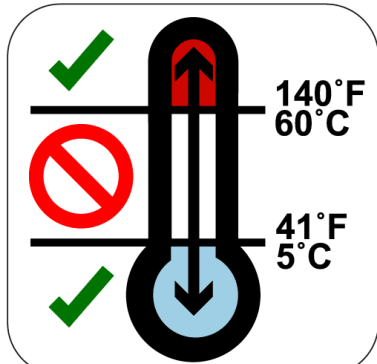


Keep it Hot or Cold

Bacteria may grow in potentially hazardous foods. Keep potentially hazardous foods out of the Danger Zone (41°F - 140°F) for safety.



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Potentially hazardous foods include:

- Meat, poultry, fish, seafood, eggs
- Cooked starches (potatoes, rice, pasta)
- Dairy products
- Soy products, such as tofu
- Raw sprouts and cut melons
- Cooked vegetables
- Herbs and garlic mixed in oil

Washington State Working Document 3-501.16
Washington State Department of Health

Keep it Separate

Cross contamination is the spread of bacteria from raw meat to other foods.



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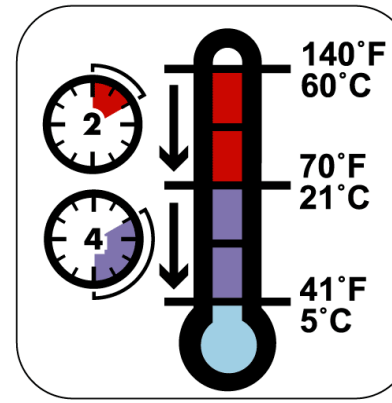
To avoid cross contamination:

- **Separate** raw meat below or away from other foods
- **Wash and sanitize** equipment after you use it for raw meat
- **Wash your hands** after touching raw meat
- **Sanitize** with sanitizers used only with raw meat

Washington State Working Document 3-302.11
Washington State Department of Health

Cool it Quickly

Cooling hot foods rapidly is important to keep bacteria that can cause illness from growing in food.



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Foods may be cooled with either method:

- 1. Shallow pan cooling:**
Two-inch deep layer of food in an uncovered pan refrigerated at 41°F
- 2. Two-tier time and temperature cooling:**
 - Cool from 140°F to 70°F within 2 hours
 - Cool from 70°F to 41°F within 4 hours

Washington State Working Document 3-501.14
Washington State Department of Health

Keep it Healthy

Germs are easy to spread. Sick food workers may not work with food or food-contact surfaces.



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Notify the PIC and stay away from food if you have:

- **Symptoms** of illness (diarrhea, vomiting, or jaundice)
- **Diagnosed** illness (such as E.coli, Salmonella)
- **Infected**, *uncovered* wounds
- **Discharges** from the eyes, nose or mouth

Washington State Working Document 2-201.11
Washington State Department of Health