

FOOD HANDLING AND PREPARATION HANDOUT

FOOD HANDLERS SHOULD FOLLOW THESE PRACTICES:

- ✓ Practice a high degree of personal hygiene and cleanliness in work practices and dress.
- ✓ Food handlers must wear disposable gloves and change them frequently.
- ✓ When gloves are not used work with clean hands. Wash hands thoroughly after any work interruption. Hands should be kept away from mouth, nose and hair. Fingernails should be closely cut and cleaned.
- ✓ Proper hand washing facilities must be provided on site, which includes; soap, towels, and running water.
- ✓ If Port-A-Johns are provided, hand washing is needed in the Port-A-John.
- ✓ Smoking is prohibited while handling food and while in the food preparation area.
- ✓ Food handlers with communicable illness, cuts and/or infections are prohibited from preparing or serving food.

FOOD DISPLAY AND SERVICE REQUIREMENTS:

- ✓ All potentially hazardous foods which include food that contains milk products, eggs, meat, poultry, fish, and shellfish, must be kept hot or cold as follows:
 - Hot food must be held at 135 degrees Fahrenheit or higher.
 - Cold food must be held at 41 degrees Fahrenheit or lower.
- ✓ Provide thermometers for monitoring cold and hot temperatures.
- ✓ Safe Cooking Temperatures: (Internal temperatures for raw animal meats)
 - Fish, meat, pork, and game animals must be cooked to 145°F.
 - Ground meat/fish, injected meats, and pooled eggs must be cooked to 155°F.
 - Poultry and stuffed meat/pasta/fish must be cooked to 165°F.
- ✓ Hamburgers must be cooked thoroughly until well done.
- ✓ Cross contamination of foods must be avoided. After handling raw products such as meats, poultry, eggs and fish: Change gloves/wash hands, sanitize equipment, utensils, and surfaces which were in contact with raw product.
- ✓ Condiments, especially mayonnaise and butter should be served in individual pre-wrapped packages. Do not store in the hot sun. They should be stored at or below 41 degrees Fahrenheit.

**** The use of bleach is strongly recommended to sanitize all surfaces. One capful of bleach for every gallon of water.

For more information please visit: www.state.nj.us/health/eoh/foodweb.