

Albuquerque Area Indian Health Service
Division of Environmental Health Services
www.oehe.ihs.gov/albuquerque

Food Safety Tips

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

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 171°F)

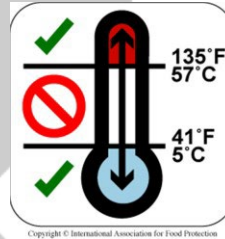
Use chemical test strips to check sanitizer concentrations!

Store wiping cloths in sanitizing bucket.

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.

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 gloves or using utensils.

Change disposable gloves frequently.

Store utensils with the handles facing up.

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 41°F or below within the remaining 4 hours

Split food into shallow portions to cool quickly or use an ice bath or ice wands.

Reheating

Reheat leftovers to 165°F as quickly as possible.

Maintain at least 135°F for hot-holding.

Cold Storage

Refrigerator: 41°F or less

Freezer: 0°F or less

Keep a thermometer in each cooling unit.

Store raw meats BELOW ready-to-eat foods.

Keep foods covered; label and date.

Thawing

In the refrigerator

Under cold, running water

During the cooking process

In the microwave (if cooked immediately after)

NEVER thaw food at room temperature!

Dry Storage

Store food in a cool, dry place.

At least 6 inches above the floor.

Label and date; first-in, first-out stock rotation.

Store food separately from chemicals.

Safety

Use an ABC Fire Extinguisher

Follow label directions when using chemicals