**Safe Food Handling**

### When to Wash Your Hands

**AFTER:**
- Using the bathroom
- Smoking, eating, or drinking
- Coughing, sneezing, blowing or touching nose
- Touching head, hair, mouth, cuts, or sores
- Touching raw poultry, meats, or fish
- Touching trash, floors, etc.
- Touching dirty dishes, equipment, or utensils
- Touching chemicals, animals, or money
- Doing any task that may contaminate hands

### Cleaning and Sanitizing of Food-Contact Surfaces

- Clean and sanitize food-contact surfaces
- Use proper sanitizer concentrations: 50-200 ppm for chlorine bleach and 200 ppm for quaternary ammonia compounds
- Use test strips to check for proper sanitizer concentration

### Observe Good Hygienic Practices

- Keep food and drinks out of food preparation areas
- Wear clean clothing and hair restraints
- Wash hands only in the hand sink, and don’t use the hand sink for anything else
- Do not wipe hands on cloth towels or aprons
- Keep fingernails trimmed, neat, and clean
- Cover open cuts or sores with a finger cot and/or single-use glove

### Time and Temperature Control

- Cold-holding at or below 41°F
- Hot-holding at or above 135°F

**Cooking temperatures:**
- Whole muscle meats (beef, pork, fish), eggs for immediate service to 145°F
- Ground beef or pork to 155°F
- Poultry, stuffed meats, stuffed pasta, to 165°F
- Reheat foods to 165°F

### Manual Cleaning and Sanitizing of Dishes, Utensils, and Kitchen Ware

- Clean sink, sanitize if needed
- Scrape off any excess food on item
- Wash thoroughly with dish soap
- Rinse with clear water
- Sanitize in approved sanitizer (use test strips to check for proper sanitizer concentration)
- Allow to air dry before nesting

### Proper Thawing

- In refrigerator.
- As a part of cooking process.
- Under running water
- In microwave oven, followed by an immediate cooking process.

### Cooling

**RIGHT!**
- Shallow pans
- Ice bath
- Freezer sticks
- 2-stage cooling

**WRONG!**
- Large containers
- On Counter
- Covering while still hot

Stage 1: Cool from 135°F to 70°F within 2 hours
Stage 2: In 4 more hours cool from 70°F to 41°F
Safe Food Handling

Preventing Cross-Contamination

- Separate raw fish, poultry, meats and eggs from ready-to-eat foods
- Use different cutting boards for raw meats, cooked meats, and vegetables
- Store raw meats according to required safe cooking temperatures: Seafood on top, then steaks, pork chops, ground beef, and finally stuffed meats and poultry

Proper Handwashing

- Wet hands with warm water
- Apply soap
- Rub lathered hands and arms vigorously for 20 seconds
- Rinse hands
- Dry hands with a single-use paper towel
- Turn off water with a paper towel
- Wash hands twice if heavily contaminated or after using a restroom

Symptoms of Foodborne Illness

- Vomiting
- Diarrhea
- Fever
- Jaundice (Hepatitis A)

NO Bare Hand Contact with Ready-To-Eat Foods!

Prevent bare hand contact by the use of:

- Deli tissue
- Spatulas
- Tongs
- Single-use gloves
- Dispensing equipment
- Forks