



## **Guidelines For Food Preparation and Service**

### **Keep Foods at Safe Temperatures:**

- refrigerated at or below 45°F
- hot held at or above 140°F
- reheat leftovers to 165°F
- heat foods to proper temperature **before** placing in hot holding equipment
- cool hot foods to 70°F within two hours and then to 45°F within four hours by putting in small, shallow containers
- using a probe thermometer is the only way to make sure foods are at the proper temperature

### **Approved Methods of Thawing Food:**

- at refrigerator temperature of 45°F or below
- under cool, potable water 70°F or below
- quick-thawed as part of the cooking process
- never thaw at room temperature

### **Dishwashing:**

- a three-bay sink must be used for the three-step process
- after pre-flushing and scraping, wash in hot, clean, soapy water
- rinse in hot, clean water
- sanitize with 50 ppm chlorine in warm (70°F) water or 12.5 ppm of iodine in warm water or immersion for at least one minute in 170°F water
- test strips must be used to check strength of chemical sanitizer
- this sink cannot be used for handwashing or dumping mop water
- a chemical dishwasher must be approved; must have a test kit and a supply of disinfectant

### **Cleanliness:**

- use dustless cleaning methods (wet mop floors instead of sweeping them)
- keep all floors, walls, and equipment clean
- wear clean outer garments and effective hair restraints
- minimize handling of food by using tongs, spoons, deli paper, etc.
- keep fingernails trimmed, filed and maintained so that the edges are not rough
- wash hands thoroughly and frequently
- the use of disposable gloves is not a substitute for handwashing
- food contact surfaces must be cleaned and sanitized at least every four hours