

NUTRITION RESOURCES

Food Safety

This list contains online resources for food safety. Resources are listed by main category. Many Web sites contain information on multiple content areas. For additional content areas related to food and nutrition, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

The inclusion of commercial Web sites or products is for informational purposes only and does not constitute approval or endorsement by the CSDE.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

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For more information, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesfidsafe.pdf.

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Food Recalls and Alerts

Food Recalls and Alerts

Food Recalls. Government sponsored online resource for food recalls. www.recalls.gov/

Food Recalls and Alerts. U.S. Department of Health and Human Services. www.foodsafety.gov/recalls/index.html

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Food Safety Education

Be Food Safe: 10 Tips to Reduce the Risk of Foodborne Illness. U.S. Department of Agriculture, DG TipSheet No. 23, October 2012. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet23BeFoodSafe.pdf

Food Safety Information Research Office, U.S. Department of Agriculture. <http://fsrio.nal.usda.gov/>

Fight BAC™ Campaign. The Partnership for Food Safety Education. Lots of resources, lessons for kids, etc. to help implement this national campaign to educate the public about safe food handling. www.fightbac.org/

Food Safety. Healthy Meals Resource System, U.S. Department of Agriculture. Links to information and resources. <http://healthymeals.nal.usda.gov/resource-library/food-safety>

Food Safety Bulletin Board Resources. Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/resource-library/bulletin-board-resources/food-safety-bulletin-board-resources>

Food Safety Education. Iowa State University. Lessons and videos on food safety topics. www.extension.iastate.edu/foodsafety/

Food Safety Education. Food Safety and Inspection Service, U.S. Department of Agriculture. www.fsis.usda.gov/Food_Safety_Education/index.asp

Food Safety Education in Spanish. Food Safety and Inspection Service, U.S. Department of Agriculture.. www.fsis.usda.gov/En_Espanol/index.asp

Food Safety Education Images. Food Safety and Inspection Service, U.S. Department of Agriculture. www.fsis.usda.gov/Be_FoodSafe/BFS_Photo_Gallery/index.asp

Food Safety Fact Sheets. Food Safety and Inspection Service, U.S. Department of Agriculture. www.fsis.usda.gov/fact_sheets/index.asp?src_location=content&src_page=FSEd

Integrated Food Safety Information Delivery System. Food and Consumer Safety Bureau of the Iowa Department of Inspections and Appeals. Contains food safety fact sheets covering common topics dealing with day-to-day food establishment operations, such as proper hand washing techniques, use of a three-compartment sink and hot and cold holding temperatures. The site also contains ready-to-use signs in PDF format and materials available in multiple languages. www.profoodsafety.org/

Food Safety: What You Don't Know CAN Hurt You! (PowerPoint Presentation). University of Nebraska Lincoln Extension, 2007. Addresses 10 common consumer food safety myths. <http://food.unl.edu/web/safety/whatyoudontknow>

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Food Safety Education for Children

Food Safety Education for Children

Food Safety Coloring Book. U.S. Department of Agriculture, Food Safety and Inspection Service.
www.fsis.usda.gov/PDF/Mobile_Coloring_Book.pdf

Food Safety Education for Kids & Tweens. U.S. Department of Agriculture, Food Safety and Inspection Service.
www.fsis.usda.gov/food_safety_education/for_kids_&_teens/index.asp

Food Safety Games and Activities. Healthy Meals Resource System, U.S. Department of Agriculture, Healthy School Meals Resource System. <http://healthymeals.nal.usda.gov/resource-library/food-safety/games-and-activities>

Food Safety Music. University of California, Davis. For fun food safety education. Click on “Food Safety Music” on left scroll bar. <http://foodsafe.ucdavis.edu/>

For Kids and Teens. .S. Department of Agriculture, Food Safety and Inspection Service
www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/teach-others/download-materials/for-kids-and-teens

For Kids. Food and Drug Administration. www.fda.gov/oc/opacom/kids/default.htm

Hand Washing Lesson Plans for Kindergarten through 6th Grade. Glo Germ. www.glogerm.com/worksheets.html

Kids & Teens Food Safety & Nutrition Information. U.S. Food and Drug Administration.
www.fda.gov/Food/ResourcesForYou/Consumers/KidsTeens/default.htm

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Food Safety Resources for Child Care

Child Care Centers Fight Bac! Poster. U.S. Department of Agriculture, 2001. Illustrates Fight Bac's four simple messages for food safety: clean, separate, chill and cook.

