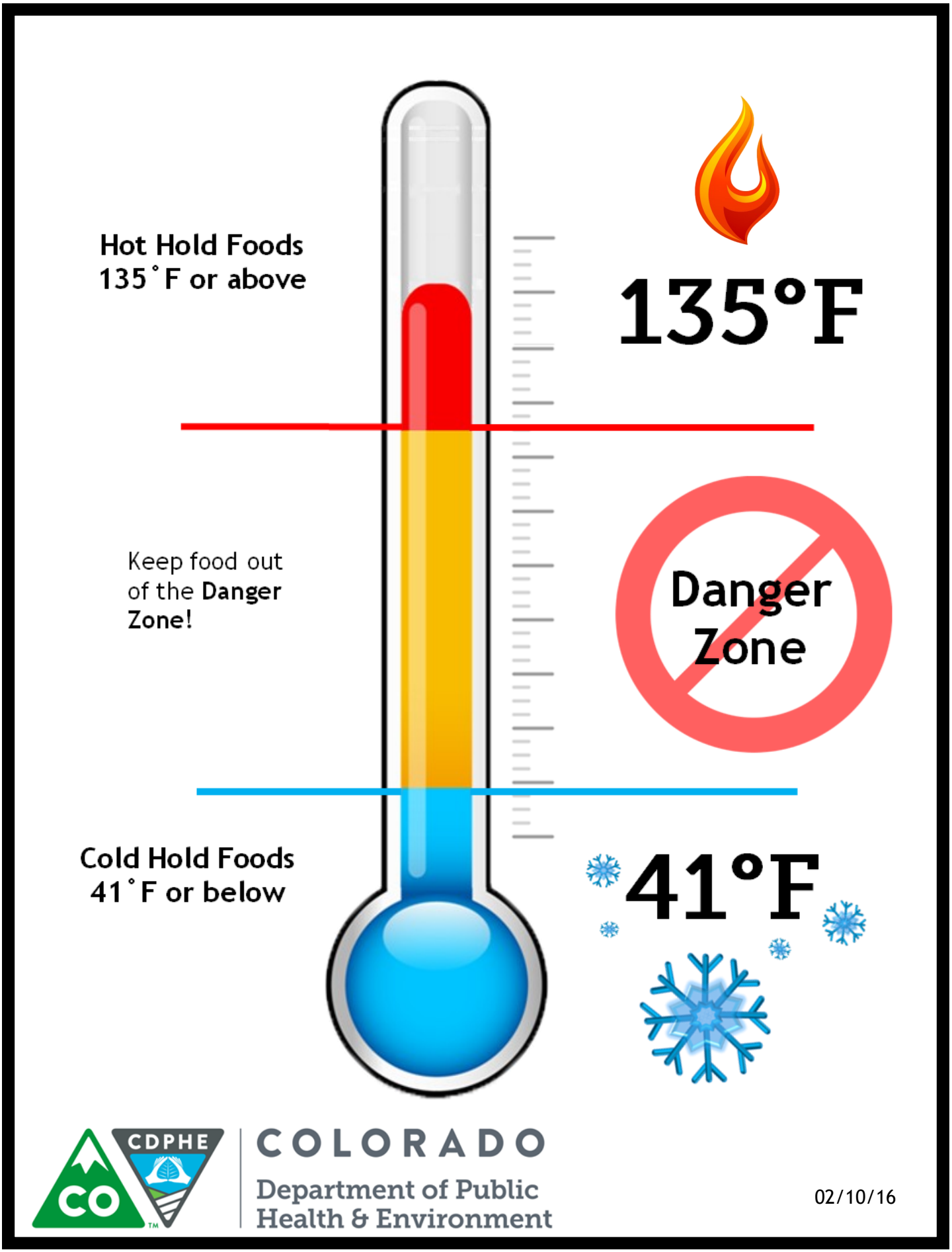
