

SAFE AND SANATIRY FOOD HANDLING CAN PREVENT FOODBORNE ILLNESSES

Safe Cooking Temperatures:



MINIMAL INTERNAL TEMPERATURE	FOOD TYPE
165°F	- Ground Poultry (Turkey, Chicken) - Chicken- Whole or Pieces - Turkey- Whole (Breast and Stuffing) - Leftovers, Soups, Sauces
155°F	- Ground Meats (Beef, Pork, Lamb); maintains temperature for 17 seconds - Eggs and Egg Dishes
145°F	- Whole Cuts (Steak, Pork Chop, Lamb Chop, Fish Fillet); take temperature after a 15 second rest - Roasts (Beef, Pork); take temperature after a 15 second rest - Seafood (Fish, Shrimp, Scallops)
Until Open	Clams, Mussels, Oysters




Cooking:

Cook raw foods to their necessary internal temperatures; see guide for approximate cooking temperatures. Once cooked, food must be time and temperature controlled for safety, either immediately served, kept below 41°F for 7 days, or frozen.

Why a Food Thermometer Matters:

- It's the only reliable way to confirm food is safe.
- Color and texture are not accurate indicators.
- Digital thermometers can cost less than \$10 and last for years.



Tip: Insert the probe into the *thickest part* of the food (away from bone or fat) for the most accurate reading.

FOOD SAFETY

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Cooling:

When cooling cooked foods, the goal is to get food as cold as possible as fast as possible. Once the food item hits 135°F it needs to be placed in refrigeration or freezer and must cool down to 41°F in 6 hours. Do not leave cooked food on the counter to cool for over 2 hours.



Cooling Methods

- Refrigerate as soon as possible.
- Place in small batches or in shallow pans.
- Leave the food uncovered during initial cooling.
- Ice bath large batches of soups or food in large pots.

Freezing:

Most foods can be placed in the freezer to prolong the shelf life without damaging the quality. Make sure thawed or cooked food does not exceed the 7-day shelf life before or after freezing.

Thawing:

Never thaw food on the counter overnight. The goal is to thaw the food without it getting above 41°F internally or externally.

Thawing Methods

- Thaw in the refrigerator overnight (best method)!
- Food can be thawed under cold running water.

Reheating:

Food that has previously been cooked must be reheated to 165°F, or if it is a commercially processed item (ex. prepackaged frozen lasagna) 135°F. If reheating in the microwave, make sure the food is mixed ½ way through the heating process and let stand for 2 minutes after cooking.