

FOOD SAFETY FOCUS

Time – Temperature Abuse

One of the biggest factors responsible for food borne illness outbreaks is time - temperature abuse.

Foodborne microorganisms grow at temperatures between 41F. and 140F. This is why this range is known as the “temperature danger zone”. Microorganisms grow much faster in the middle of the zone, at temperatures between 70F. and 125F.

The longer food stays in the temperature danger zone, the more time microorganisms have to grow and make food unsafe. If food is held in this dangerous range for more than 4 hours you must throw it out.

Follow these rules to keep food safe:

- Cook to the required minimum temperature (Refer to FDA Food Code recommendations)
- Cool hot food properly (From 140F to 70F in 2 hours, and from 70F to 41F in 4 hours).
- Reheat properly (to 165F for 15 seconds)
- Hold food at proper temperature (hot & cold holding). Hot foods at 140F or above, and cold foods at 41F or below.

References:

- Serv Safe course book 5th edition
- FDA 1999 food code public health annex
- FDA 2009 food code public health annex
- www.fsis.usda.gov/thermy

Temperature Logs

The best way to avoid time temperature abuse is to establish procedures employees must follow and then monitor them. Temperature log sheets should document:

- ✓ Product
- ✓ Location of product
- ✓ Date / Time of monitoring
- ✓ Temperature of product
- ✓ Corrective action (if needed)
- ✓ Employee & managers initials for tracking purposes & to verify the procedures / processes are being followed.



Make time and temperature control part of every employee's job.

Proper Cooking Temperatures

- 165F**—Poultry (chicken, turkey, duck & goose), stews, soups, stuffed meats, casseroles, & leftovers
- 155F**—Ground meat, ground fish, egg dishes (scrambled)
- 145F**—Beef steaks, pork s, fish, shellfish, & eggs (broken)

Temperature Danger Zone!

Bacterial growth and/or toxin production can occur if potentially hazardous food remains in the temperature "Danger Zone" of **41°F to 140°F (5°C to 60°C)** too long. Heating or cooling of food should be performed as rapidly as possible to avoid the possibility of bacterial growth.

Common Sense Caution

If you're not sure how old a food is, or fear that it may not have been properly refrigerated or has been left out too long, don't taste it! **When in doubt, throw it out!**

FSAC Spotlight: Carolyn Raab has been member of FSAC since 1996. She is a consumer representative who works as a Food and Nutrition Specialist with OSU's Extension Family & Community Health Unit. In that role she develops consumer education materials on food safety. In April 2010 she was recognized as a nominee for the Sheldon Wagner Public Service Award for her longstanding dedication to food safety in Benton County and the state of Oregon.

"Serving on the FSAC keeps me updated on food safety issues that affect the foodservice industry," Carolyn says.

Next FSAC meeting is January 24th, 2011, 2:30pm. # 541-766-6633

It's Cold & Flu Season!

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

CDC Recommendations:

- Cover your mouth and nose when you sneeze or cough
- Wash your hands
- Avoid touching your eyes, nose or mouth
- Stay home when you are sick

UPCOMING CLASSES

ServSafe Manager's Certification Training:

April 21st, 2011. Questions: 541-766-6841



ONLINE Food Handler Class: www.co.benton.or.us/environmental

Or you can test in our office: Thursdays 9:30am & 3:30pm ENGLISH
Fridays 1:30pm SPANISH



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Food Safety Focus!