FOOD SAFETY REFERENCE CARD

PERSONAL HYGIENE
1. No sick employees shall work in kitchen.
2. Handwash sinks must be readily accessible and supplied with running water, soap, and paper towels.
3. Wash hands before starting work, after using restroom, before putting on gloves, when changing tasks, after eating, and whenever hands become contaminated.

CROSS-CONTAMINATION
1. Wash → rinse → sanitize cutting boards when switching to different foods or use separate cutting boards.
2. Keep wiping towels and utensils clean and sanitized.
3. Store food according to minimum cooking temperatures:
   - vegetables / ready-to-eat foods / cooked foods (top shelf)
   - seafood
   - beef / pork
   - chicken and other poultry (bottom shelf)
4. Store chemicals below and away from foods.
5. Exclude vermin and pests from facility.

THAWING FOODS
Use an approved thawing method:
1. In the refrigerator
2. Under cold running water in an approved food preparation sink
3. In a microwave oven followed by immediate cooking
4. As part of the cooking process

HOLDING TEMPERATURES FOR POTENTIALLY HAZARDOUS FOODS
Store cold foods at 41°F or below and hot foods at 135°F or above. These foods include meats, seafood, eggs, dairy products, cooked rice, cooked beans, cooked pasta, cooked vegetables, tofu, cut melon, sprouts, and garlic in oil.

MINIMUM COOKING TEMPERATURES (INTERNAL)
- 145°F = eggs, fish, whole pieces of pork and beef
- 155°F = ground beef, ground pork
- 165°F = poultry, stuffed foods, foods reheated for hot-holding, and foods cooked in microwave

RAPID COOLING OF FOODS
Cool foods 135°F → 70°F within 2 hours, then 70°F → 41°F within 4 hours
Complete cooling time must not exceed 6 hours.
Use an approved cooling method:
1. Ice bath with frequent stirring
2. Downsize into smaller portions
3. Use shallow pans with food depth 2” or less
4. Use ice paddles
5. Rapid cooling equipment such as a blast chiller

UTENSIL WASHING

<table>
<thead>
<tr>
<th>SANITIZER TYPE</th>
<th>DISHWASHER (PPM)</th>
<th>3-COMPARTMENT SINK (PPM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>IODINE</td>
<td>12.5 - 25</td>
<td>12.5 - 25</td>
</tr>
<tr>
<td>CHLORINE</td>
<td>25 - 100</td>
<td>25 - 100</td>
</tr>
<tr>
<td>QUATERNARY AMMONIUM</td>
<td>200</td>
<td>200</td>
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<tr>
<td>HOT WATER</td>
<td>180°F</td>
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</tbody>
</table>

Environmental Health Services Division
FOOD SAFETY BRANCH
Visit us at: http://health.hawaii.gov/san/