

Food Safety Practices

Food Safety Practices – Quick Reference Notes

1. Why Food Safety Matters

Reason	Impact
Prevent foodborne illness	Reduces hospitalizations & deaths
Protect brand reputation	Maintains consumer trust
Meet legal requirements	Avoids fines, recalls, shutdowns
Preserve food quality	Extends shelf-life & reduces waste

2. Core Principles (The “Four Cs”)

C	What It Means	Key Actions
Clean	Keep everything sanitary	• Wash hands (20s) before/after handling food
		• Clean surfaces, utensils, and equipment with hot, soapy water; sanitize with approved agents
		• Rinse produce under running water; use a brush for firm items
Separate	Avoid cross-contamination	• Use separate cutting boards & knives for raw meat, poultry, seafood, and ready-to-eat foods
		• Store raw items on lowest shelves, sealed, to prevent drips onto other foods
		• Keep chemicals away from food storage areas
Cook	Reach safe internal temperatures	• Use a calibrated food-grade thermometer
		• Minimum internal temps (°C/°F):
		- Poultry, ground meat: 74°C / 165°F
		- Whole cuts (beef, pork, lamb): 63°C / 145°F (rest 3min)
		- Eggs & egg dishes: 71°C / 160°F
		- Fish: 63°C / 145°F

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C	What It Means	Key Actions
Chill	Cool quickly & store at safe temps	• Refrigerate $\leq 4^{\circ}\text{C}$ (40°F)
		• Freeze $\leq -18^{\circ}\text{C}$ (0°F)
		• Cool large portions in shallow containers ($\leq 5\text{cm}$ deep) or use an ice-water bath to bring food from 60°C to 4°C within 2h (or 5°C to 21°C within 2h, then to 4°C within 4h)

3. Personal Hygiene

Practice	Details
Hand washing	Wet & soap & scrub 20s (including nails, between fingers) & rinse & dry with disposable towel
Gloves	Change when torn, after handling raw food, or after any contamination event
Health	Do not work when sick with vomiting, diarrhea, sore throat, or fever
Clothing	Wear clean aprons, hair restraints, and closed-toe shoes; avoid jewelry that can harbor bacteria

4. Facility & Equipment Controls

Area	Control Measures
Receiving	Inspect deliveries for temperature ($\leq 4^{\circ}\text{C}$ for refrigerated, $\leq -18^{\circ}\text{C}$ for frozen), intact packaging, and expiration dates
Storage	FIFO (First-In-First-Out) rotation; label with date received & use-by date; keep raw & ready-to-eat foods separated
Cooking	Calibrate thermometers quarterly; use time-temperature charts for batch cooking
Cooling	Use blast chillers, ice baths, or shallow pans; monitor cooling curves
Reheating	Heat to $\geq 74^{\circ}\text{C}$ (165°F) throughout; stir to eliminate cold spots
Cleaning	Follow a documented cleaning schedule (daily, weekly, monthly); verify with visual checks and, where required, swab tests

5. Common Food-B