

To minimize the possibility of outbreaks caused by a foodborne illness, here are a few tips on proper food handling and personal hygiene to follow:

Food Preparation

- If you have an illness, such as a cold sore, infected cut, colds, etc, do NOT prepare food since it can lead to the spread of illnesses to others.
- If you are purchasing the food product (pre-made or requiring further preparation), ensure that the source is a licensed retail establishment that has a valid health permit with the local Health Department.
- Prior to any food handling, wash your hands thoroughly for 10-15 seconds with warm water and soap being sure to get between your fingers and thumb.
- Clean and sanitize all surfaces where food will be prepared.
 - To make a sanitizing solution, use 1 cap of bleach per gallon of water.
- Thoroughly wash all raw fruits and vegetables before serving to eliminate the potential risk of food-borne outbreaks.
- Separate raw meats from cooked food items while prepping food and during food storage.
- Cook meats to appropriate temperatures.
 - Eggs, fish and whole pieces of meat including beef, lamb and pork - 145°F
 - Ground up meats like sausages or hamburgers - 155°F
 - Poultry like chicken or turkey, foods that are stuffed - 165°F
- Do not allow food to sit out of temperature control (refrigeration or hot holding) for over 2 hours.
- Store and transport all food in clean, appropriate containers and cover the container - e.g. with plastic wrap when on display. Do not store any food product in the original container since many of these containers were not originally designed for food STORAGE.

Safe Food Serving

- Wash hands thoroughly for 10-15 seconds before serving food.
- Use chafing dishes or crockpots to help maintain hot food temperature. Hot food should remain at 135°F or hotter.
- Ice bowls, coolers or other insulated dishes should be used with cold dishes to keep food temperatures at 41°F or colder.
 - Avoid temperature danger zone between 42-134°F where bacteria can multiply quickly.
- Do not keep perishable food items at room temperature for more than 2 hours.
- If serving outdoors, use lids or foil to cover food that is not being served to prevent exposure to

contaminants.

- Have appropriate serving utensils and back up for each dish so guests aren't tempted to use their hands to serve food.
- Whenever using an open flame or electrical appliances to either cook or hold hot food at your venue, be sure to have a 2A10BC fire extinguisher readily available to use in case of an emergency.

Leftovers

- Perishable food (dairy, poultry, eggs, fish, meat, etc.) shall not be served once it has been "out of temperature" for longer than 4 hours (danger zone between 42-134°F).
WHEN IN DOUBT THROW IT OUT.
- If food is still holding 41°F it may be kept.
- Reheat leftovers to 165°F. Once reheated, discard any leftovers.

For additional information on safe food handling, visit: [Orange County Health Care Agency; Food Safety Programs](#); [FoodSafety.gov](#); [Center for Disease Control and Prevention - Basic Food Safety](#)

For any questions or concerns, email safety@uci.edu or call EHS at 949-824-6200