

POTENTIALLY HAZARDOUS FOODS

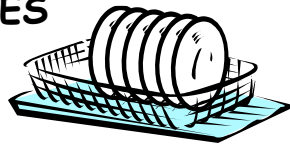
Be careful to follow basic food safety principles because many foods support the growth of illness-causing bacteria.

- ◆ Raw or cooked foods of animal origin
- ◆ Sprouts
- ◆ Raw fruits (especially melons) that have been cut or chopped. Herbs or vegetables that have been cut, chopped, or cooked.
- ◆ Home canned foods can be dangerous if USDA-tested canning practices are not followed. Home canned food should not be used when cooking for community groups!

SANITIZING GUIDELINES

Dishes

- ◆ Mix 1½ teaspoons chlorine bleach in a gallon of water. Dip washed dishes in solution for at least 60 seconds after rinsing. Discard solution after using.
- ◆ Dishes should be air dried 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. Let dry.

INTERNAL TEMPERATURE RULES!

Food	°F
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160
Turkey, Chicken	165
Fresh Beef, Veal, Lamb	
Medium Rare	145
Medium	160
Well Done	170
Poultry	
Poultry, whole	180
Poultry breasts	170
Stuffing (cooked alone or in bird)	165
Fresh Pork	
Medium	160
Well Done	170
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160
Leftovers and Casseroles (reheat only once)	165
Soups, Gravies & Sauces	Heat to a rolling boil

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**Agriculture &
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Cooperative Extension

**MAKE IT SAFE
SERVE IT SAFE**

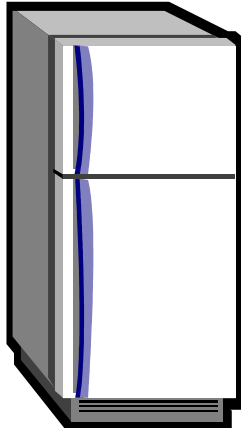


**One out of four people now suffers from
foodborne illness each year.
Let's promote safe food practices instead!**

WHEN YOU SHOP & STORE FOOD

Buy cold food last, get it home fast.

- ◆ When shopping, place refrigerated or frozen food in the cart last.
- ◆ Refrigerate meat, milk and poultry products immediately.
- ◆ Wash hands with soap and water before and after handling food.
- ◆ Canned goods should not have bulging lids, cracks, dents or rust.
- ◆ Store canned goods in a cool, dry, clean place.
- ◆ Keep food at least 6 inches off the floor and separate from cleaning supplies.
- ◆ Buy food only from approved food sources.



WHEN YOU PREPARE FOOD

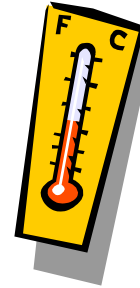
Keep foods separate. Don't cross contaminate.

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

WHEN YOU COOK FOOD

Cook it well.

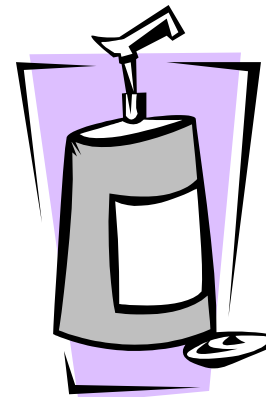
- ◆ Use a thermometer to determine if products have reached a safe internal temperature. (See chart on reverse side)
- ◆ Always clean and sanitize thermometer before and after use.
- ◆ Never partially cook food to finish cooking later.
- ◆ If using a microwave to cook, follow directions.



WHEN YOU TRANSPORT FOOD

Keep hot food hot and cold food cold.

- ◆ Use insulated food (ice) chests or jugs packed with ice to keep foods cold.
- ◆ 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, wash your hands and wear clean gloves.
- ◆ Never leave potentially hazardous raw or cooked food at room temperature longer than necessary and never more than two hours. At temperatures of 90° F or above, never leave food at room temperature for more than one hour!
- ◆ Cover serving dishes to prevent cross contamination. Covering protects food from dust, sneezing, spills or 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 temperature is maintained.
- ◆ Wear clean clothes and apron and confine hair.

WHEN YOU HANDLE LEFTOVERS

Wash often, refrigerate quickly, reheat properly

- ◆ Wash hands before and after handling leftovers.
- ◆ Refrigerate within two 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.

