



## CLEAN

Wash hands and surfaces often.



## SEPARATE

Separate raw meats from other foods.



## COOK

Cook to the right temperature.



## CHILL

Refrigerate food promptly.



# FOOD SAFETY TIPS

To assist food establishments in  
Galveston County

# FOOD SAFETY TIPS

This guide is provided by the Galveston County Health District consumer health services division to assist you and staff.

## PROMOTE HAND WASHING

One of the most important food safety tips is hand washing. Your entire staff should wash their hands for at least 20 seconds under running water after soaping up well.



**WET  
HANDS**



**APPLY  
SOAP**



**WASH FOR 20  
SECONDS  
AND RINSE WELL**



**DRY HANDS  
AND TURN OFF  
TAP WITH TOWEL**

## DON'T LET SICK WORKERS PREPARE FOOD

If you have workers suffering from vomiting or diarrhea, do not allow them to prepare any food. By doing so, you are putting your customers' health at risk.



### USE GLOVES

Your workers should wear gloves when preparing a food in a commercial kitchen. Do not allow them to use the same gloves for every ingredient. It's important that they change their gloves regularly when moving from raw meat and poultry to cooked food.

## WASH FOOD PROPERLY

Staff should thoroughly wash fruits and vegetables, even if it will be peeled or skinned. If you don't wash them, you risk spreading bacteria from the outside of the produce to the inside as you prepare it.



## COOK TO THE RIGHT TEMPERATURES

A very important food safety tip is knowing your food item's safe temperature zone. Is your food being cooked to the right temperature? You and your entire kitchen staff should be aware of these temperature rules.

<b><i>Safe Minimum Temperatures</i></b>	
<b>135°</b>	<ul style="list-style-type: none"><li>• Commercially processed, ready-to-eat food that will be hot-held</li><li>• Fruits, vegetables, grains, and legumes that will be hot-held</li></ul>
<b>145°</b>	<ul style="list-style-type: none"><li>• Whole seafood</li><li>• Beef, pork, veal, lamb (steaks and chops)</li><li>• Eggs that will be served immediately</li></ul>
<b>155°</b>	<ul style="list-style-type: none"><li>• Ground meat, seafood, or ostrich meat</li><li>• Injected, marinated, or tenderized meats</li><li>• Eggs that will be hot-held for service</li></ul>
<b>165°</b>	<ul style="list-style-type: none"><li>• Poultry (chicken, turkey, duck, fowl)</li><li>• Stuffing made with potentially hazardous foods like meat stocks or broths</li><li>• Dishes made from previously cooked foods</li></ul>



## AVOID CROSS-CONTAMINATION

Cross-contamination can spread bacteria from raw meat or poultry to ready-to-eat foods. Separate cutting boards for raw produce, raw uncooked meat, raw poultry, seafood and eggs.

Label each board with its intended purpose or use a color-coded system. Don't forget to use separate utensils and meat thermometers as well.

## STORE FOOD CORRECTLY AND AT THE RIGHT TEMPERATURE

Your kitchen's raw meat and poultry should be kept separate from other foods, especially vegetables, prepared sauces and anything else that requires little preparation.

FDA guidelines say that all food should be cooled to 41°F or below and should be cooled in a way that provides ventilation, such as in a shallow pan, so air can circulate around the food.

Also, make sure your meat doesn't drip and contaminate other food. Never store food on the floor and have a thermometer in the refrigerator, not just the freezer.

## LABEL YOUR FOOD AND KEEP THEM SEPARATED.



Prepared Food ⇨



Fruits & Vegetables ⇨



Fish & Seafood ⇨



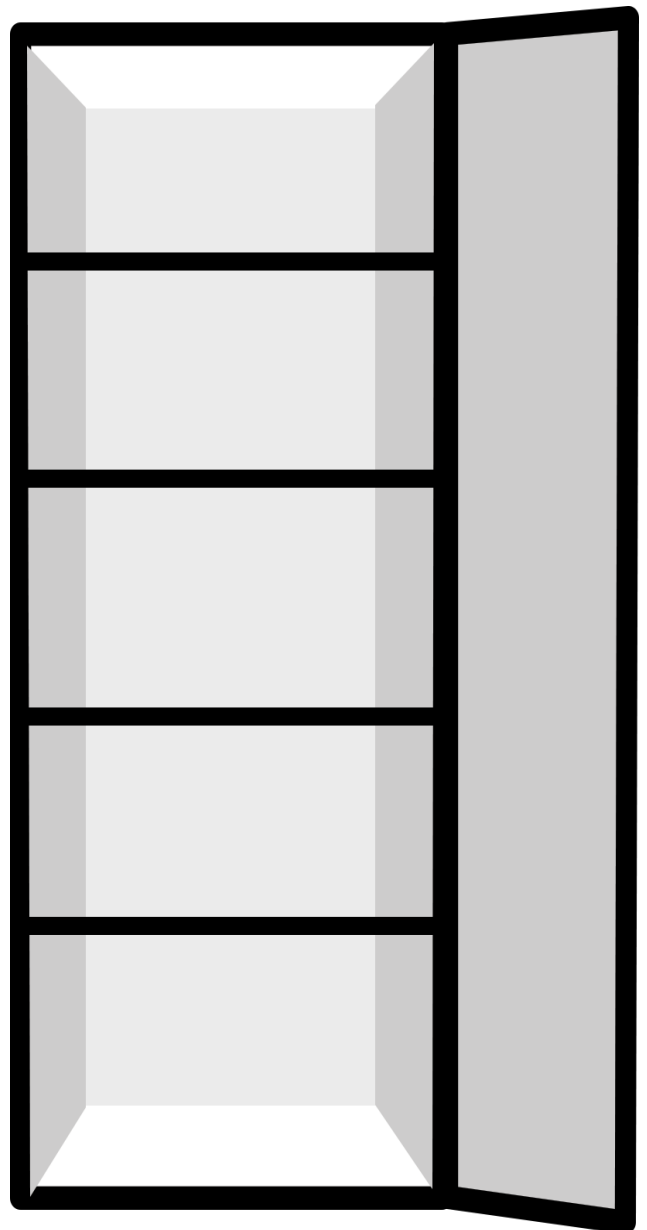
Beef & Pork ⇨



Ground Meat ⇨



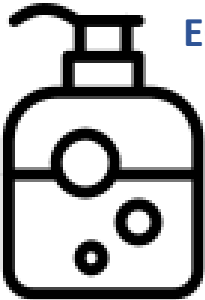
Poultry ⇨



## LABEL FOOD BY DATE

Remember FIFO, or First In, First Out. Don't be afraid to throw out old food that you shouldn't use. If you're questioning whether you should serve something, it's better to throw it out rather than risk a customer getting sick.

## CLEAN AND SANITIZE PREPARATION SURFACES AND EQUIPMENT REGULARLY



Your kitchen staff needs a clean and sanitized workstation and equipment to do their job. Use hot soapy water, a small amount of commercial bleach or cleaner on cutting boards, dishes, countertops and more.

Don't neglect your restaurant equipment and be sure you clean and maintain it properly as advised by the manufacturer.

## TRAIN YOUR STAFF

A knowledgeable kitchen staff is a good kitchen staff.

You need to offer proper training techniques to your staff so they're aware of food safety. If you don't train your staff, they may take shortcuts or forget things, increasing the risk of your customers getting sick.

Each new kitchen staff member should be shown the proper way to do something and should also be given guidelines on what *not* to do.



**Do you have questions or need additional assistance?  
Contact the Consumer Health Services Division at 409-938-2411.**