



COOK YOUR FOOD TO THE PROPER TEMPERATURE

Use a Probe Thermometer that has been properly calibrated to check the internal temperature of food.

- Insert the thermometer into the thickest part of the food, wait until the dial stops, and hold still for at least 15 seconds.

According to the USDA, these are minimum internal cooking temperatures you need to read for each food type:

Item	Minimum Internal Temperature
Vegetables & Casseroles	135°F
Starches, grains, pasta (not stuffed)	135°F
Fish and Shellfish	145°F
Pork: chops and roasts	145°F
Eggs: fried and scrambled	145°F
Steaks*	145°F
Wild Game	145°F
Ground: beef, veal, lamb, pork, fish	155°F
Eggs: Quiche, Frittatas	155°F
Leftovers or Reheating anything	165°F
Foods that have been stuffed (vegetables, pasta, meat, etc.)	165°F
Poultry: all kinds: whole, cut, or ground	165°F

*Well done

WASH YOUR HANDS PROPERLY

One of the top reasons for the spread of disease and foodborne illnesses is poor handwashing. Wash your hands frequently and follow these steps:

1. Wet hands and arms with running water as hot as you can comfortably stand but at least 100°F. [Remember your body temperature is around 98°F, so the water should feel warm.]
2. Apply soap. Use enough to build up a good lather, vigorously scrub hands and arms for ten to fifteen seconds. [Recite the Alphabet]
3. Clean under fingernails and between fingers. Rinse hands and arms thoroughly under running water.
4. Dry hands and arms with a single-use paper towel. Consider using a paper towel to turn off the faucet

MAKE SURE YOU WASH YOUR HANDS AFTER:

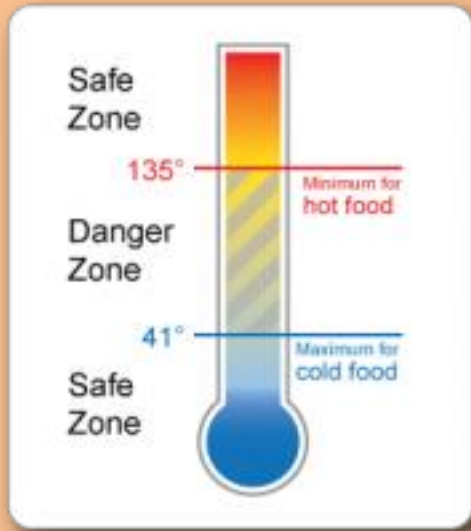
- Using the restroom
- Handling raw meat, poultry, and fish (before and after)
- Sneezing, coughing, or using a tissue
- Smoking, eating, drinking, or chewing gum or tobacco
- Handling chemicals that might affect food safety
- Taking out garbage



COOK AND SERVE YOUR FOOD PROPERLY

Keep food out of the Temperature Danger Zone! (TDZ)

Keep Hot Food Hot, and Cold Food Cold.



- Keep hot food greater than 135°F and cold food lower than 41°F
- Potentially hazardous foods can only stay out at room temperature for up to **4 hours** if they aren't kept hot or cold (cooked or raw). After 4 hours, throw it away.

POTENTIALLY HAZARDOUS FOODS

These foods are the most likely to become unsafe and require the most diligence when preparing and cooking.

Use extra diligence to ensure when preparing and cooking these foods that you clean and sanitize your equipment and area often. Don't cross contaminate and keep food the out of the TDZ!



AVOID:

Defrosting foods on the counter all day

- Use the microwave, defrost in the fridge, or put under running water. Must stay out of the TDZ!



Cross- Contamination

- Use separate equipment for each type of food.
- Clean and sanitize all work surfaces, equipment, and utensils after each task.
- Prepare raw meat, fish, and poultry at different times than ready-to-eat food.

Drying Dishes with a Cloth Towel

- Allow dishes to air dry- towel drying promotes spread of bacteria

Keeping prepared Food

- Freeze or throw-out food after 7 days



When in doubt, throw it out!

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