www.foodsafeschools.org/FSAG_CD/Resources/FSIS/FightBAC/BAC_childcare_POSTER.pdf

Child Care Mini Posters on Food Safety and Sanitation. U.S. Department of Agriculture, 2004. Ten colorful 8 1/2" x 11" laminated mini-posters for use in child care centers with English on one side and Spanish on the reverse. Topics include hand washing; meat, poultry and fish safety; cross contamination; grocery shopping tips; safe handling of baby food; breast milk; bottle feeding; diaper changing tips; and safe temperature for foods. <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=45>

Food Safety Self-Inspection for Child-Care Facilities. University of Nebraska Cooperative Extension. <http://digitalcommons.unl.edu/cgi/viewcontent.cgi?article=1802&context=extensionhist&sei-redir=1&referer=http%3A%2F%2Fwww.bing.com%2Fsearch%3Fq%3DFood%2BSafety%2BSelf-Inspection%2Bfor%2BChild-Care%2BFacilities%26src%3DIE-TopResult%26FORM%3DIE10TR#search=%22Food%20Safety%20Self-Inspection%20Child-Care%20Facilities%22>

Food Safety Resources. Healthy Meals Resource System, U.S. Department of Agriculture.

<http://healthymeals.nal.usda.gov/resource-library/food-safety>

From the Trainer's Tablet: Lessons for Family/Home Child Care Providers Food Safety in Child Care. National Food Service Management Institute, 2003. www.nfsmi.org/ResourceOverview.aspx?ID=79

Keepings Kids Safe: A Guide for Safe Food Handling & Sanitation for Child Care Providers. U.S. Department of Agriculture, Revised Spring 2000. Quick and easy reference on food safety and sanitation.

<http://teammnutrition.usda.gov/resources/appendj.pdf>

Leafy Greens Safe Handling Posters. Iowa State University, 2014. Proper care and handling of fresh leafy greens in foodservice. Available in English, Spanish and Mandarin Chinese. <http://store.extension.iastate.edu/product/hs7>

Practice the Basics of Food Safety to Prevent Foodborne Illness. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. U.S. Department of Agriculture, December 2012.

www.teammnutrition.usda.gov/Resources/nutritionandwellness/foodsafety.pdf

Standard Operating Procedures for Child Care. Iowa State University. www.extension.iastate.edu/foodsafety/SOP-child-care

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Food Safety Resources for Schools

- A Biosecurity Checklist for School Foodservice Programs: Developing A Biosecurity Management Plan.* U.S. Department of Agriculture, Revised 2014. <http://foodbiosecurity.nfsmi.org/index.php>
- Eating Safely at School: What Education Policymakers Need to Know and Do to Prevent and Respond to Food-Related Illness in School.* National School Boards Association, 2008.
www.ped.state.nm.us/nutrition/dl08/foodSafety/Eating%20safely%20at%20School.pdf
- Food-Safe Schools Action Guide: Creating a Culture of Food Safety.* U.S. Department of Agriculture, 2014.
www.fns.usda.gov/sites/default/files/Food-Safe-Schools-Action-Guide.pdf
- Food-Safe Schools Action Guide Kit.* Centers for Disease Control and Prevention and National Coalition for Food-Safe Schools, 2005. Helps schools identify gaps in food safety and develop an action plan for becoming food-safe. Includes PowerPoint presentation and materials in Spanish. www.foodsafeschools.org/index.htm
- Food Safety Mini Posters.* U.S. Department of Agriculture, 2000. Fourteen colorful 8 1/2" x 11" laminated mini-posters with English on one side and Spanish on the reverse, designed for use in food preparation and service areas. Topics include hand washing, personal appearance and hygiene, storage, temperatures and preparation. <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=74>
- Leafy Greens Safe Handling Posters.* Iowa State University, 2014. Proper care and handling of fresh leafy greens in foodservice. Available in English, Spanish and Mandarin Chinese. <http://store.extension.iastate.edu/product/hs7>
- Responding to a Food Recall.* National Food Service Management Institute, 2002. Materials designed for foodservice directors and managers to reference when a food recall notice for a USDA commodity food is issued through USDA/FNS or a food recall notice is issued for a purchased food by the manufacturer or responsible government entity. www.nfsmi.org/DocumentDownload.aspx?id=3683
- Schools Fight Bac! Poster.* U.S. Department of Agriculture, 2001.
www.foodsafeschools.org/FSAG_CD/Resources/FSIS/FightBAC/BACSchoolPOSTER.pdf
- Serving It Safe.* National Food Service Management Institute, Revised 2009. A comprehensive food service safety and sanitation training package for schools. Contains a teacher's manual, teaching aids, case studies and group activities. A colorful poster summarizes key points and interactive training is also included on CD-ROM and diskettes.
www.fns.usda.gov/tn/Resources/serving_safe.html
- Standard Operating Procedures for Schools.* Iowa State University. www.extension.iastate.edu/foodsafety/content/haccp-school-foodservice