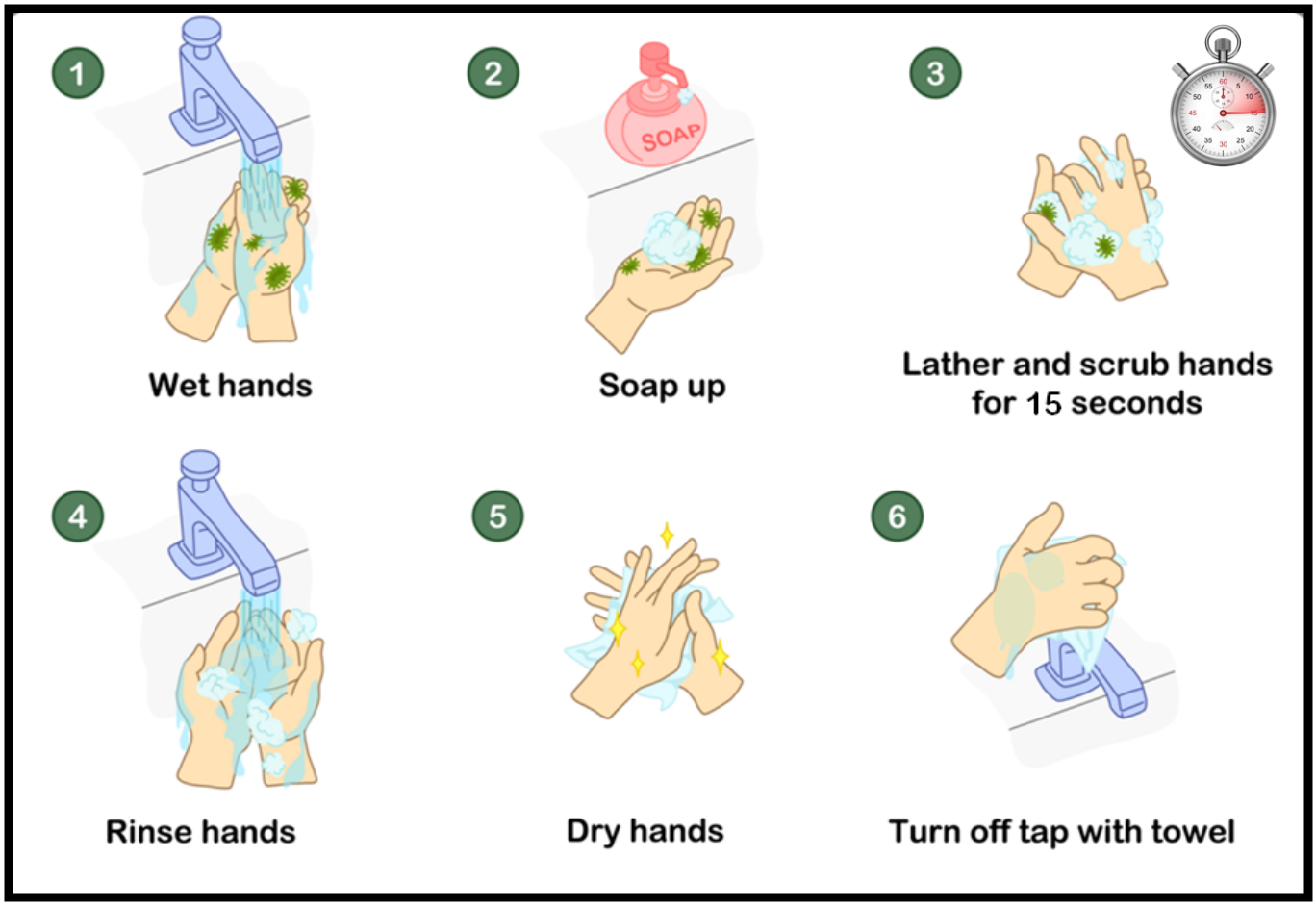
Proper Holding Temperatures



