

# Food Handlers



## Vital Information for Safe Food

Grayson County Health Department  
Denison, TX 903-465-2878

## Cooking

Poultry	<b>165° F</b>
Stuffed foods, stuffing	
Game & exotic (inspected)	
Microwave foods	
Pork, ratites	<b>155° F</b>
Ground meat *, ground fish	
Injected meat	
Raw eggs (for later service) **	
Raw meat, fish	<b>145° F</b>
Whole beef roast ***	
Raw eggs (for immediate service) **	

- \* Hamburgers will have clear juices with brown or grey inside
- \*\* For "highly susceptible populations" ...
- (1) do not serve raw or partially cooked eggs
  - (2) substitute pasteurized eggs for raw shell eggs
  - (3) do not pool eggs together
- \*\*\* Slow cook whole beef roasts to 130° for 121 minimum

## Reheating

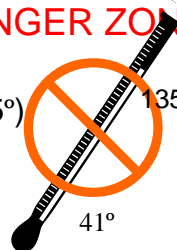
Leftovers: Heat to 165°

Canned or Packaged: Heat to at least 135°

## Holding

Germs multiply rapidly in the temperature **DANGER ZONE**

Avoid (41° to 135°) for potentially hazardous food...



## Cooling

Since hot foods must pass through the danger zone during cooling, it should not be surprising that most food illnesses are caused by improper cooling. To illustrate the hazard, one *E. coli* bacterium can increase to more harmful levels soon after the morning work shift has begun:

Time	<i>E. coli</i>
7:00 am	1
8:00 am	8
9:00 am	64
10:00 am	512
11:00 am	4096 (4 hours later)

Always cool hot potentially hazardous food as quickly as possible.

### MAXIMUM COOLING TIME

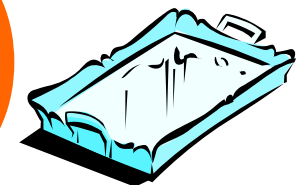
135°F to 70°F within 2 hours, then . . .  
70°F to 41°F within 4 hours  
6 hours total

### SAFE COOLING CONTAINERS

- (1) transfer to a cooler immediately
- (2) stir occasionally to eliminate hot spots
- (3) ice may be added
- (4) cool only in shallow containers as follows:

AVOID

BEST



# Handwashing

IS IT REALLY THAT IMPORTANT?



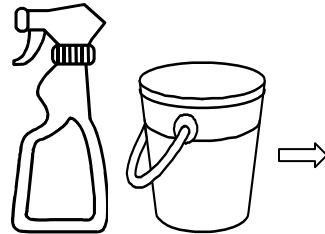
You bet! The U.S. Centers for Disease Control estimates that as many as 100,000 Americans die each year due to infections which are preventable by simple handwashing.

And remember...even you as a food handler also eat at food establishments!

## How to Wash...

1. Wash only in a wash lavatory
2. Use soap & warm (110°) water
3. Rub hands for 15 sec
4. Rinse
5. Dry with paper towels or hot air
6. Sanitize after washing if bare hands touch ready-to-eat foods
7. Wash after eating, smoking, sneezing, using restrooms, touching raw foods, handling trash, or whenever soiled.

# Sanitize Properly



### dishwashing 3<sup>rd</sup> basin

- 200 ppm bleach for 7 sec, air dry, or
- 200 ppm QAC, for 30 sec, air dry, or
- Non-chemical: 160F plate surface

### Wiping Cloths

- 200 ppm bleach or
- 200 ppm QAC

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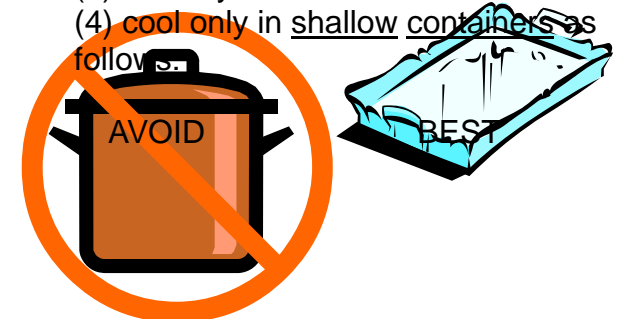
Always cool hot potentially hazardous food as quickly as possible. For example ...

### MAXIMUM COOLING TIME

135°F to 70°F within 2 hours, then. . .  
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# Food Thermometers

### How to Use

- Use thermometers with a range of 0° to 220° F
- Clean and sanitize before and after each use
- Probe into the thickest part of the food. Don't puncture packaged food but place thermometer between packages.

### How to Calibrate (Weekly)

- Fill a glass with ice
- Add 2" of cold water
- Insert thermometer and stir
- Reading must be 32° ± 2
- Adjust by turning nut