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Food Thermometers

Care Connection Food Safety Grab and Go Lesson: How to Use a Metal-Stem Thermometer. National Food Service Management Institute, 2005. www.nfsmi.org/DocumentDownload.aspx?id=2992

Kitchen Thermometers. U.S. Department of Agriculture, Food Safety and Inspection Service, Revised June 2008. www.fsis.usda.gov/PDF/Kitchen_Thermometers.pdf

Pass the Taste Test...Use a Thermometer! University of Nebraska, Revised 2010. <http://food.unl.edu/documents/PassThermometerTest.pdf>

Thermometer Calibration Guide. Kansas State University, 2000. <http://www.ncagr.gov/MeatPoultry/pdf/Thermometer%20Calibration.pdf>

Thermometer Calibration Log. National Food Service Management Institute. <http://sop.nfsmi.org/Records/ThermometerCalibrationLog.pdf>

Thermometer Information Resource. National Food Service Management Institute, 2005. Lessons and resources which focus on the importance of consistently using thermometers in Child Nutrition Programs. <http://nfsmi.org/ResourceOverview.aspx?ID=113>

Thermy Temperature Rules! Brochures, Images and Posters. U.S. Department of Agriculture. Proper cooking temperatures for food safety. www.fsis.usda.gov/News_&_Events/Thermy_Image_Library/index.asp

Use That Thermometer Mini Poster. U.S. Department of Agriculture and National Food Service Management Institute, 2000. English <http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080212102659.pdf> and Spanish <http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080212102827.pdf>

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Foodborne Diseases

A-Z Index for Foodborne Illness. Centers for Disease Control and Prevention. www.cdc.gov/foodsafety/diseases/

Basic Facts About Microorganisms (Chapter 3 of Serving It Safe). National Food Service Management Institute, 2009.
www.fns.usda.gov/tn/Resources/serving_safe.html

Foodborne Diseases. National Institute of Allergy and Infectious Diseases, National Institute of Health.
www.niaid.nih.gov/topics/foodborne/pages/default.aspx

Foodborne Germs and Illness. Centers for Disease Control and Prevention. www.cdc.gov/foodsafety/foodborne-germs.html

Foodborne Illness and Disease Fact Sheets. U.S. Department of Agriculture, Food Safety and Inspection Service.
www.fsis.usda.gov/fact_sheets/Foodborne_Illness_&_Disease_Fact_Sheets/index.asp

Pathogens and Contaminants. U.S. Department of Agriculture, Food Safety Research Information Office.
<http://fsrio.nal.usda.gov/pathogens-and-contaminants>

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General Food Safety Resources

