**KEEP FOOD SAFE**

**HYGIENE**

**STAY HOME**
Do not handle food if you are experiencing:

- VOMITING
- DIARRHEA
- SORE THROAT WITH A FEVER
- YELLOWING OF SKIN OR EYES

**GLOVES**
Wear gloves to avoid bare hand contact:
- Wash hands before putting on gloves
- Single-use gloves can be worn up to 4 hours on a single task
- Gloves must be changed between tasks

**HANDWASHING**
Follow these steps to wash hands correctly:

- Wet hands with warm running water
- Apply soap
- Scrub hands and lower arms for 15 seconds
- Rinse
- Dry with disposable paper towel

**TIME/TEMPERATURE CONTROL**

<table>
<thead>
<tr>
<th>135°F</th>
<th>Hot foods must be held at or above 135°F</th>
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<tbody>
<tr>
<td>41°F</td>
<td>Cold foods must be held at or below 41°F</td>
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**REHEATING FOR HOT HOLDING**

- **165°**
  - Within 2 hours

**TWO-STAGE COOLING**

- **135° - 70°**
  - In 2 hours or less
- **70° - 41°**
  - In 4 hours or less
- Maximum cooling time 6 hours

All food must be labeled to prevent foodborne illness:

- Label food with the earliest use-by date of any of its ingredients.
- Food must be sold, eaten, or discarded within 7 days from when it was first prepared.
- Follow FIFO (First In, First Out) when using food that has been thawed, opened, or prepared.

Use by 20 Aug 19

[StateFoodSafety.com]