

Food Safety Guidelines

Most Foodborne Illness Results from Bacteria and Viruses Spread by:

- ❑ Failure to thoroughly wash hands
- ❑ Cross Contamination
- ❑ Failure to cook, cool or reheat foods adequately
- ❑ Ill food handlers

HAND WASHING

Wash Hands:

- ❑ Before handling food, especially ready-to-eat foods like sandwiches and salads
- ❑ Before putting on gloves
- ❑ After using the bathroom
- ❑ After smoking
- ❑ After sneezing into hands
- ❑ After touching hair or face
- ❑ After touching raw meats and poultry

CROSS CONTAMINATION

- ❑ Use suitable utensils, tissue paper or single-use gloves to handle ready-to-eat foods, not bare hand contact
- ❑ Wash exterior surfaces or raw fruits and vegetables
- ❑ Use separate sanitizing solutions and cloths for wiping spills from food contact and nonfood contact surfaces of equipment
- ❑ Clean & sanitize cutting boards and utensils after every use
- ❑ Use separate cutting boards for meats, poultry, raw fruits, and vegetables
- ❑ Always separate raw animal foods from ready-to-eat foods and separate types of raw animal foods from each other

ILL FOOD HANDLERS

- ❑ Cover lesions on the hands or wrist with an impermeable finger cot or stall and with a single-use glove
- ❑ **Exclude** employees with a foodborne illness such as **Salmonella, Shigella, E. coli 0157:H7, Hepatitis A, Vomiting or Diarrhea** from the food establishment

SAFE FOOD TEMPERATURES

Cook:

- ❑ **Poultry, poultry stuffing, stuffed meat and stuffing containing meat** to 165°F for 15 seconds
- ❑ **Ground beef/hamburger** to 155°F for 15 seconds
- ❑ **Uncooked brats or polish sausage** to 155°F for 15 seconds
- ❑ **Whole pork, beef roasts and ham** to 145°F for 4 minutes*
- ❑ **Pork chops/ribs** to 145°F for 15 seconds*
- ❑ **Fish** to 145°F for 15 seconds
- ❑ **Raw shell eggs** prepared for immediate service to 145°F for 15 seconds
- ❑ **Fruits and vegetables** cooked for holding to 135°F

Hold:

- ❑ At 135°F or above for safe hot holding
- ❑ At 41°F or below for safe cold holding
- ❑ Watch out for "*Danger Zone*", 41°F to 135°F
- ❑ Use date marking for potentially hazardous, ready-to-eat foods prepared or opened onsite and held for more than 24 hours

Cool potentially hazardous cooked foods:

- ❑ Within 2 hours, from 135°F to 70°F
- ❑ Within 4 hours, from 70°F to 41°F or below

To speed cooling:

- Use ice bath with frequent stirring or add ice as an ingredient
- Use frozen paddle or wand
- Separate food into shallow pans and refrigerate

Reheat rapidly (within 2 hours):

- ❑ To 165°F for 15 seconds
- ❑ To 135°F for ready-to-eat foods taken from a commercially processed sealed package (e.g., frozen soup)
- ❑ Stir food while reheating
- ❑ Use proper cooking unit, not a steam table

*Refer to Time and Temperature chart available on Health Department website for additional cooking time and temperature information