General Food Safety Resources

- Best Practices Guide for Handling Fresh Produce.* U.S. Department of Agriculture, 2010. Provides suggestions for purchasing and receiving, washing and preparation, serving and storage.
www.fns.usda.gov/fns/safety/pdf/best_practices.pdf
- Basics for Handling Food Safely and Cold Storage Chart.* U.S. Department of Agriculture, Food Safety and Inspection Service; 2006. www.fsis.usda.gov/fact_sheets/basics_for_handling_food_safely/index.asp
- Consumer Health Information.* Food and Drug Administration. www.fda.gov/consumer/default.htm
- Fight Bac Safe Food Handling: The Core Four Practices.* Partnership for Food Safety Education. Fact sheets summarizing clean, separate, cook and chill. www.fightbac.org/safe-food-handling
- Food Code.* Food and Drug Administration. A model that assists food control jurisdictions at all levels of government by providing them with a scientifically sound technical and legal basis for regulating the retail and food service segment of the industry. www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/default.htm
- Food Preparation and Handling.* Food Safety Information Research Office, U.S. Department of Agriculture. <http://fsrio.nal.usda.gov/food-preparation-and-handling-0>
- Food Preparation and Handling.* Food Safety Information Center, U.S. Department of Agriculture. <http://fsrio.nal.usda.gov/food-preparation-and-handling-0>
- Food Safety.* Centers for Disease Control and Prevention. www.cdc.gov/foodsafety/
- Food Safety.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/resource-library/food-safety>
- Food Safety.* Medline Plus. www.nlm.nih.gov/medlineplus/foodsafety.html
- Food Safety.* Penn State University. <http://extension.psu.edu/food-safety>
- Food Safety Information by Types of Food.* U.S. Department of Health and Human Services. The latest tips and techniques to keep foods safe and prevent foodborne illness. Information is provided for meat, turkey, chicken, seafood, eggs and egg products, milk cheese and dairy, fresh fruits and vegetables and juices, nuts, grains and beans and baby food and infant formula. www.foodsafety.gov/keep/types/index.html
- Food Safety Mini-Posters.* National Food Service Management Institute. Fourteen Food Safety mini-posters in English on one side and Spanish on the other. Topics include hand washing, thermometers, the Danger Zone and other food safety topics. www.olemiss.edu/depts/nfsmi/Information/postindx.htm
- Food Safety Table Tents.* University of Nebraska Cooperative Extension. Six table tents on food safety, including: The Thaw Law (safe thawing of meat); More Than 2 Is Bad For You (bacterial growth at room temperatures); Keep It Cold! (refrigerator/freezer temperatures); The Peel Deal (refrigerating peeled/cut fresh produce); Health is in Your Hands (handwashing); and The Cool Rule (cooling food in shallow containers).
<http://lancaster.unl.edu/food/tabletents.pdf>
- Foodborne Illness & Contaminants.* Food and Drug Administration. <http://www.fda.gov/Food/FoodborneIllnessContaminants/default.htm>
- Freezer Storage Chart.* U.S. Department of Agriculture, Food Safety and Inspection Service, 2010. www.fsis.usda.gov/FactSheets/Focus_On_Freezing/index.asp#19
- Freezing and Food Safety.* U.S. Department of Agriculture, Food Safety and Inspection Service, October 2005. www.fsis.usda.gov/FactSheets/Focus_On_Freezing/index.asp#12
- Government Food Safety Resources.* www.foodsafety.gov/
- Kansas State University.* Includes food safety tips, fact sheets and newsletter and links to other food safety sites. www.ksre.ksu.edu/FoodSafety/p.aspx?tabid=1
- Keeping Bag Lunches Safe.* U.S. Department of Agriculture, 2012. www.fsis.usda.gov/FACTSheets/Keeping_Bag_Lunches_Safe/index.asp
- Meat & Poultry Hotline.* U.S. Department of Agriculture, Food Safety and Inspection Service. www.fsis.usda.gov/Food_Safety_Education/usda_meat_&_poultry_hotline/index.asp

General Food Safety Resources

National Restaurant Association. Includes information on the hospitality industry, including news, consumer trends, “talk papers” (basic summaries representing current information and opinion on several issues of interest to the foodservice industry) and foodservice training and certification. www.restaurant.org

Penn State Food Safety Web Site. Farm-to-fork approach for quick retrieval of food safety information pertaining to the entire food system. <http://foodsafety.cas.psu.edu>

Produce Safety. U.S. Department of Agriculture. Fact sheets, information, resources, videos, presentations and webinars on safe handling of fresh produce. www.fns.usda.gov/food-safety/produce-safety-resources

Safe Food Handling Factsheets. U.S. Department of Agriculture, Food Safety and Inspection Service. Consumer-based handouts on a wide variety of food safety topics.
www.fsis.usda.gov/Fact_Sheets/Safe_Food_Handling_Fact_Sheets/

Safe Food in Connecticut. University of Connecticut College of Agriculture and Natural Resources. Information and resources, including fact sheets on food safety, food safety in the news and ask the experts.
<http://foodsafety.uconn.edu/>

Still Tasty. Information on shelf life and storage of foods and beverages. www.stilltasty.com/

USDA Food Safety and Inspection Service (FSIS). Includes food safety news updates, consumer education and information and publications. www.fsis.usda.gov/Home/index.asp

USDA Food Safety Research Information Office. Database of food safety research projects with detailed information on food safety research projects, spending and accomplishments by U.S. Federal agencies, along with links to other important food safety research information. <http://fsrio.nal.usda.gov/>

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HACCP

Developing a School Food Safety Program. National Food Service Management Institute, 2006. Incorporates the principles of HACCP into a streamlined, practical system that can be applied to school food service operations. <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=57>

Guidance for School Food Authorities: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles. U.S. Department of Agriculture, 2005. www.fns.usda.gov/fns/safety/pdf/HACCPGuidance.pdf

Hazard Analysis Critical Control Point (HACCP). Healthy School Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/resource-library/food-safety/hazard-analysis-critical-control-points-haccp>

HACCP. U.S. Food and Drug Administration. www.fda.gov/Food/GuidanceRegulation/HACCP/

