












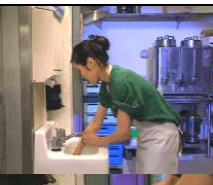













	<p><b>TCS:</b> Foods that provide bacteria with six growth factors. (F-A-T-T-O-M)</p> <p>TCS can only be in the "Danger Zone" (41 to 135F) for a maximum of 4 hours.</p>		<p><b>Cross-contamination:</b> when contaminants (bacteria, viruses, etc.) are transferred from unwashed hands, foods, surfaces, or equipment to another food or surface.</p> <p><b>Physical contamination</b> can come from jewelry, a loose pen, pencil or a thermometer, fake eyelashes or fingernails, bandages, pieces of utensils, dirt from vents, or from improperly maintained plumbing.</p>		<p><b>Eight Most Common Food Allergens:</b></p> <p>Milk and dairy products Eggs and egg products Fish Shellfish Peanuts Tree nuts Wheat Soybeans and soy products</p>
   	<p><b>Salmonellosis:</b> caused by the Salmonella spp bacteria on eggs, poultry, meat, unpasteurized milk or juice, cheese, raw fruits and vegetables, spices, and nuts.</p> <p><b>Eggs</b> must be delivered at and kept at <b>45°F (7°C)</b> or lower.</p> <p>Only use <b>pasteurized</b> shell eggs.</p> <p><b>Cook pooled eggs</b> promptly, or store them at <b>41°F (5°C)</b> or lower.</p> <p><b>Eggs cooked to be served right away:</b> <b>145°F (63°C)</b> or higher for a minimum of 15 seconds.</p> <p><b>Eggs cooked to be held for later service:</b> <b>155°F (68°C)</b> or higher for a minimum of 15 seconds and held at <b>135°F (57°C)</b>.</p>	   	<p><b>Hemorrhagic Colitis (E. coli):</b> bacterial infection of the gastrointestinal system caused by the bacteria that have the capacity to produce Shiga toxins. Most common in ground beef.</p> <p><b>Botulism:</b> bacterial intoxication caused by C. Botulinum found in water and soil. Grows mostly in canned and packaged food.</p> <p><b>Clean plastic gloves, deli tissue, spatulas, or tongs must be used to handle ready-to-eat foods.</b></p> <p>Change disposable gloves when they become soiled or torn, or when food preparation jobs are changed.</p> <p><b>Disposable gloves must be changed at least every four hours.</b></p>	  	<p>All <b>milk and dairy products</b> must be pasteurized "Grade A" and delivered at or below <b>45°F (7°C)</b>.</p> <p>Store <b>non-cooked dairy products</b> at <b>41°F (5°C)</b> or below for serving.</p> <p>On a <b>buffet line</b>, hold <b>cold foods at 41°F (5°C)</b> or below and <b>hot foods at 135°F (57°C)</b> or above.</p>
   	<p>These steps are to properly <b>wash hands</b> or prosthetic devices. This entire process is to take <b>at least 20 seconds</b>.</p> <ol style="list-style-type: none"> <li>1. Use warm water.</li> <li>2. Wet hands and expose arms up to the elbows.</li> <li>3. Apply an approved hand washing soap; rub hands and forearms briskly for at least 10-15 seconds. Wash thoroughly under fingernails and between fingers.</li> <li>4. Rinse thoroughly under clean, warm water.</li> <li>5. Dry hands and arms using a sanitary means, such as a disposable paper towel or an air-drying device.</li> </ol>	  	<p>Hands must only be washed at <b>properly equipped handwashing stations</b>.</p> <p>Limit jewelry to a <b>plain ring band</b>.</p> <p>If a <b>sneeze or cough</b> is unavoidable, always do it <b>away from food</b>, and use a disposable tissue. If a tissue is not available, cover your mouth and nose with your upper arm. <b>Never cover your mouth or nose with your hands. Wash your hands with an approved soap, and change your gloves.</b></p>	  	<p>Frozen foods are to be delivered hard frozen.</p> <p>Only accept canned goods that are labeled and free of rust and flaws.</p> <p>The most important rule of storage is <b>First In, First Out (FIFO)</b>.</p>

