

Safe Food Handling GUIDELINES

Safe Temperatures

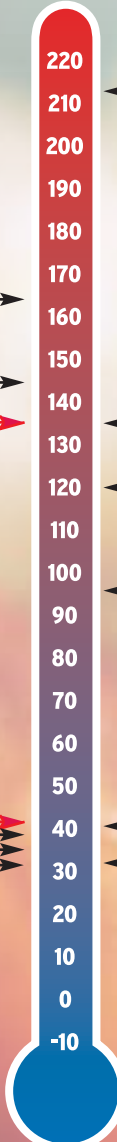
Cook to recommended safe internal temperatures:

- Poultry 165°F**
 - Ground beef at least 155°F**
 - Pork at least 145°F**
 - Eggs at least 145°F**
 - Microwave cooking at 165°F**
- } For 15 Seconds

Danger Zone =
Greater than 41°F to less than 135°F
Ideal temperature range for bacteria reproduction and growth.

41°F — Thaw frozen foods at this temperature. Set refrigerator between 35° — 41°F to ensure proper food temperature.

Store frozen foods below **32°F** so food is maintained in a solid state.



212°F — Calibrate stem thermometer.

135°F — Minimum hot-holding temperature. Includes ready-to-eat and buffet style.

135°F — Minimum internal temperature to heat commercially processed ready-to-eat foods for 15 seconds.

120°F — Minimum hot water temperature in a food facility.

98.6°F — Body temperature.

41°F — Maximum cold holding temperature.

32°F — Calibrate stem thermometer.

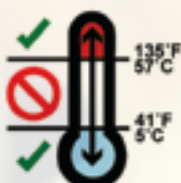
Always use an accurate thermometer (+/- 2° F) to check food temperatures.

YES



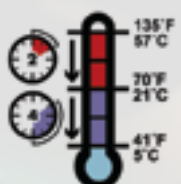
Wash Your Hands

Before handling food, after using restroom, and whenever changing tasks.



Know Proper Holding Temperatures

Keep potentially hazardous food at or below 41°F or at or above 135°F.



Keep Foods Cool

Cool foods from 135°F to 70°F within two hours and then to 41°F within an additional four hours.



Clean and Sanitize Utensils and Food Contact Surfaces

1. Hot wash with detergent soap.
2. Clear rinse.
3. Soak in approved sanitizer.
4. Air dry.



Cook Thoroughly

Thoroughly cook foods to appropriate internal temperatures (see chart above).



Know Potentially Hazardous Foods

A food that requires time/temperature control for safety.



Use Approved Food Sources

Only accept foods from approved food sources, delivered at safe temperatures.

NO



Limit Bare Hand Contact

Limit contact with ready-to-eat foods with bare hands by using clean gloves or utensils.



Food Handling When Sick

Do not work with food or utensils, when sick.



Cross Contamination

SEPARATE FOODS
Always keep raw foods separate from foods that are ready to eat.

You can take the guesswork out of buying new foodservice equipment by visiting the test kitchens at Southern California Gas Company and Southern California Edison. There you can perform "test drives" of the equipment with your own recipes at no charge and without any obligation to buy. Learn from the experts on staff at each of the facilities who can assist in equipment selection and specifications.

phone: 626.812.7558
phone: 562.803.7323

e-mail: andre.saldivar@sce.com
e-mail: ercfoodsvc@semprautilities.com

fax: 626.812.7397
fax: 562.803.7518

website: www.sce.com/CTAC
website: www.socalgas.com/erc/

For more information regarding the Los Angeles County Health Department, please contact 1-888-700-9995 www.lapublichealth.org/eh

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