HACCP-Based Standard Operating Procedures (SOPs). National Food Service Management Institute, 2005. Written practices and procedures for producing safe food. Developed by the National Food Service Management Institute (NFSMI) in conjunction with USDA and FDA. <http://sop.nfsmi.org/HACCPBasedSOPs.php>

HACCP Resources. Food Safety Information Research Office, U.S. Department of Agriculture. <http://fsrio.nal.usda.gov/haccp-0>

Introduction to Hazard Analysis and Critical Control Point (HACCP) (Chapter 6 of Serving It Safe). National Food Service Management Institute, 2009. www.fns.usda.gov/tn/Resources/serving_safe.html

Managing Food Safety: A Manual for the Voluntary Use of HACCP Principles for Operators of Food Service and Retail Establishments. Food and Drug Administration, April 2006. www.fda.gov/downloads/Food/FoodSafety/RetailFoodProtection/ManagingFoodSafetyHACCPPrinciples/Operators/UCM077957.pdf

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Hand Washing

Hand Washing

Hand Washing Mini Poster. U.S. Department of Agriculture and National Food Service Management Institute, 2004.
<http://nfsmi-web01.nfsmi.olemiss.edu/DocumentDownload.aspx?id=120>

Hand Washing Resources. Food Safety Information Research Office, U.S. Department of Agriculture.
<http://fsrio.nal.usda.gov/food-preparation-and-handling/hand-washing>

Hand Washing Resources. Healthy Meals Resource System, U.S. Department of Agriculture.
<http://healthymeals.nal.usda.gov/resource-library/food-safety/hand-washing>

Wash Your Hands! University of Nebraska, Lincoln, Extension. English/Spanish hand washing poster for adults and youth and hand washing activity sheet for younger children. <http://food.unl.edu/web/safety/handwashing>

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Hand Washing

Regulations and Guidelines

Alternate Person in Charge Demonstrated Knowledge Statement for Connecticut Child Nutrition Programs (Alternate QFO). Connecticut State Department of Education, Revised 2015.
www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/fs/AltQFO.pdf

Compliance Guide for Food Service Inspection Form. State of Connecticut State Department of Public Health, 2001.
www.ct.gov/dph/lib/dph/environmental_health/food_protection/pdf/compliance.pdf

Connecticut Department of Public Health Food Protection Program. Information on Connecticut's food protection regulations and Qualified Food Operator (QFO) requirement and resources on sanitation and food safety.
www.ct.gov/dph/cwp/view.asp?a=3140&q=387486

Connecticut Department of Public Health Public Health Code. www.ct.gov/dph/cwp/view.asp?a=3118&q=425790

Connecticut Inspection Report for Food Service Establishments. Connecticut Department of Public Health.
www.ct.gov/dph/lib/dph/environmental_health/food_protection/pdf/inspection_form.pdf

Food Code. Food and Drug Administration. A model that assists food control jurisdictions at all levels of government by providing them with a scientifically sound technical and legal basis for regulating the retail and food service segment of the industry. www.fda.gov/food/foodsafety/retailfoodprotection/foodcode/default.htm

NSF International. NSF develops standards, conducts product testing and certification services in the areas of public health safety and protection of the environment. The NSF Mark is placed on millions of consumer, commercial and industrial products annually and is trusted by users, regulators and manufacturers alike. www.nsf.org/

Qualified Food Operator Approved Testing Organizations. Connecticut Department of Public Health.
www.ct.gov/dph/cwp/view.asp?a=3140&q=387482

Qualified Food Operator Responsibilities. Connecticut Department of Public Health.
www.ct.gov/dph/lib/dph/environmental_health/food_protection/pdf/qfo_responsibilities.pdf

Qualified Food Operator (QFO) Responsibilities for Connecticut Child Nutrition Programs. Connecticut State Department of Education, Revised 2015. www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/fs/QFO.pdf

Regulations of Connecticut State Agencies Section 19-13-B42, Sanitation of Places Dispensing Foods or Beverages.
www.dir.ct.gov/dph/PHC/docs/19_Sanitation_of_Food_Fair.doc

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Standard Operating Procedures

Standard Operating Procedures (SOPs)

Food Safety Standard Operating Procedures. National Food Service Management Institute. http://sop.nfsmi.org/sop_list.php

Preventing Food Allergen Contamination. Wisconsin Department of Public Instruction.
www.dpi.wi.gov/sites/default/files/imce/school-nutrition/doc/sop_allg.doc

School Food Service Food Safety SOPs. Iowa State University. www.extension.iastate.edu/foodsafety/content/haccp-school-foodservice

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