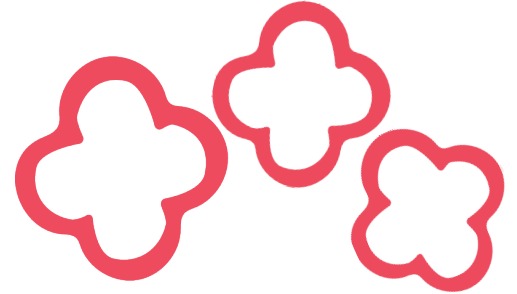


## refrigerator and freezer storage

Refrigerator temperature should be kept at 40°F or below.

Freezer temperature should be kept at 0°F or below. Both refrigerators and freezers need thermometers and daily temperature logs.

- Refrigerate/freeze food promptly upon delivery.
- Do not overload the refrigerator or freezer. Proper airflow keeps food at a safe temperature.
- Keep doors closed as much as possible (especially in the summer months).
- Never place steaming hot food in the refrigerator or freezer. This may raise temperatures.
- Wrap food properly. Uncovered food may lead to cross-contamination.
- Store raw meat, poultry, and fish separately and below ready-to-eat food (see table, at right).



**Store ready-to-eat food above raw food, in the following order, to prevent cross-contamination:**

Prepared Food
Fruits and Vegetables
Fish and Seafood
Beef and Pork
Ground Meat
Poultry



## dry food storage

Storerooms should be kept cool and dry. Food should be kept out of direct sunlight.

- Store dry food away from walls and at least 6 inches off the floor.
- Keep the storage area clean and dry.
- Discard cans that are dented, rusted or swollen.
- Discard any food that is missing a label or missing an expiration date.
- Make sure chemicals are placed on a separate shelf and below any food items.

## basic guidelines for food preparation

- Wash hands before and after handling food.
- Wash produce thoroughly under cold running water.
- Don't cross-contaminate – keep raw meat, poultry and seafood separate from ready-to-eat food items.

## thawing guidelines

Never thaw food at room temperature. There are four methods that can be used to safely thaw food:

refrigerator	microwave	running water	cooking
Thaw in refrigerator or cooler at 40°F or lower.	Food must be cooked fully immediately after thawing in microwave.	Submerge food under running water that is 70°F or lower, in a clean, sanitized sink.	Thaw food as part of the cooking process.

## cooking guidelines

Food must be cooked to its recommended minimum internal temperature. Once that temperature is reached, the food must be held at that temperature for a specific amount of time. Use a thermometer with a probe to ensure food has reached the correct temperature.

food type	temperature/time
<ul style="list-style-type: none"> <li>• Poultry (whole or ground chicken, turkey)</li> <li>• Stuffing made with fish, meat, or poultry</li> <li>• Stuffed meat, seafood, poultry or pasta</li> </ul>	165°F for 15 seconds
<ul style="list-style-type: none"> <li>• Ground beef, pork and seafood</li> <li>• Injected meat such as brined hams</li> <li>• Mechanically tenderized meat</li> </ul>	155°F for 15 seconds
<ul style="list-style-type: none"> <li>• Seafood</li> <li>• Steaks/chops of pork, beef, veal and lamb</li> </ul>	145°F for 15 seconds
<ul style="list-style-type: none"> <li>• Roasts of pork, beef, veal and lamb</li> </ul>	145°F for 4 minutes

## serving and holding food

- Hot food should be held at 140°F or higher. Cold food should be held at 40°F or lower.

## cooling and reheating food

- Cool cooked food quickly. Some methods include dividing food into smaller containers and placing them in an ice water bath, or using a frozen ice paddle to stir food.
- Food being reheated that will be held hot must be heated to an internal temperature of 165°F for 15 seconds.



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## questions about these guidelines?

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## questions about FeedMore WNY?

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