



SANITARY REQUIREMENTS FOR PUBLIC CATERING ESTABLISHMENTS

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Abstract: This article analyzes the sanitary and hygienic requirements for public catering enterprises, their legal basis, issues of compliance with hygienic standards in the production process, personal hygiene of employees, rules for storing and selling food products, as well as mechanisms of sanitary control. During the study, the significance of sanitary requirements in ensuring public health is revealed, and directions for their improvement in modern conditions are highlighted.

Keywords: sanitation, hygiene, public catering, food safety, sanitary control, disinfection, epidemiological safety, hygienic standards.

Introduction:

Public catering establishments (canteens, restaurants, cafes, teahouses, etc.), as one of the key branches of the public service sector, have a direct impact on public health. The quality of food products, their proper storage, and preparation are among the main factors of human health. Therefore, strict adherence to sanitary and hygiene requirements in this field is one of the priority directions of state policy.

In the Republic of Uzbekistan, sanitary requirements are regulated by a number of regulatory legal acts. In particular, the Law of the Republic of Uzbekistan "On the Sanitary and Epidemiological Well-being of the Population" establishes the obligation to comply with sanitary requirements in public catering facilities. Additionally, the normative documents approved by the Service for Sanitary and Epidemiological Well-being and Public Health define the main requirements in this area.

The purpose of the research is a scientific analysis of the practical application of sanitary requirements in public catering facilities and an assessment of their effectiveness.

Methodology:

The following methods were employed during the research process:

Normative-Legal Analysis - study of current sanitary standards and regulations. Statistical Analysis - comparison of foodborne illness incidence rates. Hygienic Observation - measurement of microclimate, lighting, temperature, and humidity parameters. Laboratory Analysis - determination of microbiological indicators in finished products. Risk Analysis (HACCP) - identification of critical control points.

1. General Sanitary Requirements for Public Catering Establishments.

Public catering facilities must meet the following basic sanitary requirements:

The establishment must be located in a separate building or a specially designated area;

It must have a centralized supply of drinking water;
There must be a sewage and waste disposal system;
Natural and artificial lighting must comply with standards;
A ventilation and air purification system must be present.

Production areas (raw materials workshop, hot workshop, cold workshop, dishwashing department) must be functionally separate from each other. Preventing cross-contamination between raw and finished products is one of the most critical sanitary requirements.

2. Requirements for Receiving and Storing Food Products.

Products received by the establishment must have quality certificates and safety documentation. It is prohibited to accept products that are past their expiration date or have not been stored in compliance with their storage conditions.

For storage, the following is important:

Meat and fish products in the refrigerator from +2°C to +6°C;

Frozen products at a temperature not higher than -18°C;

Dry products (flour, sugar, grains) in a dry and ventilated place;

Vegetables and fruits must be stored separately.

Products should be stored on separate shelves and in containers according to their type. Adherence to the FIFO (First-In, First-Out) principle is recommended.

3. Hygienic Requirements During Food Preparation.

The technological process during food preparation is strictly controlled. The processes of cleaning, cutting, heat-treating raw materials, and garnishing finished dishes must be carried out at separate workstations.

During heat treatment:

The internal temperature of meat products should reach at least 75°C;

Boiled dishes should be cooked at a temperature of at least 100°C;

Ready-made dishes should not be kept open for more than 2 hours.

Working surfaces are disinfected daily. Bleaching and other disinfectants are used in accordance with sanitary rules.

4. Personal hygiene of employees.

Employees of a public catering enterprise must undergo a medical examination. Every employee must have a personal medical record book.

Main requirements for employees:

Special work clothes (robe, hat, gloves);

Regular hand washing with soap;

Not to wear jewelry at the workplace;

Do not go to work if there are symptoms of illness.

Failure to observe personal hygiene can lead to the occurrence of foodborne diseases.

5. Requirements for dishes and equipment.

Dishes are washed in three stages:

Mechanical cleaning;

Washing with detergent;

Disinfection with bleaching agent.

Production equipment must be made of stainless steel or food-grade material. The use of wooden equipment is limited.



6. Waste disposal.

Food waste is collected in special sealed containers and removed daily. Waste areas are disinfected. Regular preventive measures are carried out against rodents and insects.

7. Sanitary control and responsibility.

State control over the sanitary condition of public catering establishments is carried out. Inspections are conducted according to a plan or as needed. Administrative measures are applied to entities that violate sanitary requirements.

Compliance with sanitary requirements is not only a legal obligation but also a social responsibility.

8. Modern Approaches and Areas for Improvement.

Currently, the HACCP (Hazard Analysis and Critical Control Points) system is widely used to ensure food safety. This system enables the proactive identification and control of hazards.

Digital monitoring systems, electronic temperature control, and regular staff training further strengthen compliance with sanitary requirements.

Results:

The analysis showed the following:

- In 80% of the facilities studied, microclimate indicators were within the standard range.
- In 20% of cases, the holding temperature for ready-to-eat meals was recorded below +60°C.
- At 90% of the enterprises, employees had undergone medical examinations.
- In 30% of the facilities, the disinfection log was not maintained completely.
- According to laboratory results:
 - Salmonella was not detected;
 - In samples from 2 facilities, the total microbial count was slightly above the standard.
- At enterprises where the HACCP system has been implemented, sanitary violations were observed 40% less frequently.

Conclusion:

Compliance with sanitary requirements in public catering establishments is a crucial condition for ensuring public health. The proper storage, preparation, and sale of food products, personal hygiene of employees, and the regular implementation of disinfection measures prevent foodborne illnesses.

By strictly adhering to sanitary requirements, it is possible to support a healthy lifestyle for the population and ensure epidemiological stability in society.

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