Wash Your Hands



When should you wash your hands?

- After using the restroom;
- After touching bare human body parts other than clean hands;
- After coughing, sneezing, using tobacco, or eating;
- When switching between working with raw food and working with ready-to-eat food;
- When changing gloves;
- During food preparation, as often as necessary to remove soils/contamination and to prevent cross-contamination; and
- After engaging in other activities that may contaminate the hands such as taking out the trash or handling dirty dishes.

COLORADO
Department of Public Health & Environment

03/14/16

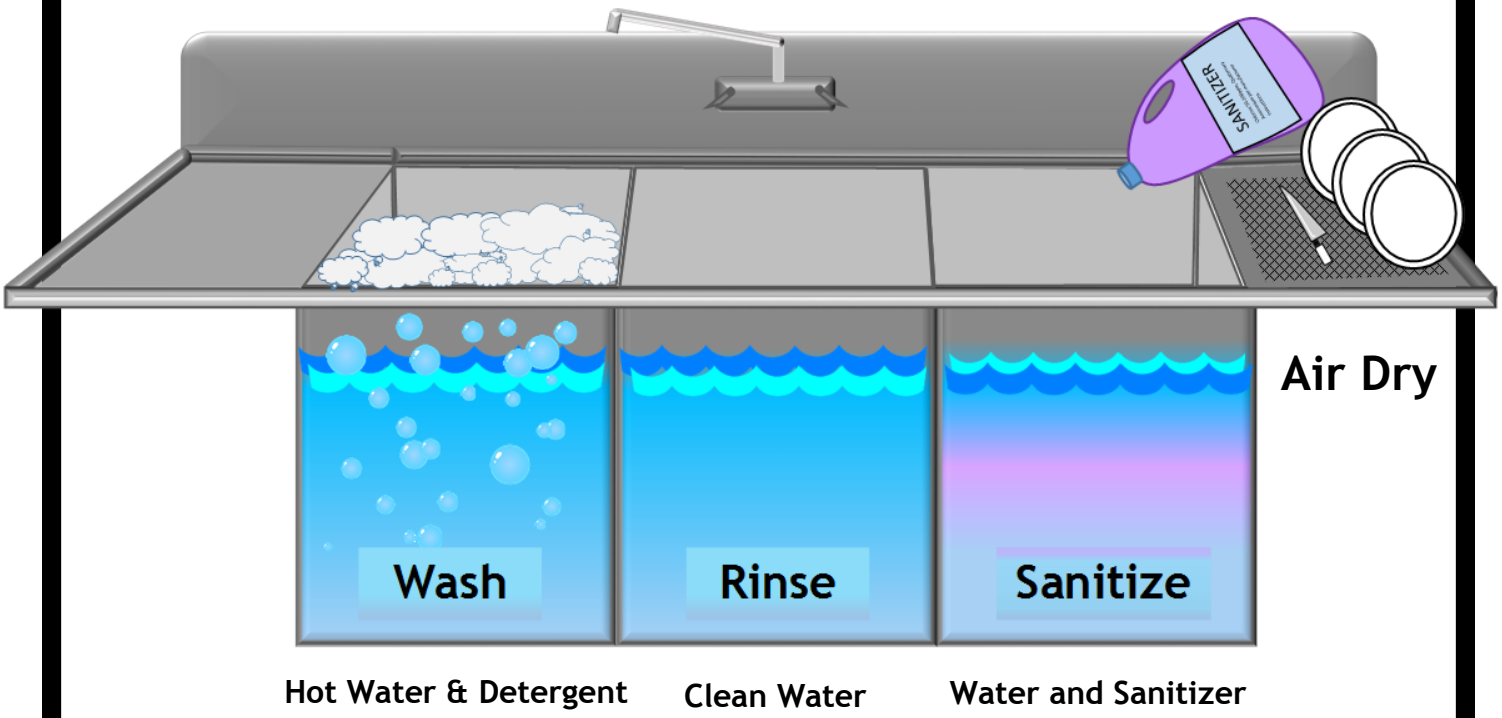
Proper Hand Washing

1. Use soap and running water
2. Rub your hands and wrists vigorously
3. Wash:
    - Back of hands
    - Wrists
    - Between fingers
    - Under fingernails
4. Rinse hands
5. Dry hands with a paper towel
6. Turn off water using a paper towel

COLORADO
Department of Public Health & Environment

02/10/16

Chemical Manual Dishwashing



Wash
With detergent in water at no less than 110°F.

Rinse
In clean water.

Sanitize
With an approved sanitizer such as chlorine (bleach), quaternary ammonia or iodine for at least one minute or per manufacturers instructions.

COLORADO
Department of Public Health & Environment

02/10/16

Cooking Temperatures

165°F

- Chicken, turkey, duck and goose
- Stuffed meat: poultry, fish and pasta
- Reheated foods

155°F

- Hamburger, meatloaf
- Eggs that are held for service
- Ground fish

145°F

- Whole muscle beef, lamb, veal, pork, ham
- Fish, shellfish
- Eggs

This flyer provides general cooking requirements from the *Colorado Retail Food Establishment Rules and Regulations*.

