

## POTENTIALLY HAZARDOUS FOODS

Follow basic food safety principles carefully. Many foods support the growth of illness-causing bacteria including:

- ◆ Raw or cooked foods of animal origin
- ◆ Sprouts
- ◆ Cut and chopped raw fruits especially melons.
- ◆ Cut, chopped or cooked herbs.
- ◆ Cut, chopped or cooked vegetables.
- ◆ Home canned food should NEVER be used when cooking for community groups!

## SANITIZING GUIDELINES

### Dishes:

- ◆ Mix 1½ teaspoons chlorine bleach in a gallon of water. Dip washed and rinsed dishes in the solution for at least 60 seconds. Air dry dishes after sanitizing.

### Food Contact Surfaces:

- ◆ Mix 1 teaspoon chlorine bleach in a quart of water. Prepare a new solution each day. Spray or apply solution to surface. Wipe and rinse surface. Air dry.



### Discard:

- ◆ Discard sanitizing solution daily.

## INTERNAL TEMPERATURE RULES!

Food	°F
<b>Ground Meat &amp; Meat Mixtures</b>	
Beef, Pork, Veal, Lamb	160
Turkey, Chicken	165
<b>Fresh Beef, Veal, Lamb</b>	
Medium Rare	145
Medium	160
Well Done	170
<b>Poultry</b>	
Poultry, whole	165
Poultry breasts	165
Stuffing (cooked alone or in bird)	165
<b>Fresh Pork</b>	
Medium	160
Well Done	170
<b>Ham</b>	
Fresh (raw)	160
Pre-cooked (to reheat)	140
<b>Eggs &amp; Egg Dishes</b>	
Eggs	Cook until yolk & white are firm
Egg dishes	160
<b>Leftovers and Casseroles</b> (reheat only once)	165
<b>Soups, Gravies &amp; Sauces</b>	Heat to a rolling boil

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**Agriculture &  
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Cooperative Extension

**MAKE IT SAFE  
KEEP IT SAFE**



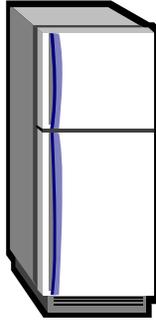
**One out of four people suffer  
from foodborne illness each year.**  
*Promote safe food  
practices to reduce illness!*

## WHEN YOU SHOP & STORE FOOD

*Buy cold food last, get it home fast.*

### Shopping:

- ◆ Place refrigerated or frozen food in the cart last.
- ◆ Buy food only from approved food sources.
- ◆ Refrigerate fish, meat, milk, poultry and seafood as soon as possible after leaving store.
- ◆ Wash hands with soap and water before and after handling food.



### Storage:

- ◆ Store canned goods in a cool, dry, clean location.
- ◆ Keep food at least 6 inches off the floor and separate from cleaning supplies.
- ◆ Discard canned foods with bulging lids, cracks, dents or rust.

## WHEN YOU PREPARE FOOD

*Keep foods separate.*

*Don't cross contaminate.*

- ◆ Persons who are ill **SHOULD NOT** prepare or serve food.
- ◆ Wash hands and fingernails thoroughly with soap and warm water for 20 seconds before, during and after food preparation.
- ◆ Clean and sanitize preparation area **BEFORE** preparing food.
- ◆ Keep hands, utensils and food preparation areas clean by sanitizing regularly during food preparation.
- ◆ When handling food, use clean utensils, clean gloves and clean hands.
- ◆ Wear clean clothes, apron and confine hair.
- ◆ After each use, wash utensils and cutting board in hot, soapy water. Sanitize and rinse well before using again.
- ◆ Thaw food in the refrigerator or in the microwave. If thawing in the microwave, cook immediately after thawing.
- ◆ Don't let juices from raw meat, poultry or seafood contact other food.
- ◆ Keep pets away from food preparation and serving areas.

## WHEN YOU COOK FOOD

*Cook it well.*

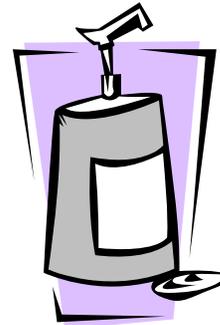
- ◆ Use a thermometer to determine if foods have reached a safe internal temperature. (See chart on reverse side)
- ◆ Always clean and sanitize thermometer before and after use.
- ◆ Never partially cook food to finish cooking later.
- ◆ If using a microwave to cook, follow the manufacturer's directions.



## WHEN YOU TRANSPORT FOOD

*Keep hot food hot and cold food cold.*

- ◆ To keep food cold, use insulated food chests or hot/cold food containers packed with ice.
- ◆ To keep food hot, place a wrapped dish in an insulated food (ice) chest. Pack chest with towels or newspaper for more insulation.
- ◆ If possible, prepare food at serving site.



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## WHEN YOU SERVE FOOD

*Never leave food out for more than 2 hours.*

*Keep serving area clean.*



- ◆ Wash hands with soap and water.
- ◆ Use clean utensils.
- ◆ Avoid touching food with fingers.
- ◆ If you have a cut on a hand, wash hands well and wear clean gloves.
- ◆ Never leave susceptible raw or cooked food at room temperature longer than necessary and never more than 2 hours. When the air temperature is 90° F or above, never leave food at room temperature for more than 1 hour!
- ◆ Cover serving dishes to protect food from dust, sneezing, spills and handling by clientele.
- ◆ Keep a limited amount of food at the serving table. Serving table food must be above 140°F if served hot or below 40°F if served cold. Check the temperature of food once every hour to make sure the correct temperature is maintained.
- ◆ Wear clean clothes, apron and confine hair.

## WHEN YOU HANDLE LEFTOVERS

*Wash hands often, refrigerate quickly,  
reheat properly*

- ◆ Wash hands before and after handling leftovers.
- ◆ Refrigerate within 2 hours of cooking.
- ◆ Cool food in shallow containers—no more than 2 inches deep—in the refrigerator.
- ◆ Reheat leftovers to a temperature of 165°F.
- ◆ Reheat soups, gravies and sauces to a rolling boil.
- ◆ Reheat leftovers only once. Toss leftovers not eaten after one re-heating.

