

Food Safety Practices

1. Follow Proper Hand Washing Procedures:

- ➔ Wash hands for 20 seconds with antibacterial soap and warm water, then dry with paper towels:
 1. When entering the kitchen or food prep area.
 2. After handling raw meat, fish, poultry, or eggs.
 3. After wiping face or hair; coughing or sneezing in hands.
 4. After smoking, eating, handling garbage, using the telephone, and all other times hands could possibly be contaminated.
 5. After using the restroom (wash hands in restroom and again when entering kitchen).



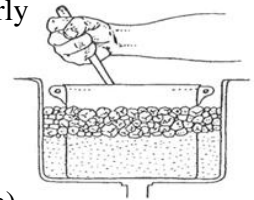
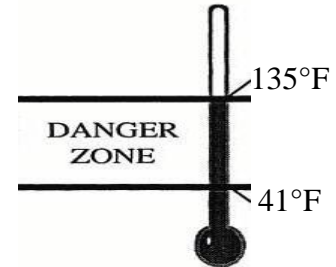
2. Follow Proper Hygiene Practices:

- ➔ Handle ready-to-eat foods using:
 1. Gloves (Wash hands before putting on new gloves; glove must be worn over bandage, cut, etc.).
 2. Utensils, deli paper, etc.
- ➔ Do not handle food or clean utensils when you are ill (diarrhea, vomiting, flu, etc).
- ➔ Store beverages in cups with lids and straws; store cups below and separate from food, utensils, prep areas; eat in break areas only, no smoking allowed in any facility.



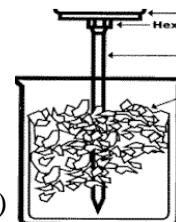
3. Maintain Correct Temperature Controls and Cooling Procedures:

- ➔ Hold foods at 135°F and above or 41°F and below.
Bacteria grow rapidly in the Danger Zone (41°F - 135°F).
- ➔ Cool hot foods rapidly (from 135°F to 70°F in 2 hours, then from 70°F to 41°F in 4 hours) by using:
 1. Shallow 2"-4" pans, uncovered or loosely covered in protected area of refrigerator; cover when 41°F.
 2. Ice bath up to level of food in container. Add cold water to ice and stir food regularly until a thermometer reads 41°F in the center.
 3. Ice paddle used with refrigeration or ice bath, or other rapid-chill methods.
- ➔ Thaw frozen foods safely by using:
 1. Cool running water covering the entire product.
 2. Refrigeration (move large products from freezer to refrigerator 2-3 days in advance).
 3. Microwave (if used immediately).
 4. Conventional cooking process (small products, ie. hamburger patties, etc.).



4. Cook Foods to the Correct Minimum Temperatures:

1. Rare beef steak: **130°F** 
2. Eggs: **145°F** 
3. Fish, lamb, pork, other meats: **145°F**  
4. Ground beef, game animals: **155°F** 
5. Poultry and stuffing: **165°F** 
6. All reheated foods intended for hot holding: **165°F** (reheat within 2 hrs)



Calibrate thermometers daily to 32°F in ice water

Sanitize thermometers between use

5. Prevent Cross Contamination:

- ➔ Store raw meats, poultry, fish, and eggs on the bottom shelf of refrigerators and freezers, separate from other foods.
- ➔ Wash, rinse, and sanitize any food-contact surface or utensil which becomes contaminated, including: prep tables, slicers, cutting boards, etc.
 1. Every time they are used for raw meats.
 2. If used continuously for the same food, wash every 4 hours
 3. Maintain correct sanitizer concentration (100 ppm Chlorine; 200ppm Quaternary Ammonium, or as per label).

