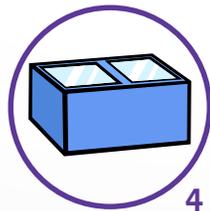
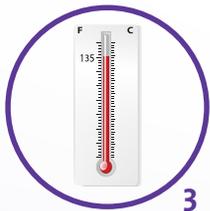


# Safe Food Handling

## USDA guidelines to keep food safe:

1. **Clean - hands and surfaces often**
2. **Separate – don't cross-contaminate**
3. **Cook – to proper temperatures**
4. **Chill – promptly**



## Definition-

Time and temperature play critical roles in the process of maintaining a safe food supply. They affect food quality and safety from the moment food arrives at the back door to the time a prepared meal is presented to the customer.

## Information-

Handling food properly plays a critical role in ensuring that the food that you serve to your customers stays safe. There are several factors that should be taken into consideration when preparing food, holding and serving food.

## Process for Safe Food Handling-

1. Thawing food properly minimizes the growth of foodborne microorganisms.
2. Thawing should be done either in the refrigerator, under running potable water at 70° F, in the microwave if it will be cooked immediately or as part of the cooking process.
3. Fruits and vegetables should not be washed in detergents or sanitizers. They should be prepared away from raw meat, poultry and eggs.
4. Pay attention to leafy vegetables that can trap dirt and microorganisms, remove outer leaves, pull leafy heads apart and rinse.
5. Prepare fruits and vegetables on clean and sanitized surfaces, using clean and sanitized utensils.
6. After cooking food to its minimal internal temperature it should be hot held at 135° F or above, until it is ready to be served.
7. Reheat all previously cooked foods to 165° F for 15 seconds, within 2 hours.

The following are minimum temperatures only. Always follow the product label.  
165° F = Whole and ground poultry, casseroles, and previously cooked items  
155° F = Ground meats; beef and pork (hotdogs and sausage)

## You Should Know

1. What are the 4 ways of thawing food properly?
2. What should you remember when preparing fruits and vegetables?
3. At what temperature should hot food be held at, prior to serving?