

THE THREE MAIN CAUSES OF FOODBORNE ILLNESS

- I. Improper Temperatures. Correct temperatures and procedures are:
 - A. Freezer temperatures: 0°F (18°C) or lower.
 - B. Refrigeration temperatures: 41°F(5°C) or lower required.
Recommendations: 32°F-36°F (0°C-2°C) for meats, 40°F-45°F (4°C-7°C) for fruits and most vegetables.
 - C. Proper defrosting of food:
 1. Under refrigeration at temperatures below 41°F (5°C).
 2. Under running water at 70°F (21°C) or less.
 3. As part of the conventional cooking process.
 4. In a microwave oven as part of the continuous cooking process.
 - D. Cooking Temperatures:
 1. Rare Roast Beef (whole roasts) - 130°F (54.4°C) for 121 minutes
 2. Beef - 155°F (68.3°C)
 3. Pork - 145°F (63°C)
 4. Poultry - 165°F (74°C)
 5. All above in a microwave - 165°F (74°C)
 - E. Hot holding temperatures-140°F (60°C) except rare roast beef 130°F
 - F. Proper cooling of hot foods to 41°F within six (6) hours:
For soup, gravy, or stew:
 1. Cool food in an ice bath, stir frequently, and pour into pans to a depth of two inches or,
 2. Install a commercial blast chiller or,
 3. Utilize frozen wands, or ice paddles.
For meats:
 1. Reduce the food mass (slice meat into smaller portions)
 - G. Re-heating foods: to 165°F (74°C) within 2 hours.
- II. Poor Personal Hygiene. Proper practices are:
 - A. Handwashing with hot/cold running water with soap for 20 seconds.
 - B. Cough and sneeze away from food.
 - C. Persons with infections/sores must wear bandage and gloves.
- III. Cross-Contamination of Food. Proper procedures are:
 - A. Hands to food-properly wash hands after handling raw meats.
 - B. Food to food-do not store raw foods over cooked foods or vegetables.
 - B. Equipment to food-sanitize equipment and utensils between uses (especially when working with raw meats-clean as you go)