The 5 “C’s” of Food Safety

CHOOSING FOOD
Check for:
• Use by date
• Well wrapped items
Bag raw meats separately

CROSS CONTAMINATION
Transportation
• Separate raw meat
Storage
• Plate for leakage
• Separate from ready to eat foods
Work Area
• Separate cutting board/tools

CLEANING HANDS AND WORK SPACE
Hands
1. Wet hands and soap them.
2. Lather and scrub 20 seconds
3. Rinse in hot water for 10 sec.
4. Dry hands and turn off water

Work Space
1. Pick up debris/liquid with papertowel
2. Spray items used - counters, knives
3. Allow product to stand time stated
4. Wipe with papertowel or air dry

CHILLING & STORAGE
Store 41° (5C)
Even during transportation

COOKING FOODS
Chicken
165°(74C)
Ground Beef
160°(71C)
Beef Steaks
145°-160°?(63-71C)
Pork Chops
160°(71C)

Play it Safe!