



Food Safety in the Kitchen

Perfecting Personal Hygiene

- Always wash your hands before handling food.
- Wear a hair net, cap or other hair restraint in food preparation areas.
- Wear gloves when handling, preparing & serving food that will not be cooked afterwards.

Change gloves:

- Before beginning a different task
- Before you begin cooking
- Before handling ready-to-eat foods
- After handling raw meat

Preparing Food Safely

- Be sure to keep foods out of the danger zone (40°F-140°F) as much as possible. If food remains in the danger zone (including room temperature) for 4 hours or more, throw it out!
- Thaw frozen food in a refrigerator. You can also thaw food in a microwave, but cook the food immediately. Do not thaw on countertop.
- Cook foods to safe temperatures. Use a thermometer to check!

Food	Your thermometer must reach
Poultry, stuffing, stuffed meats	165°F for at least 15 seconds
Ground meats	158°F for at least 15 seconds
Pork, beef (steaks, chops)	150°F for at least 15 seconds
Eggs, fish	145°F for at least 15 seconds
Leftovers	165°F for at least 15 seconds