SHEBOYGAN COUNTY DIVISION OF PUBLIC HEALTH
Environmental Sanitation, 1011 North 8th St., Sheboygan, WI 53081 (920-459-4382)

FOOD SAFETY GUIDELINES

Most Foodborne Illness Results from Bacteria and Viruses Spread by:

- **Failure to thoroughly wash hands**
- **Failure to cook, cool or reheat foods adequately**
- **Cross contamination**
- **Ill food handlers**

HAND WASHING

Wash Hands:

- Before handling food, especially ready-to-eat foods like sandwiches and salads
- Before putting on gloves
- After using the bathroom
- After smoking
- After sneezing into hands
- After touching hair or face
- After touching raw meats and poultry

SAFE FOOD TEMPERATURES

Cook:

- **Poultry, poultry stuffing, stuffed meat and stuffing containing meat**…..to165˚ F for 15 seconds
- **Ground beef/hamburger**….to 155˚ F for 15 seconds
- **Uncooked brats or polish sausage** ……...to 155˚ F for 15 seconds
- **Whole pork, beef roasts, and ham** …….....to 145˚ F for 4 minutes*
- **Pork chops/ribs**……to 145˚ F for 15 seconds*
- **Fish**…….……. to 145˚ F for 15 seconds
- **Raw shell eggs** prepared for immediate service ……....to 145˚ F for 15 seconds
- **Fruits and vegetables** cooked for hot holding …….....to 135˚ F

Hold:

- At 135˚F or above for safe hot holding
- At 41˚F or below for safe cold holding
- Watch out for "*Danger Zone*", 41˚ F to 135˚F
- After touching raw meats and poultry

Cool potentially hazardous cooked foods:

- Within two hours, from 135˚F to 70˚F
- Within four hours, from 70˚F to 41˚F or below

*Refer to Time and Temperature chart on reverse side for additional cooking time and temperature information.

For speed cooling:

- Use ice bath with frequent stirring or add ice as an ingredient
- Use frozen paddle or wand
- Separate food into shallow pans and refrigerate

Reheat rapidly:

- To 165˚F for 15 seconds
- Stir food while reheating
- Use proper cooking unit, not a steam table

CROSS CONTAMINATION

- Wash exterior surfaces of raw fruits and vegetables
- Use separate sanitizing solutions and cloths for wiping spills from food contact and nonfood contact surfaces of equipment
- Clean & sanitize cutting boards and utensils after every use
- Use separate cutting boards for meats, poultry, raw fruits and vegetables, or wash, rinse and sanitize between uses
- Use suitable utensils, tissue paper or single-use gloves to handle ready-to-eat foods, not bare hand contact

ILL FOOD HANDLERS

- Cover lesions on the hands or wrist with an permeable finger cot or stall and with a single-use glove
- **Exclude** employees *with a foodborne illness* such as **Salmonella, Shigella, E**. coli 0157:H7, **Hepatitis A, Vomiting** or **Diarrhea** from the food establishment.

* **Time and Temperature Chart** for cooking whole beef roasts, corned beef roasts, pork roasts and cured pork such as ham.

Temperature degrees C	(F)	Time §	Temperature degrees C	(F)	Time §	Temperature degrees C	(F)	Time §
54	(130)	112 min.	62	(144)	5 min.	67.2	(153)	34 sec.
56	(132)	71 min.	63	(145)	4 min.	67.8	(154)	27 sec.
57	(134)	45 min.	63.3	(146)	169 sec.	68.3	(155)	22 sec.
58	(136)	28 min.	63.9	(147)	134 sec.	68.9	(156)	17 sec.
59	(138)	18 min.	64.4	(148)	107 sec.	69.4	(157)	14 sec.
60	(140)	12 min.	65	(149)	85 sec.	70	(158)	11 sec.
60.6	(141)	9 min.	65.6	(150)	67 sec.	70.6	(159)	10 sec.
61	(142)	8 min.	66.1	(151)	54 sec.	71.1	(160)	10 sec.
61.7	(143)	6 min.	66.7	(152)	43 sec.			

§ Holding time may include postoven heat rise