

# FOOD PROTECTION FUNDAMENTALS

## USE YOUR THERMOMETERS (0°F TO 220°F)

### Internal cooking Temperatures

GROUND BEEF, HAMBURGERS.....	158°F
POULTRY.....	165°F
PORK.....	150°F
FISH.....	145°F
STUFFED MEATS.....	165°F
COMMERCIALY PREPARED FOODS...	140°F
SHELLED EGGS.....	145°F
HOT HOLD ALL FOODS.....	140°F
REHEAT AFTER COOLING.....	165°F
COLD HOLD.....	45°F

### Reheating

RAPIDLY REHEAT ALL FOODS TO 165°F OR ABOVE IN LESS THAN 2 HOURS

### Cooling Methods

ALL HOT FOODS MUST BE RAPIDLY COOLED FROM 140°F TO 70°F WITHIN TWO HOURS, AND FROM 70°F TO 45°F IN AN ADDITIONAL 4 HOURS.  
THIS TIME LINE IS CRITICAL!!!

Cool in shallow layers 2 to 3 inches deep, metals pans are recommended.  
Cool liquids using an ice bath or ice wand.

### Proper Thawing Procedure

- In a refrigerator at 45°F
- In cold **RUNNING** Water
- As part of the cooking process
- In a microwave oven, immediately followed by a continuous cooking process

**NEVER THAW FOODS AT ROOM TEMPERATURE**

**Avoid the DANGER zone  
45°F TO 140°F**

### Glove Use

**BAREHAND CONTACT WITH READY-TO-EAT FOODS IS PROHIBITED!**

If the food is not thoroughly cooked it may not be touched with your barehands!!!!

➤ **Examples:**

- Salad ingredients
- Bread, toast
- Fresh fruits and vegetables
- Condiments
- Potato chips and pretzels

➤ **Acceptable barriers:**

- Gloves
- Serving utensils
- Deli wraps
- Napkins

### Proper Handwashing Technique

- Use soap and warm running water
- Scrub hands and arms thoroughly for at least 20 seconds
- Rinse then dry with single use paper towels

Wash hands frequently: You must wash your hands as you leave your work station and before returning to your work station and any time they become soiled or contaminated.