15 Second Rule

Cook to temperature for at least 15 seconds

COLORADO
Department of Public Health & Environment

02/10/16

How to Store Foods

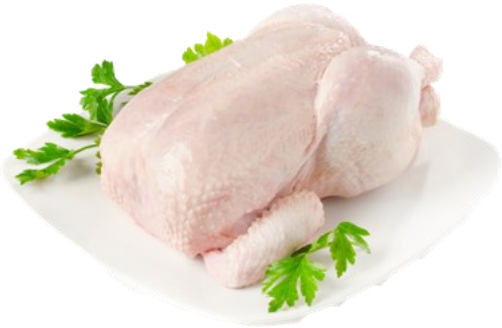
Ready-to-Eat
Cooked Food

Fish/Eggs

Beef/Pork
Whole Muscle

Ground Meat

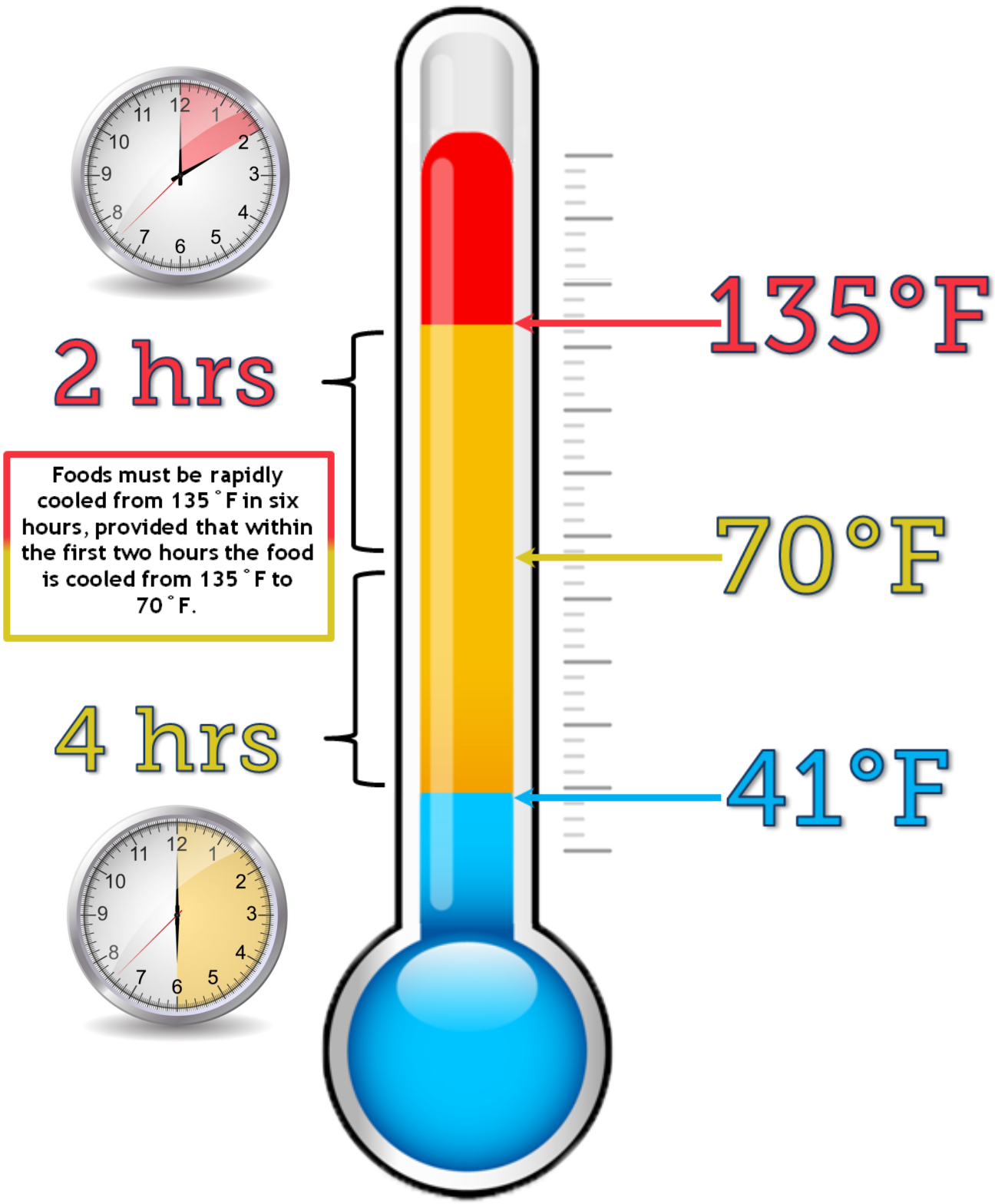
Poultry
Bottom Shelf



COLORADO
Department of Public Health & Environment

02/10/16

Cooling Cooked Foods



COLORADO
Department of Public Health & Environment

02/10/16

Cooling Methods

Ice Bath Method

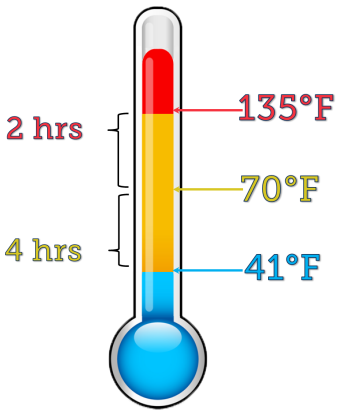
- The ice bath should be the same level as the product
- Stir frequently
- Consider also using ice wands

Shallow Metal Pans

- Use thinner pans for quicker cooling
- Divide food into smaller portions
- Use metal pans rather than plastic
- While cooling keep uncovered or loosely covered

Smaller Portions

- Cut dense foods into smaller pieces to ensure proper cooling
- Divide food into smaller portions



Foods must be rapidly cooled from 135˚F in six hours, provided that within the first two hours the food is cooled from 135˚F to 70˚F.

COLORADO
Department of Public Health & Environment

02/10/16

Prevent Bare Hand Contact

COLORADO
Department of Public Health & Environment

02/10/16