



# Food Safety Guidelines

## Fact Sheet

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| <b>Source</b>  | <ul style="list-style-type: none"><li>• Purchase food only from sources that comply with laws relating to food protection and food labeling.</li></ul>   |
| <b>Cooking</b>                                       | <ul style="list-style-type: none"><li>• Cook raw foods thoroughly. (use accurate, approved food thermometers):<ul style="list-style-type: none"><li>-Poultry, stuffed foods, and texturally-altered (purees, etc.) foods: 165°F for at least 15 seconds</li><li>-Pork: 145°F for at least 15 seconds</li><li>-Chopped/ground beef: 155°F for at least 15 seconds</li><li>-Whole beef and all other potentially hazardous foods: 145°F for at least 15 seconds</li></ul></li></ul>  |
| <b>Hot Holding/<br/>Display</b>                      | <ul style="list-style-type: none"><li>• Hold/display properly cooked foods above 135°F.</li><li>• Monitor food temperatures regularly.</li></ul>   |
| <b>Cooling</b>                                       | <ul style="list-style-type: none"><li>• Cool foods rapidly to attain a temperature from 135°F to 70°F within 2 hours, and from 70°F to 41°F or below within 4 hours. (max. 6 hours cooling time) Techniques include using shallow containers, keeping food uncovered during cooling (avoid cross-contaminating storage patterns), reducing volume thereby increasing surface area (divide large amounts into smaller portions), utilizing ice/water baths or cold water rinses or straining, and monitoring the cooling process with food thermometers.</li><li>• When possible, avoid the need to cool foods by eliminating leftovers and by adopting a heat-and-eat preparation strategy.</li></ul>  |
| <b>Reheating</b>                                     | <ul style="list-style-type: none"><li>• Rapidly reheat all foods to 165°F or higher for 15 sec.</li><li>• Frozen food should be thawed under refrigeration, as part of a continuous cooking process (conventional or microwave), or under potable running water of 70°F or below.</li></ul>  |
| <b>Cold Holding/<br/>Display and<br/>Preparation</b> | <ul style="list-style-type: none"><li>• Hold/display cold foods below 41°F.</li><li>• Do not keep refrigerated foods outside of refrigeration for more than one hour or allow food temperatures to exceed 55°F. Use prechilled ingredients for the preparation of cold-served, potentially hazardous foods.</li><li>• Monitor food temperatures routinely.</li></ul>   |
| <b>Employee<br/>Practices</b>                        | <ul style="list-style-type: none"><li>• Complete training in proper handwashing technique and the proper use of disposable gloves.</li><li>• Wash hands thoroughly before working with food, especially after handling raw foods, visiting the toilet, eating, drinking, or smoking. 15-20 seconds of a lathered, frictional wash is appropriate.</li><li>• Handsinks must be functional with an adequate supply of soap and paper towels.</li><li>• Employees with infections, sores, lesions, gastrointestinal problems, or other disease conditions communicable through food must be excluded from food or utensil duties.</li><li>• No bare hand contact with ready-to-eat food (use utensils/paper/gloves or combinations thereof), and change utensils and gloves after contact with raw potentially hazardous food.</li><li>• All food handlers must wear clean outer garments and proper hair restraints to avoid contamination of food.</li></ul>  |
| <b>Cleaning and<br/>Sanitizing</b>                   | <ul style="list-style-type: none"><li>• Thoroughly wash, rinse, and <u>sanitize</u> all food-contact surfaces (utensils, equipment, cutting boards, etc.) between uses. Do not store utensils in unsanitized places.</li><li>• Maintain proper dishwater temperatures and sanitizer levels.</li></ul>  |
| <b>Food<br/>Protection</b>                           | <ul style="list-style-type: none"><li>• Keep cooked food away from raw food and food surfaces contaminated by these foods.</li><li>• Clean/wash raw fruits and vegetables thoroughly before cooking or service.</li><li>• Use pasteurized egg products whenever possible; otherwise, thoroughly cook shell eggs to 145°F or above and serve immediately. Do not pool and hold raw eggs.</li><li>• Do not reuse unpackaged food items. (examples: garnishes, breads, tomatoes)</li><li>• Follow good stock rotation practices- first in, first out.</li><li>• Store frozen food at 0°F or below.</li><li>• Do not use dented or rusted cans.</li><li>• Do not use product after "Sell By" or "Use By" date.</li><li>• Properly store insecticides, medicines and toxic cleaners away from food and food-contact surfaces. Use only approved insecticides. All spray bottles must be labeled as to contents.</li><li>• Outer openings of building must be made insect-proof. (examples: air curtains, self-closing doors, screens)</li></ul> |

### For more information:

- St. Mary's County Health Department: Environmental Health Division- 301-475-4321

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