

# FOOD HANDLER'S GUIDE TO SAFE FOOD

## DO NOT PREPARE FOOD IF:

1. You have **diarrhea, vomiting or nausea.**
2. You have **Hepatitis A., E. coli, Norovirus, Shigella or Salmonella (HENSS).**
3. You have an **infection, wound, or boil** on hands, arms or face.

## HANDWASHING

Wash your hands as often as necessary to keep them clean!

Use warm water and soap to scrub hands and forearms for 20 seconds before rinsing. Wash your hands:

1. Before handling food or wearing gloves
2. After handling any raw products
3. After using the restroom, smoking or eating
4. After taking out the garbage
5. After handling your hair or skin
6. After handling money

## GLOVE USAGE

Utensils or FOOD-APPROVED GLOVES must be used when handling food items that will no longer be cooked!!

Things to remember:

1. Proper hand washing must accompany glove usage
  - Wash hands before putting gloves on for the first time or when change gloves.
2. Change gloves when:
  - They become soiled or torn
  - A break in work has occurred or before starting a new task.

## SANITIZING

- Chlorine sanitizing solution should be between 50 – 100 PPM.
- QUAT sanitizing solution should be between 200-300 PPM.

**Always check your solution. Do not use guess work to replace using the proper test strips.**

1. 3-compartment sink
  - Wash, rinse, sanitizer
2. Wiping Cloths
  - Store in sanitizing solution between uses
  - Change water when it becomes soiled.

## POTENTIALLY HAZARDOUS FOODS (PHF'S)

"PHF's" are food items that support rapid growth of harmful bacteria and include:

1. Cooked or raw animal products such as meats, poultry, dairy, fish and seafood
2. Cooked rice, beans, potatoes and pasta
3. Tofu, raw seed sprouts, cut melon, garlic in oil, etc.
4. Any combination of the above.

## THE "DANGER ZONE" (DZ)

"DZ" = temperatures between 41°F and 135°F, where illness-causing bacteria grow best.

**Note: frozen food items should be held or displayed at 0°F or below**

## FOOD PREP AREA

1. NO eating, drinking or smoking.
2. Wear clean clothes and apron.
3. NO jewelry with the exception of a smooth wedding band only!
4. Wear hair restraints.

## COLD HOLDING

Always check to ensure that the thermometer inside the unit is accurate.

- All food except for eggs must be stored at 41°F or lower.
- Eggs can be stored at 45°F.

## THAWING FROZEN FOODS

1. As part of cooking process.
2. In the refrigerator
3. Under cold running water (70°F or less for no more than 2 hours).
4. In the microwave – for immediate use only!

## NEVER THAW FROZEN FOODS AT ROOM TEMPERATURE! COOKING AND REHEATING

Always verify internal cooking temperatures with a stem-type thermometer.

All cooked food items that fall below 135°F must be quickly reheated to 165°F or above before serving.

## Minimum Internal Temperature for Safety

Poultry, stuffing, casseroles,

reheating 165°F

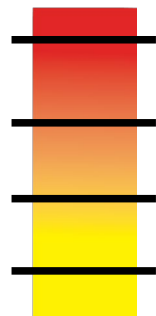
Egg dishes and ground meat 160°F

Beef, pork, lamb, Veal,

roasts, steaks, chops 145°F

Ham, fully cooked

140°F



## COOLING

Food items must be cooled from 135°F to 41°F within 6 hours

This should be done by:

1. Breaking down large solid items into smaller pieces
2. Placing liquid and semi-solid items in shallow metal containers

Once “broken down”, food items must immediately be placed in cooler/freezer or an ice bath.

Food must be cooled from 135°F to 70°F within 2-hours. Time stamps help you ensure that this is accomplished.

Once the food reaches 70°F it is placed inside the cooler and allowed to cool for 4-hours until 41°F is reached.



### PROPER HOLDING TEMPERATURES

KEEP HOT FOODS HOT  
KEEP COLD FOODS COLD

- Maintain hot foods at a temperature of 135° or hotter
- Maintain cold foods at a temperature of 41° or colder