

# Food Safety Requirements



## Hand Washing and Food Handling

- Wash hands thoroughly before and during food preparation as the need arises. Be aware that something as simple as answering the phone or changing gloves can mean contamination.
- Plastic gloves are required while serving or handling food, especially ready-to-eat food. We provide plastic gloves in our kitchens. If you have any cuts on your hands, please wear gloves at all times.

## Food Preparation

### How to Avoid Cross Contamination

- Wash and sanitize food equipment, surfaces, and utensils before and after use.
- Keep raw and ready-to-eat foods separate and use separate utensils for each.
- Keep raw meats away from uncooked food; if raw meat spillage occurs on the cooking space, disinfect immediately.
- Use designated cutting boards for meats. These are color coded for convenience. Use separate utensils for meats and produce.
- Wash all vegetables and fruits that will be eaten raw to wash away dirt and pesticides.
- Always wash and sanitize knives and cutting boards in soapy, hot water after handling seafood, raw poultry, or meat.

### Cooking Temperatures

- Return all ingredients to refrigerated storage if preparation is interrupted to maintain appropriate temperature.
- Cook raw meat, poultry, eggs, and seafood thoroughly. We have thermometers available. Please see chart below for temperatures.

Food Type	Temperature
Whole muscle meats and Seafood	145° F
Ground beef and Pork	155° F
Poultry	165° F
Eggs until not runny	(or 155° F)

## Leftovers

- If you are leaving leftovers at the house, please clearly label the items with the date/time and what the item is. Items should then be stored immediately in the community refrigerators.

## 7 Food Safety Steps for Successful Community Meals per USDA

1. Plan Ahead — Make sure the location meets your needs.
  - Be sure you have enough oven, stovetop, refrigerator, freezer, and work space.
  - Find out if there's a source of clean water. If not, bring water for preparation and cleaning.
2. Store & Prepare Food Safely
  - Refrigerate or freeze perishable food within 2 hours of shopping or preparing; 1 hour when the temperature is above 90 °F.
  - Find separate preparation areas in the work space for raw and cooked food.
  - Never place cooked food back on the same plate or cutting board that held raw food.
  - Wash cutting boards, dishes, utensils, and work surfaces frequently with hot, soapy water.
  - Wash hands with soap and warm water for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, or handling pets.
3. Cook Food to Safe Minimum Internal Temperatures — It's the only way to tell if harmful bacteria are destroyed!
  - Use a food thermometer to check the internal temperature of meat, poultry, casseroles, and other food. Check temperature in several places to be sure food is cooked to a safe minimum internal temperature.
  - Never partially cook food for finishing later because you increase the risk of bacterial growth.
4. Transport Food Safely — Keep hot food HOT. Keep cold food COLD.
  - Keep hot food at or above 140 °F. Wrap well and place in an insulated container.
  - Keep cold food at or below 40 °F. Place in a cooler with a cold source such as ice or frozen gel packs.
5. Need to Reheat? Food must be hot and steamy for serving. Just "warmed up" is not good enough.
  - Use the stove, oven, or microwave to reheat food to 165 °F. Bring sauces, soups, and gravies to a boil.
6. Keep Food Out of the "Danger Zone" (40-140 °F).
  - Keep hot food hot - at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.
  - Keep cold food cold — at or below 40 °F. Place food in containers on ice.
7. When In Doubt, Throw it Out!
  - Discard food left out at room temperature for more than 2 hours; 1 hour when the temperature is above 90 °F.
  - Place leftovers in shallow containers. Refrigerate or freeze immediately.

### Be Food Safe! Prepare with Care

- CLEAN. Wash hands, utensils, and surfaces often.
- SEPARATE. Don't cross-contaminate.
- COOK. Use a food thermometer.
- CHILL. Chill food promptly.

If you are new to preparing food for groups, the USDA has a wonderful food safety guide available at:

<http://bit.ly/2aHPRpO>