



PREPARE IT RIGHT!

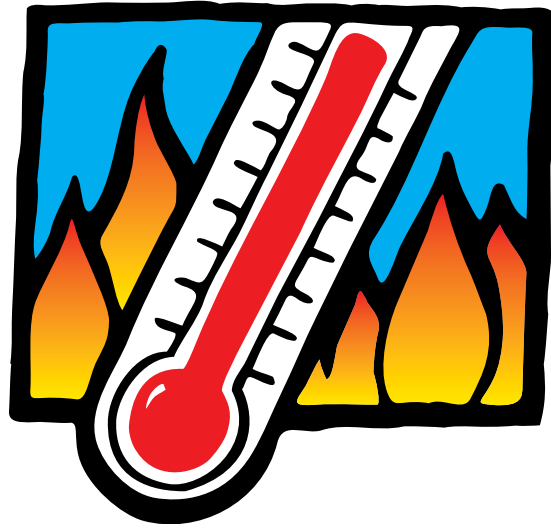
- **Use clean equipment and utensils.**
- **Wash hands thoroughly with soap and water before starting and after every interruption.**
If using plastic gloves, replace them after every interruption.
- **If you have a communicable illness, such as a cold, flu or a skin infection, do not handle food!**
- **Avoid cross-contamination.**
Do not use the same cutting board for raw foods and cooked foods without washing and sanitizing between uses.
- **Do not thaw foods at room temperature. Thaw foods in the refrigerator, microwave oven or under cool running water.**
Microwave-thawed food must be cooked immediately.

Reference: Food Code, 2022. Food and Drug Administration of the U.S. Public Health Service.

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For additional information, contact your county NDSU Extension office.



COOK IT RIGHT!

- **Cook foods to the proper temperatures. Check the temperature with a meat thermometer inserted in the thickest portion of the meat or poultry. Clean and sanitize the thermometer after every use.**

Cook ground beef or pork to at least 155 F, with temperature maintained for 15 seconds.

Cook pork, beef, lamb roasts and steaks to at least 145 F, with temperature maintained for 15 seconds.

Allow for a four-minute holding/standing time for all roasts.

Cook poultry to at least 165 F, with temperature maintained for 15 seconds.

Cook fish to at least 145 F, with temperature maintained for 15 seconds. Fish should flake with a fork.

Cook eggs (for immediate service) to at least 145 F, with temperature maintained for 15 seconds.

Do not partially cook foods.

Reheat prepared or refrigerated foods quickly (in two hours or less) to at least 165 F, with temperature maintained for 15 seconds

- **Avoid the “Danger Zone” (41 to 135 F). This is where microorganisms grow best. Keep hot foods hot and cold foods cold.**
- **Wash hands thoroughly with soap and water before starting and after every interruption.**

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SERVE IT RIGHT!

- **Avoid cross-contamination. Use clean serving containers.**

Do not serve cooked foods in containers that held raw foods.

Do not mix fresh-from-the-oven or refrigerated food with food held at room temperature.

- **Keep hot foods hot (at least 135 F) and cold foods cold (less than 41 F)**

Use a thermometer to check the temperature of hot and cold foods.

Cold foods should be on ice.

- **Do not allow potentially hazardous food to stand at room temperature more than four hours. This includes preparation time.**

- **Wash hands thoroughly with soap and water before starting and after every interruption.**

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COOL IT RIGHT!

- **Keep raw food and cooked food separate in the cooler/refrigerator. Store cooked food above raw food.**
- **Cool food quickly.**

Divide large quantities into smaller portions, and cool foods in shallow pans. Food should be no more than 3 inches deep.

For quick cooling, chill hot foods in small containers in an ice bath before refrigerating. Use rapid-cooling equipment when available.

Do not cool foods on the counter at room temperature.
- **Label and rotate foods — first in/first out.**
- **Check cooler/refrigerator and freezer temperatures frequently.**

Cooler temperature should be 41 F or lower.

Freezer temperature should be 0 F or lower.
- **When in doubt, throw it out.**
- **Wash hands thoroughly with soap and water before starting and after every interruption.**

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CLEAN IT RIGHT!

- **Wash, rinse and sanitize utensils after every use.**

Dishes, glasses, utensils, pots and pans: Wash with detergent solution, rinse in water and dip in sanitizing solution prepared according to manufacturer's directions.

Tables, counters: Wipe with a cloth stored in sanitizing solution prepared according to manufacturer's directions.

- **Change wiping cloths often. Rinse them in water and store them in sanitizing solution between uses.**

- **Use separate cloths for cleaning floors.**

- **Wash hands thoroughly with soap and water before starting and after every interruption.**

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