

Safely Preparing Food

Prevent cross-contamination. Cross-contamination is the transfer of microorganisms from one food or surface to another.

To prevent cross-contamination:

- Wash hands properly before working with food and between touching different types of food, especially potentially hazardous items such as raw meat, poultry, or seafood.
- Use different cutting boards and utensils to keep raw and ready-to-eat food separate.
- Clean and sanitize all work surfaces and equipment after each task, especially after working with potentially hazardous food such as raw chicken.
- Prepare raw and ready-to-eat food items at separate times of the day. For example, you can prepare salads in the morning, clean and sanitize utensils and work surfaces, and then debone chicken in the afternoon.

Control Time and Temperature– Foodborne illness causing microorganisms grow and multiply at temperatures between **41° F and 135° F**. This range is known as the **Temperature Danger Zone**.

The best way to avoid time-temperature abuse is to establish and monitor control procedures that employees must follow.

Some Basics:

- Only remove enough product from the refrigerator that can be prepared in a short time
- Prepare small batches of food at a time
- Refrigerate food if interrupted during preparation
- Refrigerate or cook food as soon as preparation is done



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Safe Food, Great Service, No Empty Seats