

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

SANITIZER TYPE	DISHWASHER (PPM)	3-COMPARTMENT SINK (PPM)
IODINE	12.5 - 25	12.5 - 25
CHLORINE	25 - 100	25 - 100
QUATERNARY AMMONIUM	200	200
HOT WATER	180°F	—



Environmental Health Services Division
FOOD SAFETY BRANCH
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