

Important Food Safety Times and Temperatures

(Recommended by the FDA 2005 Food Code)

- ✓ Temperature Danger Zone 41-135°F.
- ✓ Bacteria can double their population every 20-minutes.
- ✓ During hand washing, wash/rub hands together for at least 20-seconds.
- ✓ Hand washing water temperature should be at least 100°F.
- ✓ Meat, poultry, fish, and dairy, should be received at 41°F or lower.
- ✓ Sliced melons must be received at 41°F or lower.
- ✓ Shelled eggs, live crustaceans, and shellfish must be received at an air temperature of 45°F or lower.
- ✓ Hot foods must be received at 135°F or higher.
- ✓ Frozen foods must be received at 0°F or lower.
- ✓ Thermometers must be accurate within +/- 2 degrees.
- ✓ Thermometer ice point calibration method: Hold for 30-seconds, calibrate to 32°F.
- ✓ Thermometer boiling point calibration method: Hold for 30-seconds, calibrate to 212°F.
- ✓ While holding cold or hot foods, check food temperatures every 2-hours.
- ✓ Check the temperature of food in two different places for a minimum of 15 seconds.
- ✓ The air temperature in the refrigerator must be approximately 2°F lower than the required food temperature. For example, to hold meat at 41°F the air temperature may need to be 39°F.
- ✓ Keep stored food at least 6-inches off the floor.
- ✓ Immobile equipment shall have a space of 4" from countertop and 6" from floor to allow for cleaning/sanitizing.
- ✓ Dry storage storerooms should be 50-70°F.
- ✓ Dry storage storerooms should have the relative humidity of 50-60%.
- ✓ Meat, poultry, fish, and dairy must be stored at 41°F or lower.
- ✓ Eggs may be received and stored at 45°F or lower, once cooked, they must be stored at 41°F or lower.
- ✓ Potentially hazardous foods shall be held at 41°F or below for no more than 7-days.
- ✓ Foods that are in ROP (Reduced Oxygen Packaging) shall be held at 41°F or below for no more than 14-days.
- ✓ During heating or cooling of foods, it must pass through the middle of the temperature danger zone (70-120°F) as quickly as possible.
- ✓ Thawing food under running water must be done for no more than 2-hours at a water temperature of 70°F or below.
- ✓ Cooking temperature for poultry, stuffing, and stuffed meats is 165°F for 15-seconds.
- ✓ Cooking temperature for pork, ham, bacon, fish, and eggs is 145°F for 15-seconds.
- ✓ Cooking temperature for ground meats or sausage is 155°F for 15-seconds.
- ✓ Potentially hazardous foods cooked in a microwave, must reach 165°F and stand for 2-minutes.
- ✓ Cool foods to 41°F or lower within 4-hours. (One-Stage Method)
- ✓ Cool foods from 135°F to 70°F within 2-hours, then to 41°F or lower within the next 4-hours. (Two-Stage Method)
- ✓ Reheat all foods to 165°F for 15 seconds within 2-hours.
- ✓ Sanitizing warewashing equipment manually (immersion in hot water), the water temperature shall be above 170°F.
- ✓ Sanitizing warewashing equipment mechanically (machine), the rinse water temperature shall be at least 180°F.
- ✓ Quaternary ammonium and iodine solution sanitizers are typically effective between 75°F and 120°F.
- ✓ Keep shellstock tags on file for 90-days from the date the last shellfish was used.
- ✓ Potentially hazardous foods have a pH (acidity) of greater than 4.6 pH (7 is neutral).
- ✓ Potentially hazardous foods have water activity (aw) of greater than .86 aw (pure water is at 1.0).

Note: Your local health department or employer may require more stringent requirements.



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