

Only food workers should be in kitchen or food storage areas.

If you see someone or something that looks out of place, make sure to tell the manager!

## Wash Your Hands

Hands are the #1 vehicle for cross-contamination. Use the following steps to properly wash hands before handling food, after using the restroom, after switching from raw to ready-to-eat foods, and whenever else necessary.



RINSE



ADD SOAP



SCRUB



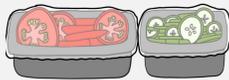
RINSE



DRY

### Cover Food

Be sure to properly cover all food containers before transporting, and any time food is not in use. When not covered, food can be contaminated by dust, flies, or other environmental contaminants.



### Wear Gloves

You must wear gloves or use a clean utensil for handling food. Be sure to discard soiled or damaged gloves and wash hands before replacing with a new pair.



### Don't Work Sick

When food preparers work sick, they put customers at risk of contracting illness. Do not work if you have the following symptoms:

- vomiting
- diarrhea
- jaundice



## Keep Food out of the Temperature Danger Zone

When food is between 41°F and 135°F, bacteria can multiply rapidly.

Ensure food is the proper temperature with a food thermometer.

COLD FOODS: < 41°F

DANGER ZONE

HOT FOODS: > 135°F

## Cook all Food to the Proper Final Internal Temperature:

135°F for 15 seconds

Commercially cooked foods

145°F for 15 seconds

Fish, eggs, and whole cuts of beef, pork, and lamb

155°F for 15 seconds

Ground or mechanically tenderized meats, except poultry

165°F for 15 seconds

All poultry and stuffed products