MANUAL CLEANING

WASH
Hot Water & Detergent

RINSE
Clean Water

SANITIZE
Water and Sanitizer
At least one minute or label instructions

Follow this procedure for all clean-in-place equipment that cannot fit in the dish machine or three-compartment sink.

(Slicers, preparation sinks, mixers)
AVOID BARE HAND CONTACT

What is ready-to-eat food?

Food that will be consumed without further washing, cooking, or additional preparation (e.g. salad, pastries, sandwiches, sushi, and cut fruit placed in beverages).

How to handle ready-to-eat food:

- Gloved Hands
- Deli Paper
- utensils (e.g. tongs, spatulas, spoons, etc.)

Proper Glove Use

- Always wash your hands before putting on a new pair of gloves.
- Remove gloves, wash hands, and put on a new pair of gloves after each task is completed.
- Gloves must be worn if you have sores, cuts, burns, or scrapes on your hands. It is important to bandage wounds before putting on gloves.
- DO NOT reuse gloves.
COOKING TEMPERATURES

165° F
(74°C)
- Chicken, turkey, duck, and goose
- Stuffed meat: poultry, fish and pasta
- Reheated foods

155° F
(68°C)
- Ground beef, meatloaf
- Eggs for holding
- Chorizo and sausage
- Ground fish

145° F
(63°C)
- Whole muscle beef, lamb, veal, pork, ham
- Fish, shellfish
- Eggs

15 Second Rule
Cook to temperature for at least 15 seconds
PROPER HOLDING TEMPERATURES

Hot-Hold Foods
135°F or above

135°F

Keep food out of the Danger Zone!

Cold-Hold Foods
41°F or below

41°F

ADAMS COUNTY
HEALTH DEPARTMENT

HANDBOUT AVAILABLE AT: ADAMSCOUNTYHEALTHDEPARTMENT.ORG/FOOD-SAFETY-EDUCATION
COOLING

Foods must be rapidly cooled from 135°F in six hours, provided that within the first two hours the food is cooled from 135°F to 70°F.

2 HRS

135°F

70°F

4 HRS

41°F

HANDOUT AVAILABLE AT: ADAMSCOUNTYHEALTHDEPARTMENT.ORG/FOOD-SAFETY-EDUCATION
COOLING METHODS

**APPROVED**
- Use shallow containers
- Stir frequently

**Not Approved**
- Deep containers
  - Covered while cooling
DENTED CANS

Dented cans allow dangerous bacteria to enter the food.

What to look for:

- Top and bottom seam dents
- Side seam dents
- Punctures or holes
- Major dents
- Dents with sharp edges
- Bulging or swelling cans
- Severely rusted cans

What to do:

- Separate the dented cans from good cans
- Label the dented can or storage area as “Do Not Use”
- Return the can to the supplier or discard

HANDOUT AVAILABLE AT: ADAMSCOUNTYHEALTHDEPARTMENT.ORG/FOOD-SAFETY-EDUCATION
Store Food According to Cooking Temperature

**Ready-to-Eat Foods**
Cooked Foods, Produce

**Fish/Eggs**
Cooking Temperature: 145° F (63° C)

**Steak/Pork**
Cooking Temperature: 145° F (63° C)

**Ground Meats**
Cooking Temperature: 155° F (68° C)

**Poultry**
Bottom Shelf
Cooking Temperature: 165° F (74° C)
PREVENTING CROSS CONTAMINATION

Use separate equipment and utensils.

Wash, rinse, and sanitize all equipment and utensils in between items.

Change your gloves and wash your hands before handling different items or when changing tasks.

HANDOUT AVAILABLE AT: ADAMSCOUNTYHEALTHDEPARTMENT.ORG/FOOD-SAFETY-EDUCATION
### Time/Temperature Control Foods

<table>
<thead>
<tr>
<th>Milk and dairy products</th>
<th>Shell eggs (except those treated to eliminate non-typhoidal Salmonella)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat: beef, pork, and lamb</td>
<td>Poultry</td>
</tr>
<tr>
<td>Fish</td>
<td>Shellfish and crustaceans</td>
</tr>
<tr>
<td>Baked potatoes</td>
<td>Heat-treated plant food, such as cooked rice, beans, and vegetables</td>
</tr>
<tr>
<td>Tofu or other soy protein, Synthetic ingredients, such as textured soy protein in meat alternatives</td>
<td>Sprouts and sprout seeds</td>
</tr>
<tr>
<td>Sliced melons, Cut tomatoes, Cut leafy greens</td>
<td>Untreated garlic-and-oil mixtures</td>
</tr>
</tbody>
</table>
DATE MARKING

Date Marking Minimizes Bacterial Growth

Date marking can limit the growth of *Listeria monocytogenes*, a bacteria that grows even at refrigerated temperatures. Date marking ensures food is sold, served, or discarded before these bacteria can cause people to get sick.

Any foods that meet all of the following criteria must be date marked.

It is a “Time/Temperature Control for Safety Food” or TCS food, which means a food requires time/temperature to control the growth of pathogenic microorganisms or toxin formation.

It is a ready-to-eat food that may be eaten without any additional preparation.

It is kept for more than 24 hours.

Helpful Tips:

- Food must be sold, served, or discarded within seven days of the food being prepared or opened (e.g. Food prepared or opened on April 1 must be sold, served, or discarded on April 7).
- The count begins on the day the food was prepared or a commercial container was opened.
**REQUIRES DATE MARKING**

- Deli salads prepared in a food establishment
- Hot or cold smoked fish products and ceviche (fish products that are dried, marinated, or preserved on-site)
- Milk (animal milks, nut milks, and soy milk)
- Deli meats including hot dogs
- Soft cheeses (feta, brie, and mozzarella)
- Cottage cheese
- Cream cheese
- Ricotta cheese
- Cut melons (watermelon, cantaloupe, and honey dew)
- Cut leafy greens (lettuce, spinach, and cabbage)
- Cut tomatoes
- Refrigerated foods kept longer than 24 hours after opening or preparing

**DOES NOT REQUIRE DATE MARKING**

- Deli salads prepared or packaged in a food processing plant
- Hard cheeses (cheddar, gruyere, parmesan, reggiano, and romano)
- Semi-soft cheeses (blue cheese, gorgonzola, gouda, and monterey jack, swiss, provolone, processed pasteurized cheese)
- Cultured dairy products (yogurt, sour cream, and buttermilk)
- Preserved fish products (pickled herring, dried or salted cod)
- Shelf stable, dry fermented sausages (pepperoni and salami not labeled as “keep refrigerated”)
- Food items that do not need to be refrigerated
- Foods that will be cooked before eating (eggs and raw meat)
- Foods that will be consumed within 24 hours of preparation or opening
- Condiments (mustard and ketchup)
While there are more than 160 foods that can cause allergies, eight that account for 90 percent of food allergic reactions. Allergic reactions are serious, and can cause symptoms such as hives, rashes, swelling of the face, abdominal cramps, and difficulty breathing. By law these eight allergens should be visible on the food label.

Eggs
Fish
Dairy
Shellfish
Wheat
Peanuts
Soy
Tree Nuts