

Here's how to...

# Serve Food with Confidence

The Center for Disease Control and Prevention (CDC) estimates that 48 million people get sick each year from consuming contaminated foods and beverages. In 2013, 60% of reported outbreaks were related to food prepared in restaurants. Four simple steps can reduce the possibility of such an outbreak occurring within your restaurant.

<p><b>Step 1 CLEAN</b></p> <p><i>Information provided by the U.S. Food and Drug Administration. For more information go to <a href="http://www.fda.gov/safe-food-handling">www.fda.gov/safe-food-handling</a></i></p>	<p><b>Wash hands and surfaces often.</b></p> <ul style="list-style-type: none"> <li>Wash your hands according to proper hand washing techniques. Use warm water and soap for at least 20 seconds. For the complete hand washing procedures, access the <i>Here's How to Wash Your Hands</i> resources on <b>KTEC Online</b>.</li> <li>Wash cutting boards, dishes, utensils and counter tops with hot soapy water or sanitizer after preparing each food item and before going on to the next food item.</li> <li>Rinse fresh fruits and vegetables, including those with skins or rinds, under running tap water. Even though you are not eating the skin, you may still cut through it, possibly transferring bacteria from the outside into the fruit or vegetable.</li> <li>Before opening canned goods, clean the lid to prevent bacteria from falling into the can.</li> </ul>	
<p><b>Step 2 SEPARATE</b></p>	<p><b>Separate raw meats from other foods.</b></p> <ul style="list-style-type: none"> <li>Separate raw meat, poultry, seafood and eggs from other foods in your refrigerator.</li> <li>Use one cutting board for fresh produce and another for raw meat, poultry and seafood.</li> <li>Never place cooked food on a plate that previously held raw food without washing and sanitizing the plate first.</li> <li>Do not reuse marinades used on raw foods unless you bring them to a boil first.</li> </ul>	<p><b>DID YOU KNOW?</b> Cross contamination can occur when bacteria are spread from one food product to another. These foods and their juices must be kept away from ready-to-eat food to prevent foodborne illness.</p>
<p><b>Step 3 COOK</b></p> <p><i>"Safely cooked food" has reached an internal temperature high enough to kill harmful bacteria that can cause foodborne illness.</i></p>	<p><b>Cook to the right temperatures.</b></p> <ul style="list-style-type: none"> <li>Always use a food thermometer to measure the internal temperature of cooked foods. Color is not a reliable resource! See <i>Here's How to Calibrate a Thermometer</i> on <b>KTEC Online</b> to ensure your thermometer is accurate.</li> <li>Always allow standing time before checking the temperature of food. This allows the cooking process to complete and gives a more accurate reading.</li> <li>When cooking in a microwave oven, cover food, stir and rotate for even cooking.</li> <li>Bring sauces, soups and gravies to a boil when reheating.</li> </ul>	<p><b>TEMPERATURE DANGER ZONE</b> The range between 40°F and 140°F is known as the Temperature Danger Zone and is the temperature range in which bacteria grow and multiply quickly. Food must pass through this temperature range quickly to reduce bacteria growth.</p>
<p><b>Step 4 CHILL</b></p> <p><i>Harmful bacteria grow slower in colder temperatures. Even cooked foods require a cooling cycle to prevent bacteria growth within the temperature danger zone.</i></p>	<p><b>Refrigerate foods properly.</b></p> <ul style="list-style-type: none"> <li>Refrigerate or freeze meat, poultry, eggs, seafood and other perishables within 2 hours of cooking or purchasing. If the temperature is above 90°F outside, refrigerate within 1 hour.</li> <li>Cool cooked food from 140°F to 40°F within 6 hours. Refer to the <i>Here's How to Cool Food Properly</i> resource on <b>KTEC Online</b> for best practices to cool cooked foods.</li> <li>Never thaw food at room temperature. Defrost only in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave must be cooked immediately.</li> <li>Always marinate food in the refrigerator.</li> <li>Use or discard refrigerated food on a regular basis.</li> </ul>	<p><b>TEMPERATURE DANGER ZONE</b> The range between 40°F and 140°F is known as the Temperature Danger Zone and is the temperature range in which bacteria grow and multiply quickly. Food must pass through this temperature range quickly to reduce bacteria growth.</p>