

# Cooks



Wood County Health Department

## PREPARING Food Safely:

1. **CLEAN:** Wash hands, surfaces, and equipment often to prevent the spread of harmful bacteria.

2. **SEPARATE:** Prevent cross contamination by:  
Use one cutting board for produce and a separate cutting board for raw meat, poultry, and seafood.  
Clean cutting boards between activities.



3. **COOK:** Heat all food to a safe temperature.

Improper heating and preparation allows bacteria to survive. Use a thermometer to measure internal temperature of foods.

4. **CHILL:** Refrigerate promptly. Chill within 2 hours and refrigerated at 40 °F or below within 4 hours.



***Bacteria multiplies fastest between***

***41 °F to 135 °F***

***Food should be discarded if in danger zone for over 4 hours.***

## STORING Food Safely:

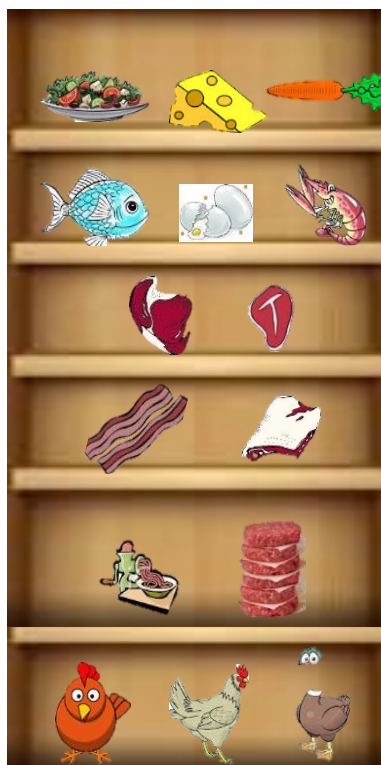
1. **1<sup>st</sup> In, 1st Out Rule:** Foods must be date marked if held more than 24 hours. Food must be consumed, frozen, or discarded within 7 days.

2. **Place meat as low as possible:** Store raw animal foods in leak-proof containers or on sheet trays to prevent juices from dripping down and contaminating other foods.

3. **Store all food off the floor:** All food must be at least 6 inches off the floor.

4. **Do not overload refrigeration units:** Creates hot spots in which certain areas are not properly cooled.

## Refrigerator Storage



Ready-to-eat and fully cooked

Raw seafood, fish, eggs

Raw steak, sirloin, ribeye

Raw pork and bacon

Raw ground meat

Raw poultry (chicken, turkey, duck)

## Reheating Foods Safely:

Time/Temperature Control Foods (TCS): must be reheated to **at least 165 °F for 15 seconds.**

Ready-to-eat food must be reheated to **135 °F** for hot holding.

Reheating must be completed in **less than 2 hours.**