

FOOD HANDLER'S GUIDE TO SAFE FOOD

DO NOT PREPARE FOOD IF:

1. You have **DIARRHEA** or are **VOMITING**
2. You have **HEPATITIS A, SHIGELLA, SALMONELLA, or E-COLI**
3. You have an **INFECTION, WOUND, or BOIL** on hands, arms, or face.

HANDWASHING

Wash your hands as often as necessary to keep them clean!

Use warm water and soap to scrub hands and forearms for 20 seconds before rinsing.

Wash your hands:

1. Before handling food or wearing gloves
2. After handling any raw products
3. After using the restroom, smoking, or eating
4. After taking out the garbage
5. After touching your hair or skin
6. After handling money

GLOVE USAGE

Utensils or **FOOD-APPROVED GLOVES** must be used when handling food items that will no longer be cooked!

Things to remember:

1. Proper handwashing must accompany glove usage
 - ❖ Wash hands before putting gloves on for the first time, or when changing gloves
2. Change gloves when:
 - ❖ they become soiled or torn
 - ❖ a break in work has occurred, or before starting a new task

SANITIZING

1. 3-compartment sink
 - ❖ Wash, Rinse, Sanitize
2. Wiping Cloths
 - ❖ Store in sanitizing solution between uses
 - ❖ Change water when it becomes soiled

Chlorine sanitizing solution should be 100 ppm (1tsp bleach to ½ gallon water)

Do not add soap to sanitizing solution

Use proper test kit to verify concentration

POTENTIALLY HAZARDOUS FOODS (PHF's)

"PHF's are food items that support rapid growth of harmful bacteria, and include:

1. Cooked or raw animal products such as meats, poultry, dairy, fish & seafood
2. Cooked rice, beans, potatoes, & pasta
3. Tofu, raw seed sprouts, cut melon, garlic in oil, etc.
4. Any combination of the above

THE "DANGER ZONE" (DZ)

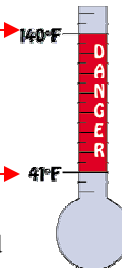
DZ= temperatures between 41°F and 140°F where illness-causing bacteria grow best

HOT FOODS

Cooked food items must be held or displayed at 140°F or above

COLD FOODS

Refrigerated food items must be held or displayed at 41°F or below



Note: Frozen food items should be held or displayed at 0°F or below

COOKING

- 145°F- eggs, whole beef, lamb, fish
- 160°F- ground meats, pork
- 165°F- poultry, stuffed meats

Always verify internal cooking temperatures with stem-type thermometer

REHEATING

All cooked food items that fall below 140°F must be quickly reheated to 165°F or above before serving

COOLING

Food items must be cooled from 140°F to 41°F within 4 hours.

This should be done by:

1. Breaking down large solid items into smaller pieces
2. Placing liquid and semi-solid items into shallow metal containers

Once "broken down", food items must immediately be placed in a walk-in refrigerator /freezer or an ice bath.

THAWING FROZEN FOODS

1. As part of cooking process
2. In the refrigerator
3. Under cold running water (70°F or less for no more than 2 hours)
4. In the microwave (for immediate use)

NEVER thaw frozen foods at room temperature

FOOD PREP. AREA

1. NO eating or smoking
2. Wear clean clothes and apron
3. NO jewelry
4. Wear hair restraints



State of New Mexico Environment Department

District I

Albuquerque	222-9500
Rio Rancho	771-5980
Ruidoso	258-3272

District II

Espanola	753-7256
Las Vegas	425-6764
Raton	445-3621
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Taos	758-8808

District III

Alamogordo	437-7115
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Las Cruces	524-6300
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District IV

Carlsbad	885-9023
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Tucumcari	461-1671

District V

Farmington	327-9851
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Socorro	835-1287

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