

FOOD SAFETY

with



Avoiding Cross-Contamination

1. Never place **COOKED** food on a plate which has previously held **RAW** meat, poultry or seafood.
2. Always wash hands, cutting boards and food prep surfaces with hot soapy water after they come in contact with raw meat, poultry or seafood.
3. If food becomes cross-contaminated, set the food aside and ask the manager what to do.



Avoiding Cross-Contamination

4. Never scoop ice with your bare hands or a glass. Always use ice scoops or tongs to get ice.
5. Do NOT hold utensils by the part that comes into contact with food.
6. Use tongs, gloves or deli-sheets to serve ready-to-eat foods like bagels.



Temperature Controls for Safety (TCS)

1. Some foods have a greater risk for microbe (**PATHOGEN**) growth.
2. The best way to control this growth is to control the factors of time and temperature.
3. Foods Most At Risk:

‣ Milk/Dairy

‣ Meat

‣ Fish

‣ Eggs

‣ Poultry

‣ Shellfish

‣ Baked Potatoes

‣ Tofu

‣ Sprouts

‣ Cooked Rice

‣ Beans

‣ Vegetables

‣ Sliced Melons

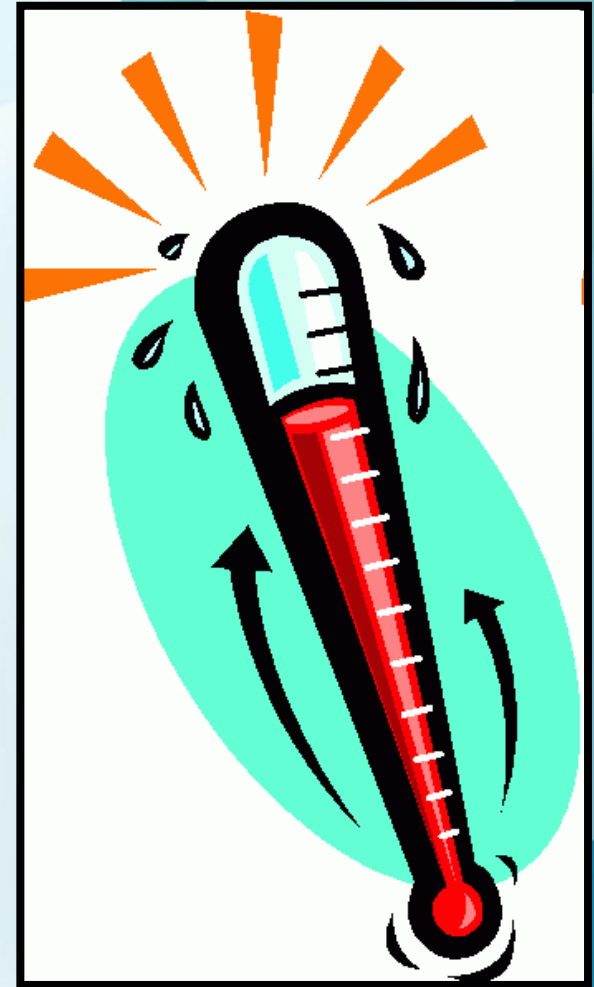
‣ Tomatoes

‣ Lettuce

Temperature Danger Zone (TDZ)

1. National Food Code: Any temperature between 41°F and 135°F.
2. Utah Food Code: Any temperature between 41°F and 140°F.

Cold foods should be kept lower than 41°F and hot foods should be kept higher than 135°F/140°F.



Temperature Danger Zone (TDZ)

3. Foods should not be in the *TDZ* for more than 2 hours.
4. Foods in the *TDZ* for more than 4 hours should be **THROWN OUT**.
5. Temperature Controls for Safety (TCS) abuse is allowing food to stay in the danger zone.



Important Temperatures

1. Always check the INTERNAL temperature of foods with a food thermometer. Always check the THICKEST part of the food.



Important Temperatures

➤ Seafood, beef, veal, lamb and pork

145°F



Important Temperatures

➤ Ground Meats

155°F



Important Temperatures

➤ Poultry

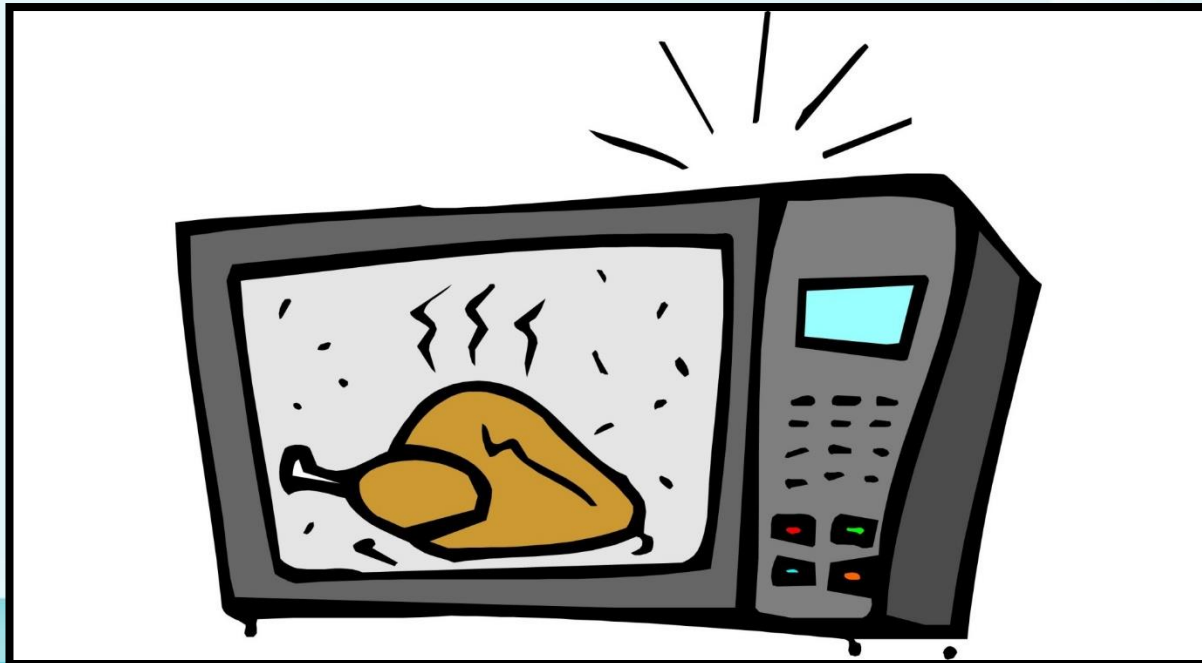
165°F



Important Temperatures

➤ Reheating Foods (Leftovers)

165°F



Food Storage

1. Refrigerators should be 40°F or below.
2. Freezers should be 0°F below.
3. Separate food into smaller containers to cool more rapidly.
4. MARK AND DATE food properly.



Thawing Foods Safely

1. In the **REFRIGERATOR** for 2-3 days.
(This is the safest method.)
2. Under **RUNNING COLD WATER**.
3. In the **MICROWAVE** if used immediately.
4. As part of the **COOKING** process
5. **NEVER** defrost frozen food at room temperature.



ALLERGENS AND CROSS CONTACT

with



Cross-Contact With Allergens

1. Proteins that cause allergic reactions are called **ALLERGENS**.
2. Cross-**CONTACT** is when one food allergen comes into contact with another food item and their proteins mix.
3. The BIG 8 refer to the allergens that cause the most reactions:
 - › Milk, Soy, Eggs, Fish, Tree Nuts, Peanuts, Crustacean Shellfish and Wheat.

