

Top Ten Steps to Food Safety



1. **Wash Hands Often** – Wash hands thoroughly and often.
 - Keeping hands clean helps prevent the transfer of harmful food borne micro-organisms from one food to another food or food contact surface.
 - When using gloves change them often and always, wash your hands when changing gloves.
 - **Always**, always wash your hands after using the washroom.
 - Keep hand washing stations properly stocked.
2. **Stop Cross-Contamination** – Cross-contamination is when food borne organisms are transferred from one food or food contact surface to another food or food contact surface.
 - Cross-contamination comes from many sources but the most common are dirty hands and food contact surfaces.
 - Use different coloured cutting boards for chicken, beef and seafood.
 - Use separate areas of the grill for chicken, seafood and fish.
 - *Never mix new sauces with old. Use up the old sauce and then restock using a new container. Only use small batches of sauces to hold at the broiler line.*
3. **Keep Foods Out Of The Temperature Danger Zone** – This is the temperature range from 41° F -140°F.
 - Bacteria loves to grow in this temperature range.
 - Always minimize the amount of time that food is allowed to be in this range.
4. **Reheat Foods To Proper Temperature** – All foods that are to be held hot must be reheated to 165° F for at least 15 seconds.
5. **Hot Foods Must Be Kept Hot** – Hot foods are to be kept at, or above 140°F.
 - Check the temperature of food being held hot at least once per hour.
6. **Cool Foods Quickly** – Use ice baths to bring hot foods quickly through the danger zone.
 - Reduce the size or mass of foods to allow foods to cool quickly.
 - Not following this procedure is the **leading cause of people getting food poisoning**.
7. **Cold Foods Must Be Kept Cold** - Cold foods are to be kept at, or below 40° F.
 - Check the temperature of line sauces being kept cold at least once per hour.
8. **Cook Foods Properly** – Never rely on eyesight only to determine if food is properly cooked.
 - Use a thermometer to ensure food is cooked to its recommended minimum internal temperature so that food borne organisms are reduced or eliminated.
9. **Thaw Foods Properly** – Always thaw food in the refrigerator.
 - In some cases under cool, running water.
 - No other method is acceptable.
10. **Maintain The Highest Levels Of Sanitation** – keep your restaurant clean and sanitary at all times.
 - Prevent cross-contamination and the infestation of pests.
 - Wash, rinse and sanitize all utensils and food contact surfaces often.
 - Keep your kitchen in good repair to eliminate places for pests to inhabit.

