



HEALTH HOLDING

HAFER ALBATIN HEALTH  
CLUSTER  
MATERNITY AND  
CHILDREN HOSPITAL

<b>Department:</b>	Dietary Services (DT)		
<b>Document:</b>	Internal Policy and Procedure		
<b>Title:</b>	Temperature Control in Food Storage, Preparation, Transportation		
<b>Applies To:</b>	All Dietary Services Technicians		
<b>Preparation Date:</b>	January 06, 2025	<b>Index No:</b>	DT-IPP-011
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<b>Review Date:</b>	February 20, 2028	<b>No. of Pages:</b>	03

## 1. PURPOSE:

- 1.1 Food storage/preparation/transportation temperature is vital for food safety.

## 2. DEFINITONS:

- 2.1 Temperature Control – refers to the temperature at which foods are stored, which affects taste, appearance, nutrient content and safety if temperature not controlled properly.

## 3. POLICY:

- 3.1 The temperature which foods are stored influences almost every quality that food has from then on. Incorrect or inconsistent storage temperature can cause changes in taste, texture, appearance, nutrient content and safety of the foods consumed. All food has bacteria. Refrigerator slows down bacterial growth. Freezers stop growth. It is important to note that freezers do not kill bacteria. When the food is thawed, the bacteria will resume growth.

## 4. PROCEDURE:

- 4.1 The temperature of a freezer affects more than whether it can produce ice. For each five degrees above the desired freezer temperature, the length of time the food may be stored is cut in half. The higher the temperature, the faster nutrient levels drop. Even if the food is not spoiled, it will not taste as good. Changes in food color may also be noted. If food is thawed for any reason, it should not be refrozen unless it has been kept at proper refrigerated temperatures. Again, changes in quality are to be expected. Freezer burn is not a result of improper freezer temperatures, but of dehydration of the food by improper wrapping, that allows exposure to air.
- 4.2 Refrigerator temperature is just as important as freezer temperature. Expiration dates on refrigerated foods such as milk are based on the supposition that the food is kept at the proper temperature. Food items or products is immediately affected by too cold or too warm temperatures.
- 4.3 Potentially hazardous foods are foods that might contain food poisoning bacteria and are capable of supporting growth of these bacteria or the formation of toxins. Examples of potentially hazardous foods include raw and cooked meat, dairy products, seafood, salads, cooked rice and pasta and foods containing eggs, beans, nuts or other protein rich foods, such a quiche and soy products.
- 4.4 The Food Service Supervisor or the person designated by the company manager plots/chart the temperature from the thermometer dial of the equipment and the actual temperature on the appropriate log.
- 4.5 Any persistent variance outside of the threshold/limits levels should be reported and action by the Contractor Maintenance support facility.
- 4.6 Frequency:
- 4.6.1 Freezers, refrigerators and hot cabinets – four times at 06:00am, 10:00am, 02:00pm and 06:00pm.
- 4.7 Temperature Control Monitoring:
- 4.7.1 Freezer : 18°C – 22°C



- 4.7.2 Refrigerator : 0°C – 7°C  
 4.7.3 Hot Cabinets : 77°C – 87°C  
 4.8 Transport food to different areas protected in temperature controlled carts. Carts must turn on before every mealtime.

## 5. MATERIALS AND EQUIPMENT:

- 5.1 Trolley

## 6. RESPONSIBILITIES:

- 6.1 Dietetic Technician – Food Service and Catering.  
 6.2 Dietician


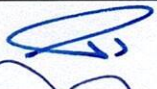
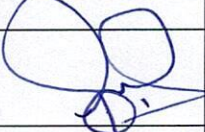


## 7. APPENDICES:

- 7.1 Temperature Checklist

## 8. REFERENCES:

- 8.1 Medical Nutrition Therapy Book  
 8.2 Dietary Manual 4<sup>th</sup> edition Oct 1994  
 8.3 General Directorate of Health Affairs (AI – JOUF), Maternity & Children's Hospital [JF - MCH], 1434. Kingdom of Saudi Arabia

## 9. APPROVALS:

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## Appendix 7.1 Temperature Checklist

Kingdom of Saudi Arabia  
Hafar Al Batin Health Cluster  
Maternity and Children Hospital



المملكة العربية السعودية  
التجمع الصحي بحفر الباطن  
مستشفى الولادة والأطفال

مستشفى الولادة والأطفال - حفر الباطن - قسم التغذية

### CHILLER-FREEZER TEMPERATURE LOG

NO: MONTH:...../20.... REF. TEMP: CHILLER: 5-8+ / FREEZER: 18-

التنظيف اليومي DAILY CLEAN			ملاحظات NOTE	الوقت TIME								التاريخ DATE
				PM				AM				
7:00PM	2:00PM	8:00AM		SIGN	7:00	SIGN	3:00	SIGN	11:00	SIGN	7:00	
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### جدول التنظيف الشهري لغرف التبريد - التجميد

TWICE A MONTH

How To Clean: Liquid Soap Use Towel/Fiber Cleaning

طريقة التنظيف : صابون سائل باستخدام ليفة/ فوطة

1. Remove the remnants of foods
2. Cleaning with soap and hot water
3. Clean with clear water
4. Sweep with Clorox
5. Dry

1. إزالة بقايا الطعام
2. تنظيف بالصابون والماء الساخن
3. غسل بالماء النظيف
4. مسح بمحلول الكلوركس
5. تجفيف

التاريخ DATE	SIGN التوقيع	NOTE الملاحظات