

Dear Food Service Owner/Manager,

With Thanksgiving just around the corner, many of you may be planning on preparing and serving large meals. With that in mind, Ledge Light Health District wants to assist you to ensure your meals are delicious and safe for your patrons by following these food safety tips (ESCTHCS) and attached documents.

Employees

- No one can be ill with vomiting, diarrhea, fever or any illness transmittable through food. If this happens, send the employee home and call the LLHD immediately to report the illness at 860-448-4882 (after hours 860-445-2000).
- Wash hands often
- Avoid bare hand contact with foods
- Have effective hair restraints and minimize jewelry

Storage

- Keep potentially hazardous foods in a working refrigerator or freezer so the food temperature (taken with a sanitized, calibrated, digital food thermometer) remains at 45°F or less.
- Store foods according to the attached graphic, with foods like poultry stored on the bottom shelf and ready to eat foods stored on the top shelf.
- Keep all dry goods and food contact items on shelves at least 12" off the floor and away from chemicals



Clean and Sanitize

- All reusable food contact equipment and surfaces must be washed, rinsed, sanitized and air dried prior to use.
- Use a working dish machine or a three compartment sink with an approved sanitizer (see "Sanitizing Solution for Manual Dishwashing")
- Use labeled sanitizer buckets for wiping cloths and check the concentration with test strips

Sanitizing Solution for Manual Dishwashing

Immersion for at least 1 minute in sanitizing solution containing:

- At least 50 ppm of available chlorine - Minimum Temp: 75°F.
- At least 12.5 ppm of available iodine - pH no higher than 5.0 - Temp at least 75°F.
- Other sanitizers as demonstrated satisfactory to the Director of Health

**Chlorine Sanitizing Solution can be made by using a 5.25% chlorine bleach (approved by EPA for sanitizing) mix one (1) tablespoon of bleach with two (2) gallons of water = Approx. 100 ppm chlorine. Follow the label directions for specific mixing instructions. This is a guideline only.

** Always check the strength of the sanitizer solution with a test kit.

** Solution should be used between 50-100 ppm of chlorine

**Use an accurate chemical test kit when verifying a sanitizer concentration.

Thaw/Cook

- Thaw frozen foods using one or more of the following methods:
 - in a working refrigerator
 - under cold running water
 - microwave (then thoroughly cook)
 - as part of the cooking process
- Potentially hazardous foods need to be thoroughly cooked to prevent foodborne illness
- Utilize calibrated, sanitized (before and after taking food temps) digital food thermometers
- Take temperatures at multiple locations of a cooked product
- See the “Internal Cooking Temperatures” image for minimum cooking temps for various foods

Internal Cooking Temperatures	
<small>Section 19-13-B42(m)(1)(A)(B)(C)(D)</small>	
Whole Roasts, Corned Beef, Pork Roasts	
130°F.	121 minutes
140°F.	12 minutes
145°F.	3 minutes
Shell Eggs, Fish, Meat, Pork	
145°F	15 seconds
Ground or Comminuted Meat and Fish Products	
145°F.	3 minutes
150°F.	1 minute
155°F.	15 seconds
158°F.	Instantaneously
Game Meats, Poultry, Ground or Comminuted Poultry & Stuffed: Fish, Meat, Pasta, Poultry or Stuffing containing PHF ingredients	
165°F.	15 seconds
Microwave Cooking	
Raw animal food shall be rotated or stirred throughout or midway during cooking to compensate for uneven distribution of heat; covered to retain surface moisture; heated to a temperature of at least 165 degrees F. in all parts of the food, and allowed to stand covered for 2 minutes after cooking.	

Hold

- Potentially hazardous foods must be properly hot or cold held to prevent illness
- Hot foods are 140°F or greater (internal) and cold foods are 45°F or less (internal)

Cool-This is a two-step process that must be completed within 6 hours.

1. Step one is to rapidly chill hot foods from **140°F-70°F in 2 hours** using the following
 - a. Cut dense product into smaller pieces to increase surface area
 - b. Ice baths
 - c. Chill wands
 - d. Stirring
 - e. Use shallow pans (<3" deep)
 - f. Blast chillers, but don't put hot foods in a regular freezer as it will create a layer of ice that insulates the food.
 - g. **If you don't make it to 70°F or less in 2 hours, reheat the food the 165°F and start again.**
2. Step 2 is to place the product in a shallow pan, partially cover the food and place it in a working walk-in refrigerator to cool from **70°F-45°F in 4 hours.**
3. The use of temperature cooling logs to properly monitor your cooling procedure is highly recommended.

Store

- Any leftovers should be properly cooled then covered, labeled with the name of the food and date it was prepared.
- Store potentially hazardous foods in a working refrigerator or freezer in the same order as previously mentioned.
- Throw out leftovers after 7 days.