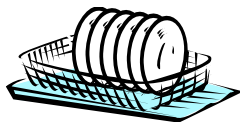


POTENTIALLY HAZARDOUS FOODS

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 1 tablespoon 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 scant 1 teaspoon of 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 &
Natural Resources**
Cooperative Extension

**MAKE IT SAFE
KEEP IT SAFE**



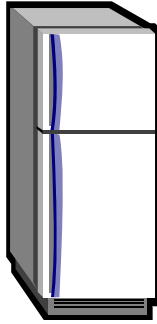
One out of four people suffer from foodborne illness each year.
Promote safe food practices to reduce illness!

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.

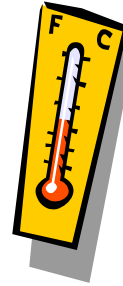
Don't cross contaminate.

- ◆ 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.

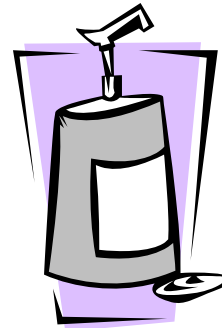
- ◆ Use a thermometer to determine if foods have reached a safe internal temperature. (See chart on reverse side)
- ◆ Always clean and sanitize thermometer before and after use.
- ◆ Never partially cook food to finish cooking later.
- ◆ If using a microwave to cook, follow the manufacturer's directions.



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.



University of California
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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.

