

Proper Holding Temperatures

Hot Hold Foods
135° F or above



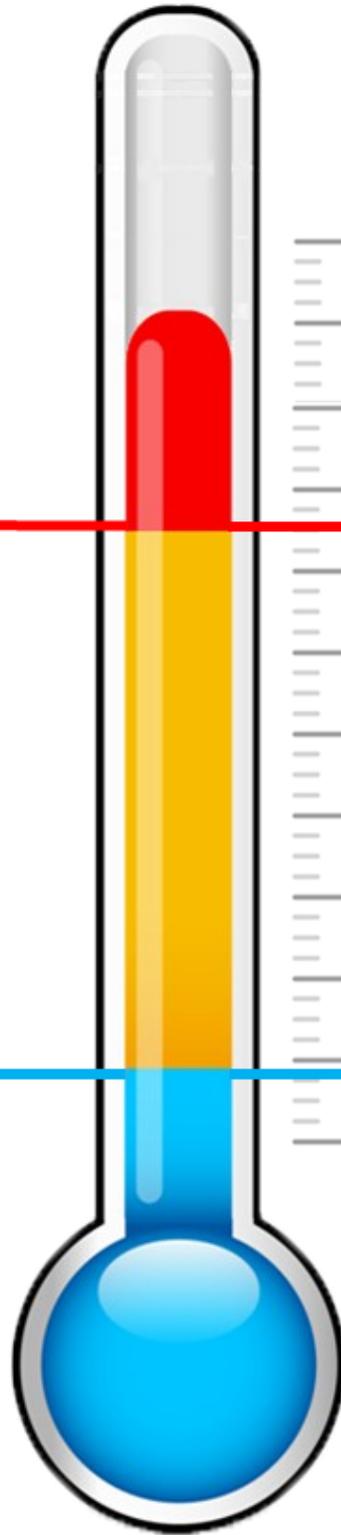
135° F

Keep food out
of the **Danger**
Zone!

Danger
Zone

Cold Hold Foods
41° F or below

41° F



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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.



