

Module 8: Healthy Practices (Part II)

Use an inventory system: the first food stored is the first food used.	
Pay close attention to the expiration dates, especially on foods that can spoil easily.	
All food that has been opened, or is not in its original package, must be stored in air-tight containers, labeled with the contents and the date it was opened.	
<u>Food Preparation and Handling</u> <u>Do not touch ready to eat food with bare hands. Use a utensil or food service gloves. Ready to eat foods include: rinsed fruits and vegetables that will be eaten raw, bakery items such as bread and crackers, foods that have already been cooked or foods that will not be cooked such as sandwiches.</u> <ul style="list-style-type: none">• Wash all raw fruits and vegetables before use. Wash tops of cans before opening.• Thaw frozen foods in the refrigerator or put quick-thaw foods in plastic bags under cold running water for immediate preparation. DO NOT thaw frozen foods by allowing them to stand at room temperature.• Use a thermometer to check internal temperatures of the following foods to be sure they have been cooked evenly (refer to WAC 170-295-3190) and to a minimum internal temperature of:<ul style="list-style-type: none">○ Ground beef or pork sausage - 155°F○ Pork – 145°○ Fish and seafood – 145°F○ Poultry - 165°F○ Stuffing - 165°F in a separate pan (do not cook stuffing inside poultry)○ Eggs – 145°F○ Beef (not ground) and lamb – 145°F• Prepare these potentially hazardous foods as quickly as possible from chilled products, serve immediately, and refrigerate leftovers immediately:<ul style="list-style-type: none">○ Meat salads, poultry salads, egg salads, seafood salads, and potato salads	