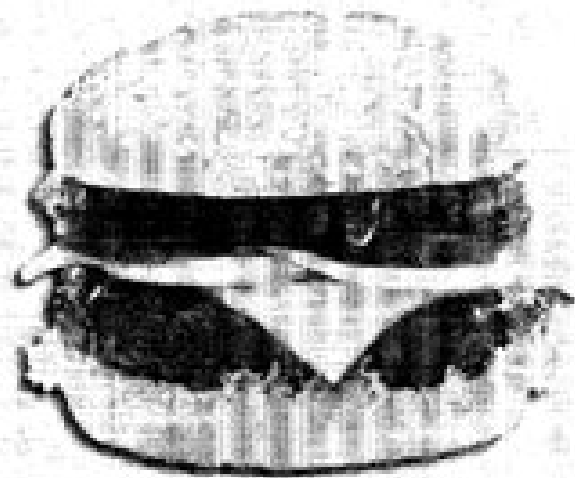


## Food Handler's Manual - Food Safety

Placing  
Food  
Safety  
First



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## Cooking

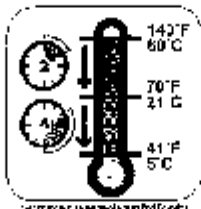
### The correct temperatures



Germs that cause foodborne illness are killed when foods are cooked to the proper temperature. Insert a food thermometer into the thickest part of the food to be sure that it is cooked to the correct temperature. The food type and its cooking time determine what the cooking temperature must be. Food core temperatures should be held at the correct temperature for a minimum of 15-seconds; poultry and reheated foods 75°C, and fish, pork, beef and eggs 65°C and hotter.

### Two stage cooling

Roasts and large batches of cooked food must be cooled quickly otherwise bacteria can grow. The two stage cooling method takes 6 hours in total



- Stage 1: 60°C to 21°C within 2 hours
- Stage 2: 21°C to 5°C within 4 hours
- See next page for cooling methods (page 10)

## Thawing

Correct methods must be used to thaw (defrost) frozen foods to stop bacteria from growing. Safe thawing methods:

- In the microwave – so long as the food is cooked straight after thawing
- In the fridge or coldroom – the slowest and the safest
- During the cooking process – continuous cooking with no interruption
- Submerged in cold water – the food must be sealed and water must be changed every few minutes. The better method is to run cold water over the food continuously. However this is not advisable due to the high wastage of precious water; both 'water' methods are not recommended

## Coldroom and freezer room storing

- Foods prepared on site must be date marked with a Consume by Date
- When commercial foods are opened or decanted, it must be date marked with a Consume by Date
- Containers must be clearly labeled with the food type
- Practice the first-in-first-out method with all stored foods
- Cover ready to eat foods
- Store raw meats on the lowest shelves and ready to eat foods on the highest
- Keep food in a can and approved containers
- Separate raw meat, poultry, and fish