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Proper Hand Washing



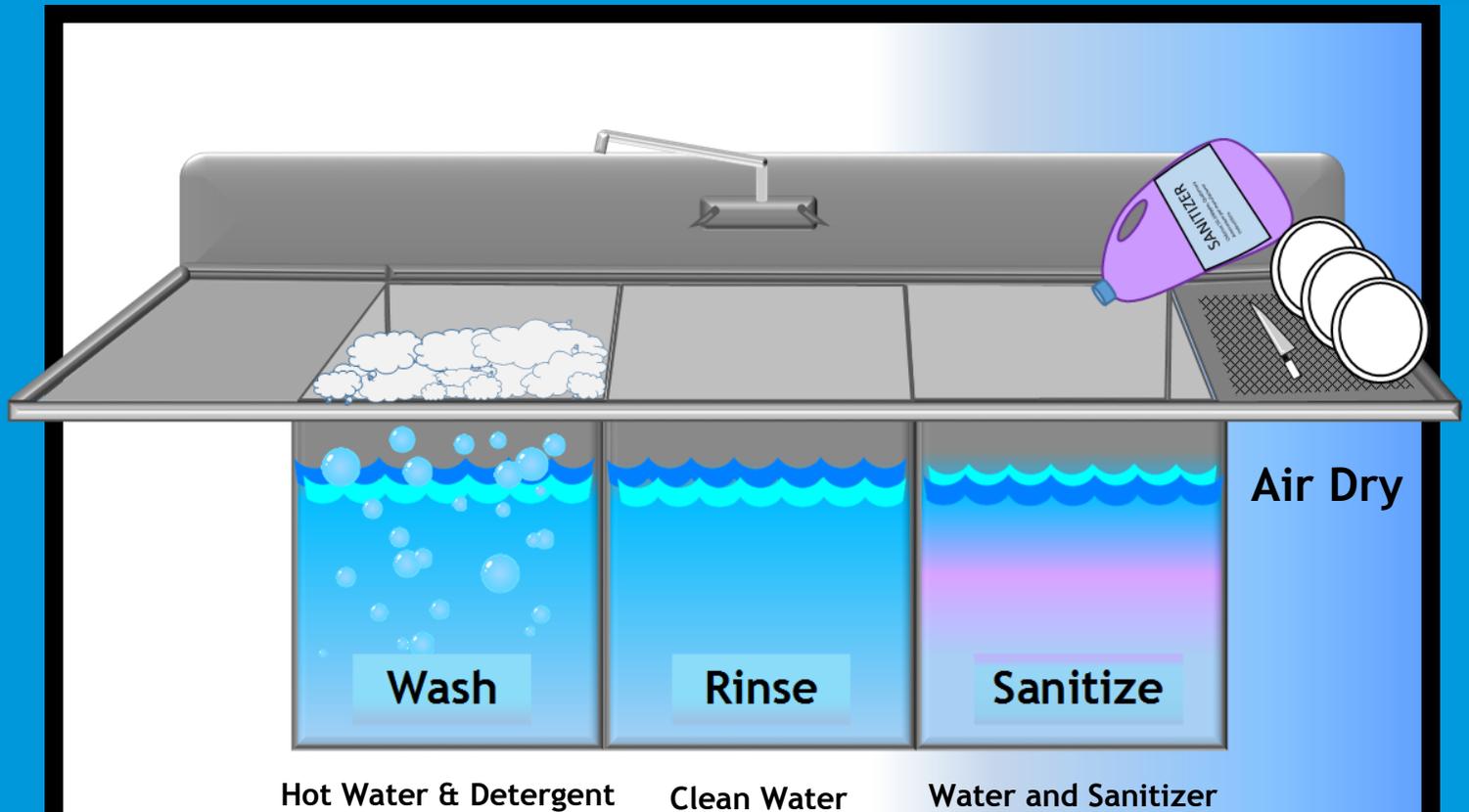
1. Use soap and running water
2. Rub your hands and wrists vigorously
3. Wash:
 - Back of hands
 - Wrists
 - Between fingers
 - Under fingernails
4. Rinse hands
5. Dry hands with a paper towel
6. Turn off water using a paper towel



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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



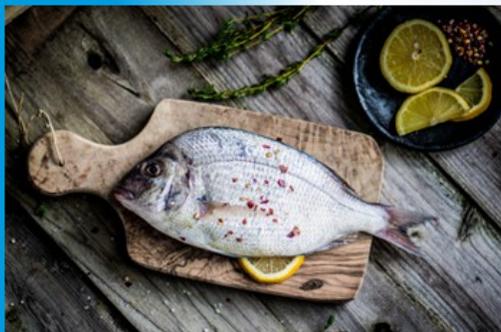
165 ° F

- 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*.