 	<p><b>Live shellfish</b> must come in with <b>shellstock identification tags</b>. These tags must be kept for a <b>minimum of 90 days</b>.</p> <p><b>Fresh fish</b> must be stored in crushed ice at <b>41°F (5°C)</b> and kept drained.</p>	 <p><b>41°F</b></p>	<p><b>Refrigerated food</b> needs to be kept at a product temperature <b>below 41°F (5°C)</b>.</p> <p><b>Never thaw TCS foods at room temperature.</b> Thaw frozen meats, poultry, and other TCS products in the refrigerator at 41°F (5°C) or less.</p> <p>Foods that thaw quickly can be put under <b>clean, potable, running water at 70°F (21°C)</b> or below.</p> <p>If food is going to be cooked immediately, it can be thawed in the microwave.</p>		<p><b>To prevent cross-contamination</b>, food in a refrigerator must be stored in the following order:</p> <p><u>Shelf 1:</u> Ready-to-eat food and produce</p> <p><u>Shelf 2:</u> Seafood</p> <p><u>Shelf 3:</u> Whole cuts of beef and pork</p> <p><u>Shelf 4:</u> Ground meat and ground fish</p> <p><u>Shelf 5:</u> Whole and ground poultry</p>
	<p>Most raw animal foods, (seafood, steaks and chops), must be cooked to a minimum internal temperature of <b>145°F (57°C)</b> for at least <b>15 seconds</b>.</p> <p>Roasts of beef, pork, veal and lamb must be cooked to <b>145°F (63°C)</b> for four minutes.</p> <p>Beef roasts, rare roast beef and corned beef can be slow cooked at <b>130°F (54°C)</b> for <b>112 minutes</b>.</p>	  	<p>Cook <b>stuffed fish, and stuffing that contains fish</b>, to <b>165°F (74°C)</b> or higher for <b>15 seconds</b>.</p> <p><b>Whole or ground poultry, wild game animals, stuffed meat, and stuffed pasta:</b> <b>165°F (74°C)</b> for a minimum of <b>15 seconds</b>.</p> <p>Foods cooked in a <b>microwave oven must be covered to retain the surface moisture</b>, and cooked to an internal temperature of <b>165°F (74°C)</b>.</p>		<p>Cook <b>ground beef, needle-injected meats, including brined ham and flavor-injected roasts, mechanically tenderized meat</b> to <b>155°F (68°C)</b> for <b>15 seconds</b>, or to <b>157°F (69°C)</b>.</p> <p><b>Fish that has been ground, minced, or chopped</b> needs to be cooked to an internal temperature of <b>155°F (68°C)</b> or higher for <b>15 seconds</b>.</p>
	<p>Cook <b>commercially processed, ready-to-eat foods, fruit, vegetables, grains, and beans</b> that will be hot-held to at least <b>135°F (57°C)</b>.</p> <p>All <b>previously cooked and chilled leftovers</b> need to be <b>rapidly reheated to 165°F (74°C)</b> within <b>two hours</b>.</p>	<p><b>135°F</b> ↓ <b>70°F</b>    <b>2 hours</b></p> <p><b>70°F</b> ↓ <b>41°F</b>    <b>4 hours</b></p>	<p>Two-Stage Cool Down Process:</p> <p><b>135°F (57°C) to 70°F (21°C) in two hours or less</b></p> <p><b>70°F (21°C) to 41°F (5°C) in four hours or less</b></p> <p><b>No more than 6 hours</b> total time for the Two-Stage Cool Down Process.</p>		<p><b>Never place large quantities of hot food in a cooler to cool.</b> To properly cool larger quantities, place hot foods in an ice water bath or a blast chiller.</p>
 	<p>Clean and sanitize utensils, knives, cutting boards and surfaces after each use, and when changing to another food.</p> <p>To clean and sanitize dishes and food contact surfaces:</p> <ul style="list-style-type: none"> <li>• Wash</li> <li>• Rinse</li> <li>• Sanitize</li> <li>• Air-dry</li> </ul>		<p>When to clean and sanitize:</p> <ul style="list-style-type: none"> <li>• After use</li> <li>• Before working with each different food</li> <li>• After any interruption</li> <li>• When a piece of equipment is in constant use, after four hours.</li> </ul>	 	<p>Cleaning supplies must be <b>rinsed after each use</b>, and <b>stored in a sanitizing solution</b>.</p> <p><b>Do not use sponges to clean food preparation surfaces.</b></p> <p>Garbage containers must have <b>tight fitting lids, doors, or covers</b>.</p>

	<p><b>Machine wash water</b> must be between <b>150°F (66°C) and 165°F (74°C)</b>.</p> <p><b>Final hot water rinse</b> must be at least <b>180°F (82°C)</b>.</p> <p><b>Machine sanitizing temperature is between 180°F to 195°F.</b></p> <p>On <b>single tank machines</b> using chemical sanitizers, <b>wash at no less than 120°F (50°C) and rinse at 165°F (74°C)</b>.</p>		<p>To <b>manually</b> wash items:</p> <p><b>Three sinks</b> are needed.</p> <p><b>Wash</b> items in the first sink with a detergent solution and hot water not less than <b>110°F (43°C)</b>.</p> <p><b>Rinse</b> items in the second sink containing clean, warm water.</p>		<p><b>Sanitize</b> items in the third sink, using a chemical and water sanitizing solution <b>specified by the sanitizer instructions</b>.</p> <p>The <b>hot water method</b> can also be used to sanitize the dishes. Dishes must be completely immersed in water that is at least <b>171°F (77°C) for 30 seconds</b>.</p>
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### Restricting or excluding food handlers with illnesses

Condition	Action
Having symptoms of Vomiting, Diarrhea, or Jaundice (yellow skin or eyes)	<p><b>Exclude</b> the food handler from the operation.</p> <p>Food handlers with <u>vomiting or diarrhea</u> must meet one of the following before they can return to work:</p> <ul style="list-style-type: none"> <li>• Have had no symptoms for at least 24 hours</li> <li>• Have a written release from a medical practitioner</li> </ul> <p>Food handlers with <u>jaundice</u> must be reported to the regulatory authority. Food handlers who have had jaundice for less than seven days must be excluded from the operation.</p> <p>Food handlers with <u>jaundice</u> must have a written release from a medical practitioner and approval from the regulatory authority before returning to work.</p>
Having a sore throat with a fever	<p><b>Restrict</b> the food handler from working with or around food. The food handler can work with or around food when he or she has a written release from a medical practitioner.</p> <p><b>Exclude</b> the food handler from the operation if you primarily serve a high-risk population. The food handler must be cleared by his or her medical practitioner before returning to work.</p>
Having an illness and symptoms caused by one of these pathogens: <ul style="list-style-type: none"> <li>• Hepatitis A</li> <li>• Salmonella Typhi</li> <li>• Enterohemorrhagic and shiga toxin-producing E. coli</li> <li>• Norovirus</li> <li>• Shigella spp.</li> </ul>	<p><b>Exclude</b> the food handler from the operation.</p> <p>Coordinate with the food handler's medical practitioner and the local regulatory authority to decide when the person can go back to work.</p> <p>Some food handlers diagnosed with these foodborne illnesses may not experience the usual symptoms, or their symptoms could diminish. Coordinate with the local regulatory authority to determine if to restrict or exclude the food handler, and when the person can go back to work.</p>