

Tips For Safe Food Handling



Safe Service

- ◆ Serve hot food at 135°F and above.
- ◆ Serve cold food at 41°F and below.
- ◆ Throw away cracked dishes.
- ◆ Cover your hair.
- ◆ No chewing gum,
- ◆ No smoking or eating when preparing or serving food.

Safe Preparation

- ◆ Cook foods to proper temperatures.
- ◆ Use a thermometer to check temperatures.
- ◆ Keep work areas clean.
- ◆ Wash your hands frequently.
- ◆ Keep raw foods stored away from other foods.
- ◆ Keep cleaning supplies out of cooking areas.
- ◆ Use a clean cutting board for each job.
- ◆ Wash raw fruit and vegetables.

Time/Temperature

Food Item	Proper Internal Temperature
Pork Roast	145°F for 4 minutes
Poultry and Stuffed Meats	165°F for 15 seconds
Ground or Flaked Meats	155°F for 15 seconds
Fish	145°F for 15 seconds
Pork Chops	145°F for 15 seconds

Good Habits for Safe Food Service

IF:	THEN:
Hot food drops to below 135°F.....	Dispose of food and replace with safe food.
Cold foods warm to above 41°F.....	Dispose of food and replace with safe food.
You aren't sure the food is safe.....	When in doubt, throw it out.
Your cook or volunteers are not feeling well.....	Don't let people work when sick.
Your delivery truck is dirty.....	Report this to your supplier.
You suspect a food borne illness.....	Report it immediately!



Food Safety Self Test

- I wash my hands before handling food.
 - I separate raw meats from other foods.
 - I use separate, clean utensils and cutting boards for different jobs.
 - My freezers and coolers are at the correct temperatures - 0°F and 41°F.
- If you checked all 4 - you get 100% !!