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



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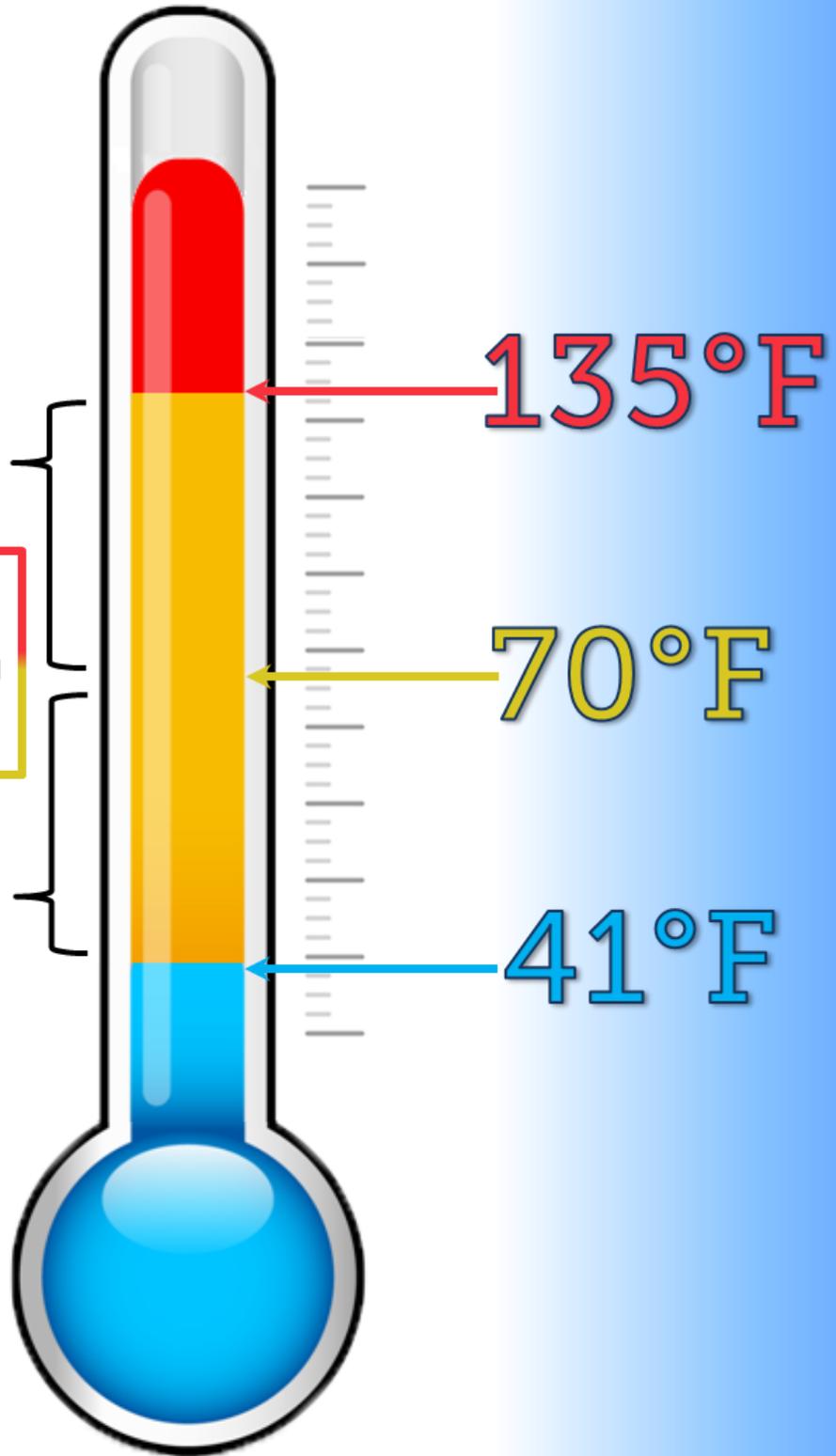
Cooling Cooked Foods



2 hrs

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.

4 hrs



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Cooling Methods



Ice Bath Method

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



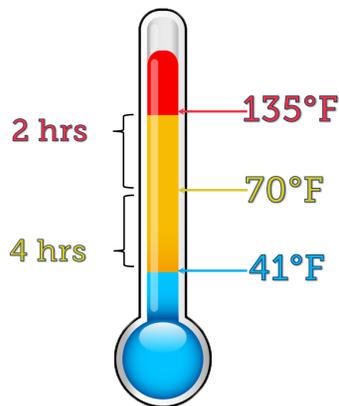
Shallow Metal Pans

- 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

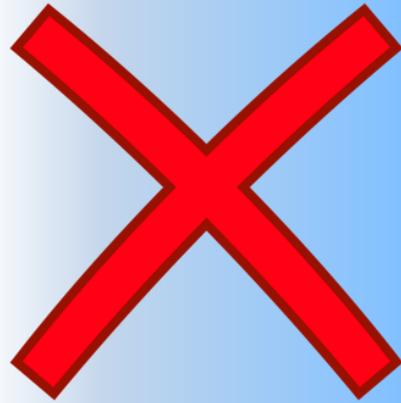
- Cut dense foods into smaller pieces to ensure proper cooling
- Divide food into smaller portions



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



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