Be Health Wise: WASH YOUR HANDS...

1. Wet Hands
2. Use Soap
3. Scrub Vigorously for 20 Seconds
4. Rinse with Warm Water
5. Dry
6. Use Towel to Turn Faucet Off
Be Health Wise

Germs spread quickly and easily; therefore, sick food workers may not work with food or food-contact surfaces.

Notify the person in charge, and stay away from food if you have:

- **Symptoms** of illness (diarrhea, vomiting, or jaundice)
- **Diagnosed** illness (such as E. coli, Shigellosis, Hepatitis A, or Salmonella)
- **Infected**, uncovered wounds
- **Discharges** from the eyes, nose, or mouth
Be Health Wise

Germs spread quickly and easily; therefore, bare hands may not come in contact with Ready-to-eat foods. Use utensils, barriers, or gloves to keep bare hands from coming in contact with Ready-to-eat foods.

Appropriate utensils and barriers include:

- Tongs
- Spoons
- Forks
- Gloves
- Napkins
- Wax paper
Be Health Wise

Germs spread quickly and easily; therefore, employees must wash their hands:

- Before beginning work
- Before working with food
- After going to the restroom
- After touching face and hair
- After eating or smoking
- After handling dirty dishes, dirty work stations, chemicals, or garbage
- After handling raw meats

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Be Health Wise

Germs spread quickly and easily; therefore, avoid cross contamination:

Cross contamination is the spreading of bacteria from raw meat to other foods.

Avoid Cross contamination by:

- Separating raw meat by placing it away or below other foods
- Washing and Sanitizing equipment after using it on or with raw meat
- Washing your hands after touching raw meat
Be Health Wise

Bacteria grow rapidly in the Danger Zone (41°F - 135°F); therefore, keep potentially hazardous food out of the Danger Zone.

Potentially hazardous foods include:
- Meat, poultry, fish, seafood, eggs
- Ground meats
- Cooked starches (potatoes, rice, pasta)
- Dairy products
- Soy products
- Cooked vegetables
Be Health Wise

Bacteria grow rapidly in the Danger Zone (41°F - 135°F); therefore, keep potentially hazardous food out of the Danger Zone by holding hot food at or above 135°F.

The food in this unit must be held at or above 135°F

135°F
Be Health Wise

Bacteria grow rapidly in the Danger Zone (41°F - 135°F); therefore, keep potentially hazardous food out of the Danger Zone by cooling hot foods rapidly.

Cool foods rapidly using one of these methods:

1. **Shallow pan cooling:**
   Refrigerate food at 41°F or below in an uncovered 2 inch deep layered pan

2. **Two-tier time and temperature cooling:**
   Cool from 135°F to 70°F within 2 hours
   Cool from 70°F to 41°F within 4 hours
Be Health Wise

Bacteria grow rapidly in the Danger Zone (41°F - 135°F); therefore, keep potentially hazardous food out of the Danger Zone by holding cold foods at or below 41°F.

The food in this unit must be held at or below 41°F

41°F

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Be Health Wise

Germs spread quickly and easily; therefore, bare hands may not come in contact with Ready-to-eat foods.

Ready-to-eat foods include:

- Sandwiches
- Deli meats
- Cooked Meats
- Produce/ Salads
- Garnishes
- Uncooked foods that will not be thoroughly heated or cooked before serving

**Touching Food? Use scoops, spoons, tongs, napkins, or gloves**