

## FOOD SAFETY REFERENCE CARD

### PERSONAL HYGIENE

1. No sick employees shall work in kitchen.
2. Have hand sinks readily available and supplied with hot and cold water, soap, and paper towels.
3. Wash hands before starting work, after using restroom, before putting on gloves, when changing tasks, after eating, and whenever hands become contaminated.

### CROSS – CONTAMINATION

1. Wash-rinse-sanitize cutting boards when switching to different foods or use separate cutting boards.
2. Keep wiping towels and utensils clean and sanitized.
3. Arrange refrigerated food according to cooking temperatures: raw chicken on the very bottom rack, then raw beef, raw pork, seafood, vegetables, and ready to eat food on the top rack in the refrigerator.
4. Store chemicals below and away from foods.
5. Exclude vermin and pests from facility.

### THAWING FOODS

Use an approved thawing method:

1. In the refrigerator
2. Under cold running water in an approved food preparation sink
3. In a microwave oven followed by immediate cooking
4. As part of the cooking process

### HOLDING TEMPERATURES FOR POTENTIALLY HAZARDOUS FOODS

Store cold foods at 41°F or below and hot foods at 135°F or above. These foods include meats, seafood, eggs, dairy products, cooked rice, cooked beans, cooked pasta, cooked vegetables, tofu, cut melon, cut tomato, sprouts, and garlic in oil.

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**MINIMUM COOKING TEMPERATURES  
(INTERNAL)**

- 145° F = eggs, fish, single pieces of pork and beef  
 155° F = ground beef, ground pork  
 165° F = poultry, stuffed foods, foods reheated for hot holding,  
 and food cooked in microwave

**RAPID COOLING OF FOODS**

Cool foods from 135°F to 70°F within 2 hours  
 Then from 70°F to 41°F within 4 hours  
 Complete cooling process within 6 hours total

Use an approved cooling method:

1. Ice bath with frequent stirring
2. Separate and downsize into smaller containers
3. Use shallow pans with food depth 2" or less
4. Add ice in finished product to replace water
5. Use ice paddles
6. Rapid cooling equipment such as a blast chiller

**UTENSIL WASHING**

SANITIZER TYPE	DISHWASHER (PPM)	3-COMPARTMENT SINK
IODINE	25	25 for 1 minute
CHLORINE	50	100 for 30 seconds
QUATERNARY AMMONIA	See specifications for your dishwasher.	200 for 1 minute
HOT WATER	160° F	-

Compliments of:  
 COUNTY OF MARIN  
 COMMUNITY DEVELOPMENT AGENCY  
 ENVIRONMENTAL HEALTH SERVICES  
 3501 CIVIC CENTER DRIVE, ROOM 236  
 SAN RAFAEL, CA 94903-4157  
 (415) 473-6907

[www.marincounty.org/ehs](http://www.marincounty.org/ehs)

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