

Food Service Sanitation Course Begins Jan. 26

LEESPORT (Berks Co.) – The purpose of this course is to give individuals information to oversee and train other employees in the safe handling of food. Managers, chefs, supervisory personnel, kitchen managers and anyone who is responsible for safe food handling in restaurants, schools, supermarkets, churches, soup kitchen, "delies", fire companies, granges and health care establishments should plan to attend.

The National Restaurant Association Applied Food Service Sanitation Certification Course is planned for Mondays, January 26 from 8:30 a.m. to 4:00 p.m., February 2 from 9:00

a.m. to 4:00 p.m. and on February 9 from 9:00 a.m. to 12:00 noon.

The course will be held at Berks County Agricultural Center, Bern Township. Lunch will be provided on the full days. The third day will end upon completion of the National Restaurant Certification Examination.

The program is co-sponsored by the Penn State Cooperative Extension of Berks County and Penn State-Berks Campus.

Dr. Hassan Gourama, associate professor of food science, Penn State Berks-Lehigh Valley College; Patricia Taylor, food inspector, Department of

Agriculture, and Fay B. Strickler, extension home economist, Penn State Cooperative Extension, will be the instructors.

The purpose of this course is to empower individuals with knowledge to oversee and train other employees in the safe handling of food. Topics covered include, but are not limited to providing safe food, the microworld, contamination, and foodborne illness, Hazard analysis Critical Control Points (HACCP), protecting food in preparation and serving, purchasing and receiving safe food, cleaning and sanitizing, sanitation regulations and standards

and employee sanitation training.

Class size is limited to the first 35 paid registrants. Registration will be on a first-come, first-serve basis. Course will require reading of textbook and independent study. Cost for the course is \$85.

Registration is requested and is due on or before January 22. Send a check made payable to Berks County Extension Special Account. Mail to, Food Service Course, Berks County Cooperative extension, Berks County Ag Center, PO Box 520, Leesport, PA 19533-0520. Include your name, address and phone number.

For more information contact the extension service at (610)378-1327.



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Hand Washing: A Germ's Worst Enemy

(NAPS)—Germs They're lurking everywhere. Any object or surface that people touch with their hands can harbor a wide variety of menacing microbes. But doctors agree that washing with an antibacterial soap and warm water for at least 30 seconds effectively removes most bacteria.

In fact, 63 percent of family physicians recently polled agree that antibacterial soap is more effective than regular soap and warm water for killing germs.

"The best way to reduce the spread of germs is to wash your hands at every opportunity, especially if you use an antibacterial soap," says Dr. Sloan Beth Karver, an associate clinical professor at Allegheny University in Philadelphia, Pa. "Unfortunately, that's a habit most people don't practice often enough."

Antibacterial soaps, such as Lever 2000, give hand washing a boost by inhibiting bacteria growth for several hours. But unlike other leading brands which can be irritating and drying to skin, clinical studies have shown that Lever 2000 is the mildest antibacterial bar soap on the market. It's also the one ranked no. 1 among dermatologists and pediatricians.

Here are some extra pointers from Dr. Karver on how and when to wash your hands:

- Always rub hands vigorously under warm water, which is better for killing germs

- Be sure to wash all the tiny cracks and crevices, including wrists, back of hands, between fingers and under nails.

- Always scrub up well after using the bathroom, changing diapers, handling garbage, before preparing and eating food, and as often as possible when you or a family member is sick.



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