

POTENTIALLY HAZARDOUS FOODS

Follow basic food safety principles carefully. Many foods support the growth of illness-causing bacteria including:

- ◆ Raw or cooked foods of animal origin
- ◆ Sprouts
- ◆ Cut and chopped raw fruits especially melons.
- ◆ Cut, chopped or cooked herbs.
- ◆ Cut, chopped or cooked vegetables.
- ◆ Home canned food should NEVER be used when cooking for community groups!

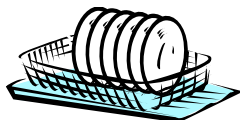
SANITIZING GUIDELINES

Dishes:

- ◆ Mix 1½ teaspoons chlorine bleach in a gallon of water. Dip washed and rinsed dishes in the solution for at least 60 seconds. Air dry dishes 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. Air dry.



Discard:

- ◆ Discard sanitizing solution daily.

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	165
Poultry breasts	165
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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UNIVERSITY of CALIFORNIA

**Agriculture &
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**MAKE IT SAFE
KEEP IT SAFE**



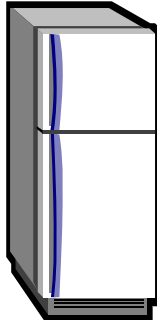
**One out of four people suffer
from foodborne illness each year.**
*Promote safe food
practices to reduce illness!*

WHEN YOU SHOP & STORE FOOD

Buy cold food last, get it home fast.

Shopping:

- ◆ Place refrigerated or frozen food in the cart last.
- ◆ Buy food only from approved food sources.
- ◆ Refrigerate fish, meat, milk, poultry and seafood as soon as possible after leaving store.
- ◆ Wash hands with soap and water before and after handling food.



Storage:

- ◆ Store canned goods in a cool, dry, clean location.
- ◆ Keep food at least 6 inches off the floor and separate from cleaning supplies.
- ◆ Discard canned foods with bulging lids, cracks, dents or rust.

WHEN YOU PREPARE FOOD

Keep foods separate.

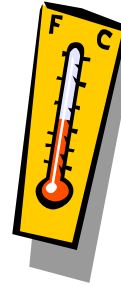
Don't cross contaminate.

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

WHEN YOU COOK FOOD

Cook it well.

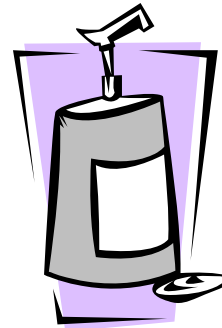
- ◆ Use a thermometer to determine if foods have reached a safe internal temperature. (See chart on reverse side)
- ◆ Always clean and sanitize thermometer before and after use.
- ◆ Never partially cook food to finish cooking later.
- ◆ If using a microwave to cook, follow the manufacturer's directions.



WHEN YOU TRANSPORT FOOD

Keep hot food hot and cold food cold.

- ◆ To keep food cold, use insulated food chests or hot/cold food containers packed with ice.
- ◆ 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 on a hand, wash hands well and wear clean gloves.
- ◆ Never leave susceptible raw or cooked food at room temperature longer than necessary and never more than 2 hours. When the air temperature is 90° F or above, never leave food at room temperature for more than 1 hour!
- ◆ Cover serving dishes to protect food from dust, sneezing, spills and 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 correct temperature is maintained.
- ◆ Wear clean clothes, apron and confine hair.

WHEN YOU HANDLE LEFTOVERS

*Wash hands often, refrigerate quickly,
reheat properly*

- ◆ Wash hands before and after handling leftovers.
- ◆ Refrigerate within 2 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.
- ◆ Reheat leftovers only once. Toss leftovers not eaten after one re-heating.

