

## **FOOD SAFETY GUIDELINES**

**Safe Food Handling** - Always wash your hands with warm water and soap for 20 seconds before and after handling food. Always serve food on clean plates -- never those previously holding raw meat or poultry.

**Ready to Cook** - If you are cooking food be sure to cook foods thoroughly to safe internal temperatures.

**Keep Hot Foods HOT and Cold Foods COLD** - Hot foods should be held at 140 °F or warmer. You can keep hot foods hot with slow cookers and warming trays. Cold foods should be held at 40 °F or colder. Keep foods cold by nesting dishes in bowls of ice. If you buy party trays at the store, remove lid and fill with ice. Put the tray on the lid for a handy cooling station. Bacteria can also multiply quickly in moist desserts that contain dairy products. Keep eggnog, cheesecakes, cream pies and cakes with whipped-cream or cream-cheese frostings refrigerated until serving time. Keep perishable foods chilled until serving time!

**The 2-Hour Rule** - Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more. When in doubt, throw it out