



Basic Food Safety

Dangers of Foodborne Illness

The greatest dangers to food safety are foodborne illness (FBI). Each year millions of people become ill from FBI most commonly caused by (1) failure to cool foods properly, (2) failure to cook and hold foods at the proper temperature and (3) poor personal hygiene.

Food Handling Basics

- 📌 Hold hot foods at 135°F or above
- 📌 Cold foods at 41°F or below
- 📌 Reheat to internal temperature of 165°F for 15 seconds within two hours

Thawing Frozen Foods

- Under refrigeration at 41°F or less
- During submersion in running potable water at 70°F or below
- In the microwave, if cooked immediately
- As part of the cooking process; ensure minimum internal temperature

Calibrating Thermometers – Ice Point Method

- 1) Fill container with crushed, ice and water
- 2) Submerge sensing area of stem in ice water for thirty seconds
- 3) Adjust calibration nut until thermometer reads 32°F

Proper Handwashing Procedure – BEFORE Food Handling and Putting on Gloves

1. Wet your hands with hot running water
2. Apply soap
3. Rub hands together for at least twenty seconds
4. Clean under fingernails and between fingers
5. Rinse hands thoroughly under running water
6. Dry hands

When to Change Gloves

- ✓ As soon as they become soiled
- ✓ Before beginning a different task
- ✓ At least every four hours during continual use
- ✓ After handling raw meat and before handling cooked or ready-to-eat foods