Hand-washing

Wash hands...
- Before handling food or putting on disposable gloves
- After using the restroom, smoking, or eating

Hand-washing Procedure
1. Wet hands with hot water.
2. Apply soap.
3. Lather for 20 seconds.
4. Clean under nails and between fingers.
5. Rinse well.
6. Dry hands with paper towel; use paper towel to turn off faucet.

DO NOT prepare food if:
- You have diarrhea or vomiting
- You have an open wound or infection
- Temperatures
  - Temperature Danger Zone is 41°F to 135°F
  - Keep cold foods 41°F or below.
  - Keep hot foods 135°F or above.
- Minimum Cooking Temperatures
  - Pork, beef, lamb, fish, eggs: 145°F
  - Ground beef: 155°F
  - Poultry: 165°F
- When in doubt, cook foods to 165°F.
- Use a thermometer to check temperatures!
- Calibrate metal-stem thermometers at least monthly.

Cooling
- Cool foods from hot to 41°F in a total of 6 hours.
- From 135°F to 70°F in the first 2 hours
- From 70°F to 4°F or below within the remaining 4 hours
- Split food into shallow portions to cool quickly or use ice bags.

Heating
- Keep foods covered; label and date.
- Store raw meats below ready-to-eat foods.
- Keep a thermometer in each cooking unit.
- Refrigerate: 4°F or less
- Freezer: 0°F or less

Minimum Cooking Temperatures
- Keep hot foods 135°F or above.
- Keep cold foods 4°F or below.

Thawing
- In the refrigerator
- Under cold, running water
- During the cooking process
- In the microwave (if cooked immediately after)

Reheating
- Cool foods from 4°F to 14°F
- Heat the following to above 140°F:
  - Hot foods
  - Cold foods

Freezing
- Refrigerator: 41°F or less
- Freezer: 0°F or less

Prevent Cross-Contamination
- Wash and sanitize food-contact surfaces after each use.
- Wash hands often.
- Avoid bare-hand contact with ready-to-eat foods by wearing disposable gloves or using utensils.
- Change disposable gloves frequently.
- Do not wash hands with soap and water after handling raw meat.

Dishwashing
1. Scrape off food particles
2. Wash: soap and hot water
3. Rinse: clean water
4. Sanitize: approved sanitizer and water
5. Air-dry

Sanitizers
- 50-100 ppm chlorine (bleach)
- Quaternary ammonia (check product label)
- 12.5-25 ppm iodine
- Hot water (at least 170°F)

Safety
- Use an ABC Fire Extinguisher
- Follow label directions when using chemicals

Food Safety Tips
- Store wiping cloths in sanitizing bucket.
- Use chemical test strips to check sanitizer concentration.
- Hot water (at least 170°F)
- Iodine
- Quaternary ammonia

Dry Storage
- Store food in a cool, dry place.
- At least 6 inches above the floor.
- Keep a thermometer in each storage unit.
- Label and date.
- Store food separately from chemicals.
- Do not store food near open flames.
- Keep foods covered; label and date.
- Store raw meats below ready-to-eat foods.
- Keep a thermometer in each storage unit.
- Refrigerate: 4°F or less
- Freezer: 0°F or less

Refrigerator: 41°F or less
- Keep food covered; label and date.
- Store raw meats below ready-to-eat foods.
- Keep a thermometer in each storage unit.
- Refrigerate: 4°F or less
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Freezer: 0°F or less
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- Refrigerate: 4°F or less
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