

# Wash your hands.

Don't get sick.



Wet hands.



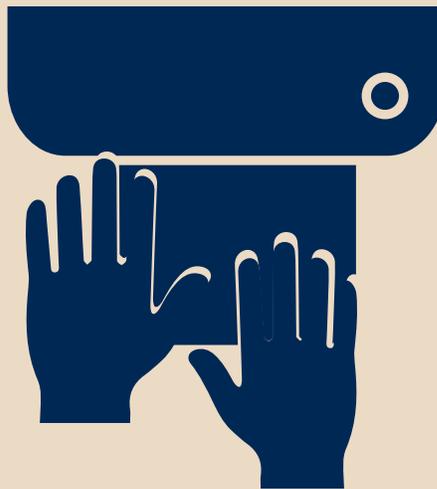
Use soap.



Wash for 20 seconds.



Rinse hands.



Dry hands.



Use paper towel to turn off water.



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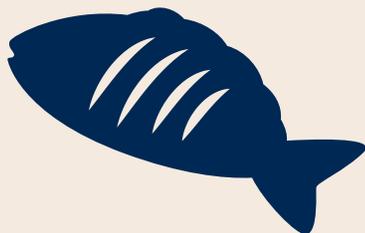
# Safe Cooking Temperatures



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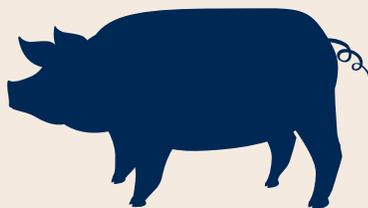
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Cook foods to the proper minimum internal temperature to prevent foodborne illness.



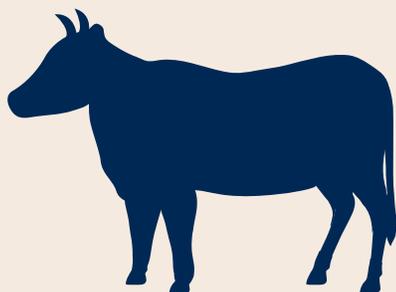
Fish, shellfish

145° F



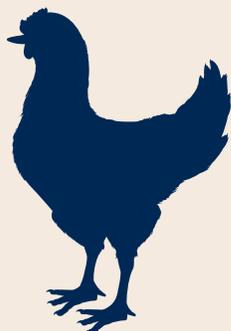
Whole muscle meats

145° F



Ground meats, eggs

155° F



Chicken, turkey, exotic meats

165° F

# Store food properly



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**Store ready-to-eat  
foods at the top.**

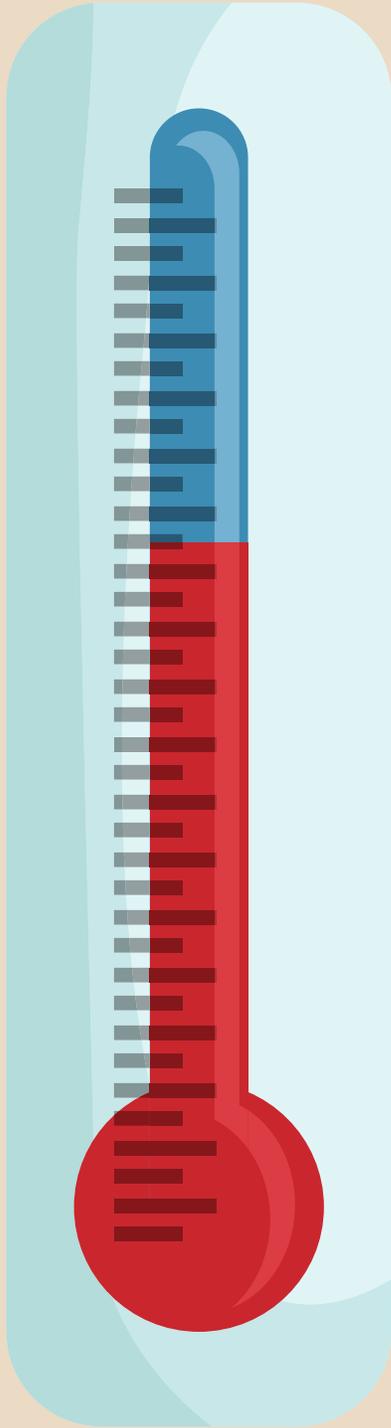
- Maintain foods at 41°F or less.
- Label and cover all foods.
- Never let food sit at room temperature.
- Check temperatures of the refrigerator and food often.
- Keep storage areas dry, clean, and away from all chemicals.

**Store raw foods  
at the bottom.**

- Store food 6 inches off of floor.
- Date mark foods to ensure proper rotation.



# Holding Temperatures



**Keep cold foods  
at 41°F  
or cooler.**

**Keep hot foods  
at 135°F  
or higher.**

Keep food out of the **temperature danger zone** (42°F - 134°F) to prevent possible foodborne illness.



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# Cooling and Reheating in Bulk

Time and temperature are essential to keep food safe.

## Cool food in 2 steps



**Step 1:** Cool from 135°F to 71°F in 2 hours or less using shallow pans, ice wands, or an ice bath.

**Step 2:** Cool from 70°F to 41°F or less in no more than 4 additional hours in the refrigerator.

## Reheat in bulk



Reheat food rapidly to 165°F in 2 hours or less if food will be held hot. Use cooking equipment and verify temperature with a thermometer. Food can be maintained at 135°F after being reheated properly.



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# Avoid cross-contamination

## Clean

- Before you handle food, wash your hands.
- Wash, rinse, and sanitize surfaces at the frequency required and when you begin working with a different type of food.
- Food can become contaminated by touching your body and clothing, sneezing or coughing into your hands.
- **Never touch ready-to-eat food with bare hands.**



## Separate foods and utensils



Use separate cutting boards and utensils for produce, meat, poultry, and seafood. Sanitize equipment frequently between use.



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# Keep food safe



Don't work with food if you are sick.



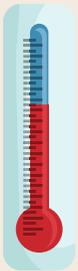
Wash your hands often and never touch ready-to-eat food with bare hands.



Wash, rinse, and sanitize food utensils and surfaces.



Use separate cutting boards and utensils for produce, meat, poultry, and seafood.



Keep refrigerated foods at 41°F or cooler and hot foods at 135°F or higher.



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