

Fidelity Safety & Training LLC
Important Food Safety Times, Temperatures, and Measurements

- ✓ Temperature Danger Zone 41-135°F.
- ✓ Bacteria can double their population every 20 minutes.
- ✓ Wash hands for 20 seconds. Wash/rub hands together for 10-15 seconds.
- ✓ Hand washing water temperature must be at least 85°F through a mixing valve or combination faucet.
- ✓ A hand antiseptic used as a hand dip shall be maintained clean and at a strength equivalent to at least 100 mg/L chlorine.
- ✓ A self/slow/metering faucet shall provide a water flow for at least 15 seconds without the need to reactivate the faucet.
- ✓ Meat, poultry, fish, sliced melons, and dairy must be received at 41°F or lower.
- ✓ Shelled eggs, live crustaceans, and shellfish (food with shells) 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 frozen. Freezing may begin at 0°F / -18°C or lower.
- ✓ Food temperature measuring devices, scaled only in Fahrenheit, shall be accurate to ±2°F.
- ✓ Thermometer ice point calibration method: Hold for 30 seconds, calibrate to 32°F.
- ✓ Thermometer boiling point calibration method: Hold for 30 seconds and calibrate to 212°F.
- ✓ Check the food temperature in two different places for a minimum of 15 seconds.
- ✓ The air temperature in the refrigerator should be approximately 2°F lower than the required food temperature.
- ✓ Keep stored food and equipment at least 6 inches off the floor unless on pallets, dollies, etc.
- ✓ Immobile equipment must have a space of 4" from the countertop and 6" from the floor to allow for cleaning/sanitizing.
- ✓ Dry food storage rooms must be 50-70°F, and the relative humidity must be 50-60%.
- ✓ Meat, poultry, fish, and dairy must be stored at 41°F or lower.
- ✓ Eggs received and stored at 45°F or lower. Once cooked, store at 41°F or lower.
- ✓ Potentially hazardous foods with expiration dates shall be held at 41°F or below for no more than seven days.
- ✓ Hold ROP foods (Reduced Oxygen Packaging) at 41°F or below for no more than 14 days.
- ✓ While heating/cooling foods, pass food through the middle of the danger zone (70-125°F) as quickly as possible.
- ✓ Thawing under running water; no more than 2 hours at water temp of 70°F or below, thawed portions not to exceed 41°F.
- ✓ 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.
- ✓ Fruits and vegetables cooked for hot holding shall be cooked to a temperature of 135°F.
- ✓ Potentially hazardous foods cooked or reheated in a microwave must reach 165°F and stand for 2 minutes.
- ✓ Cool foods from 135°F to 70°F within 2 hours, then to 41°F or lower within a total of 6 hours. (Two-Stage Method)
- ✓ When cooling thick foods in shallow pans, place the food in the pans no more than 2 inches deep.
- ✓ Reheat all potentially hazardous foods to 165°F for 15 seconds within 2 hours.
- ✓ Hold hot foods at 135°F or above and cold foods at 41°F or below. Check food temperatures every 2 hours.
- ✓ In-use utensils may be stored in a water container; water temperature must be maintained at least 135°F.
- ✓ During manually sanitizing (immersion in hot water), the water temperature must be at least 171°F.
- ✓ During mechanically sanitizing (machine), the sanitizing rinse water temperature must be at least 180°F.
- ✓ Chemical sanitizers are typically effective between 75°F and 120°F. When using all chemicals, follow the label/directions.
- ✓ Sanitize food-contact surfaces when you change food or tasks and at least every 4 hours during continual use.
- ✓ Food-contact cooking and baking equipment surfaces shall be cleaned at least every 24 hours.
- ✓ The cavities and door seals of microwave ovens (follow manufacturer's instructions) shall be cleaned at least every 24 hrs.
- ✓ Keep shellfish shell stock tags on file for 90 days from the date the last shellfish was used.
- ✓ Shucked Shellfish: the "sell by" or "best if used by" date for packages with a capacity of less than 1.89 L (one-half gallon) or the date shucked for packages with a capacity of 1.89 L (one-half gallon) or more.
- ✓ A smooth surface is free of pits/inclusions, and its cleanability is equal to or exceeding that of (100 grit) # 3 stainless steel.
- ✓ Fixed equipment spaced from adjoining equipment, walls, etc., shall not exceed 1 mm or one thirty-second inch.
- ✓ Screen openings shall protect against pest entry and be at least 16 mesh to 25.4 mm (16 mesh to 1 inch).
- ✓ An air gap between the water supply inlet and the flood level rim of the plumbing fixture, equipment, or nonfood equipment shall be at least twice the diameter of the water supply inlet and may not be less than 25 mm (1 inch).
- ✓ Don't alter lighting color; lighting must be at least 10-foot candles (ft-c) in food storage/walk-in refrigerators, 20 ft-c in food prep areas, and 50 ft-c in areas where knives, slicers, or other equipment are used.
- ✓ Potentially hazardous foods have a pH (acidity) greater than 4.6 pH (7 is neutral).
- ✓ Potentially hazardous foods have water activity (aw) greater than .86 aw (pure water is at 1.0).

Note: Your local health department or employer may require more stringent requirements. Additional times, temperatures, and measurements are available at the FDA.gov website.