

# 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)	
<u>Microwave foods</u>	
Pork, ratites	<b>155° F</b>
Ground meat *, ground fish	
Injected meat	
<u>Raw eggs</u> (for later service) **	
Raw meat, fish	<b>145° F</b>
Whole beef roast ***	
Raw eggs (for <u>immediate</u> 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:

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

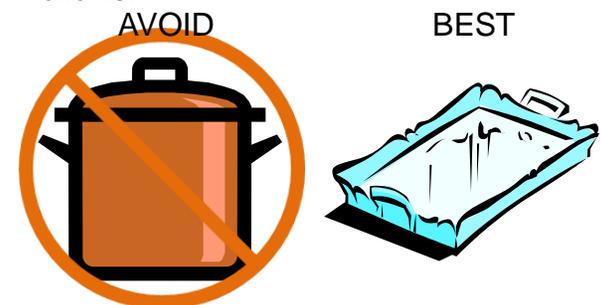
Always cool hot potentially hazardous food as quickly as possible.

## 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:



# 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 eats at food establishments!

## How to wash...

1. Wash only in a wash lavatory
2. Use soap & warm (100°) 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



### Sanitizing Utensils

- 50 ppm bleach for 7 sec, air dry, or
- 200 - 400ppm QAC, for 30 sec, air dry, or
- Non-chemical: 180°F plate surface

### Wiping Cloths

- 100 - 200 ppm bleach or
- 200 - 400 ppm QAC

# Test Strips

Make sure that test strips are on site at all times! Obtain the correct test strips for the sanitizers that you are using. Touch the test strip to the surface of water or to a dish to obtain an accurate reading. Test your sanitizing solutions often to make sure they are at the correct levels!



# Thawing

Proper thawing methods are extremely important to food safety! There are only a few approved thawing methods. If these methods are not practiced, food can become contaminated with harmful bacteria:

### Approved Thawing Methods:

- In a refrigerator.
- Completely submerged under 70°F water running fast enough to float off loose particles until the food reaches 41°F
- As part of the cooking process.
- In a microwave if the food is immediately transferred to a conventional oven when thawed.

# 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

