

FOOD SAFETY INFORMATION

Only food workers should be in the kitchen or food storage area. If you see someone or something that looks out of place, be sure to tell a manager!

Wash Your Hands

Hand washing is one of the most effective ways to prevent the spread of germs. Use the following steps to properly wash your hands before handling food, after using the restroom, after switching from raw to ready-to-eat foods, and after coughing, sneezing, or blowing your nose.



Be sure to scrub your hands **for at least 20 seconds**.

Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

Cover Food

Properly cover all food containers before transporting them and when food is not in use. Uncovered food can be contaminated by dust, flies, or other environmental contaminants.



Wear Gloves

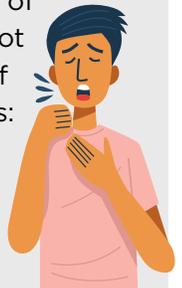
You must wear gloves or use a clean utensil when handling food. Be sure to discard dirty or damaged gloves and wash your hands before replacing them with a new pair.



Don't Work Sick

When food preparers work sick, they put people at risk of contracting illness. Do not work if you have any of the following symptoms:

- Fever or cough
- Vomiting
- Diarrhea
- Jaundice



Keep Food out of the Temperature Danger Zone

When food is between 41°F and 135°F, bacteria can multiply rapidly.

Ensure food is at the proper temperature with a thermometer.

COLD FOODS: < 41°F

DANGER ZONE

HOT FOODS: > 135°F

Cook all Food to the Proper Final Internal Temperature:

135°F for 15 seconds	Commercially cooked foods
145°F for 15 seconds	Fish, eggs, and whole cuts of beef, pork, and lamb
155°F for 15 seconds	Ground or mechanically tenderized meats, except poultry
165°F for 15 seconds	All poultry and stuffed products

