

FOOD SAFETY

Keep Your Food Safe!

HOT FOOD

Thermometer: Make sure your thermometer is working fine, you can use the Ice-Point method to Calibrate a thermometer; fill a cup with crushed ice, add clean water until the container is full (Approx. 60% ice- 40% water). Put the thermometer stem or probe into the ice water, make sure the sensing area is under water and not directly touching the cup, wait 30 seconds or until the reading stays steady. Adjust the thermometer if needed so it reads 32°F (0°C) or +/- 1 degree.



HOT FOOD Can be out for 4 hours IF:

- Hold food at 135F or higher before removing it from temperature-controlled environment.
- Label the food from the time it gets removed from the temperature-controlled environment.
- Put in fridge before 4 hours of it being out of the hot environment.

COOKING TEMPERATURE

Cook all food to their required minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

Product	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Ground Meats	160 °F (71.1 °C)
Ground Poultry	165 °F
Ham, fresh or smoked (uncooked)	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)

You can reheat food that will be served immediately, but make sure the food was cooked and cooled properly.

Factors that affect **COOLING**

Thickness and density: The denser the food the more slowly it will cool

Size of food: Large food will cool more slowly, reduce it size to cool faster

Storage container: Stainless steel transfer heat away from food faster than plastic

Shallow pans let the heat from food disperse faster than deep pans

Never cool large amounts of food in a cooler

Use Ice water bath – after dividing food into smaller containers, place them in a clean prep sink or large pot filled with ice water and stir constantly to cool it faster and more evenly

COLD FOOD

- Hold the food at 40F or lower before removing it from fridge.
- Make sure the food temperature does not exceed 70F (Danger Zone)

Label all the food when you remove it from the fridge and when you freeze it, so you know how long it is good for.

Keep the refrigerator temperature at or below **40° F (4° C)**. The freezer temperature should be **0° F (-18° C)**

Never leave food out of refrigeration over 2 hours. If the temperature is above 90 °F, food should not be left out more than 1 hour.

If you aren't going to serve hot food right away Keep hot food hot—at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.

Keep cold food cold—at or below 40 °F. Place food in containers on ice.

Pathogens grow well in the DANGER ZONE 125F-70F (52C-21C)

Food must go through this temperature range quickly to avoid pathogen growth

If food has not cooled to 70F within 2 hours, it must be reheated then cooled again

You can cool the food from 135F-70F in less than 2 hours, you can use the remaining time to cool it to 40F or lower.

The cooling time ca not exceed 6 hours.

THAWING

Refrigerator Thawing:

Planning is the key to this method because of the lengthy time involved. After thawing in the refrigerator, items such as ground meat, stew meat, poultry, seafood, should remain safe and good quality for an additional day or two before cooking. Food thawed in the refrigerator can be refrozen without cooking, although there may be some loss of quality.

Cold Water Thawing

This method is faster than refrigerator thawing but requires more attention. The food must be in a leak-proof package or plastic bag. The bag should be submerged in cold tap water, changing the water every 30 minutes so it continues to thaw. Foods thawed by the cold-water method should be cooked before refreezing.

Microwave Thawing

When thawing food in a microwave, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during the thawing process (bringing the food to "Danger Zone" temperatures). Foods thawed in the microwave should be cooked before refreezing.

