the following procedure in the following order to clean their hands and exposed portions of their arms, including surrogate prosthetic devices for hands and arms:
 1. Rinse hands under clean, running warm water;
 2. Apply an amount of cleaning compound (soap) recommended by the cleaning compound manufacturer;
 3. Rub together vigorously for at least 10 to 15 seconds while:
 - a. Paying particular attention to removing soil from underneath the fingernails during the cleaning procedure, and
 - b. Creating friction on the surfaces of the hands and arms or surrogate prosthetic devices for hands and arms, finger tips, and areas between the fingers.
 4. Thoroughly rinse under clean, running warm water;
 5. Immediately follow the cleaning procedure with thorough drying using individual disposable towels.
 6. To avoid recontamination of hands or surrogate prosthetic devices, use disposable towels or a similar clean barrier when touching surfaces such as a manually operated faucet handles on a handwashing sink or the handle of the restroom door.

- **WHEN TO WASH HANDS** - Hands shall be cleaned immediately before engaging in food preparation including working with exposed food, clean equipment and utensils, and unwrapped single service and single use articles and
 - After touching bare human body parts other than clean hands and clean, exposed portions of arms;
 - After using the toilet;
 - After caring for or handling service animals or aquatic animals;
 - After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating or drinking;
 - After handling soiled equipment or utensils;
 - During food preparation, as often as necessary to remove soil and contamination and to prevent cross contamination when changing tasks;
 - When switching between working with raw food and working with ready to eat food;
 - Before donning gloves to initiate a task that involves working with food; and
 - After engaging in other activities that contaminate the hands.
 - **WHERE TO WASH HANDS** – Producers and employees shall clean their hands in a sink that is not used for food preparation, warewashing or in a sink used for disposal of mop water and similar liquid waste.
 - **MAINTANANCE OF HANDS** – Producers and employees shall keep their fingernails trimmed, filed and maintained so the edges and surfaces are cleanable and not rough. Unless wearing intact gloves in good repair, producers and employees may not wear fingernail polish or artificial fingernails when working with exposed food.
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