Proper Holding Temperatures

Hot Hold Foods
135°F or above

135°F

Keep food out of the Danger Zone!

Cold Hold Foods
41°F or below

41°F

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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.
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

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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.
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.

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15 Second Rule
Cook to temperature for at least 15 seconds

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How to Store Foods

- **Ready-to-Eat**
  - Cooked Food

- **Fish/Eggs**

- **Beef/Pork**
  - Whole Muscle

- **Ground Meat**

- **Poultry**
  - Bottom Shelf
Cooling Cooked Foods

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.
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.
Prevent Bare Hand Contact

- Use gloves
- Avoid touching food directly

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