



Prevent • Promote • Protect

Quick Reference For Food Establishments

Receive:

Thermometers- Metal Stem or Digital
Range of (0 F – 220 F)
Accuracy of +/- 2 F

Calibrate To:

Ice point: 32 F
Boiling Point: 212 F

Receiving Temperatures:

Cooler: 41 F or less
Freezer: 0 F
Ice cream 6-10 F

Storing Temperatures:

SAME AS ABOVE
FIFO: First in first out (stock rotation)
Shelving: 6 inches off floor
Thermometers must be in all
coolers/freezers/warmers

Thawing:

Refrigerator
Under running water at 70 F or less
Microwave. Cooking must immediately
follow this to 180 F.
Cook it from frozen state.

Cooking Temperatures:

Poultry, stuffing, casseroles: 165 F
Ground Meat: 155 F
Sausage & Injected: 155 F
Fish, steaks, pork: 145 F
Eggs: 145 F
Veggies & Rice: 135 F
Microwave 180 F
Stir food & let stand for 2 minutes for
microwave.

Reheating Foods:

165 F for 15 seconds within 2 hours.

Hot Holding: 135 F or above

Cooling Foods: (MUST BE LOGGED)

Must reach 70 F within 2 hours,
Then 70 F to 41 F in 4 more hours.

Methods of cooling:

Split Large batches into several pans
Ice water bath
Use Shallow pans-4" deep or less
Ice wands

Cleaning & Sanitizing:

Use 3 compartment Sink Setup for:

Wash: Remove soil with detergent

Rinse: Remove detergent

Sanitize: Reduce microorganisms to safe
level. Submerge 1 minute.

Methods:

Heat: 170-180 F

**Chemical: Chlorine, Quat and EcoLab
Sink/Surface Cleaner Sanitizer (ESSCS)**

Concentration:

Chlorine: 50 ppm-100 ppm

Quat: 200 ppm – 400 ppm

ESSCS: Match Colors to blue box.

Use appropriate test strips to test
concentration.

Contact time: 1 minute

Mop Sink:

All wastewater must be disposed of in a
mop/utility sink only. It is not permissible to
dispose of this water outdoors or in a toilet.
All mops must be hung to dry.

**DON'T FORGET THAT ALL ITEMS NOT
IN ORIGINAL PACKAGING OR ITEMS
THAT HAVE BEEN COOKED OR
PREPARED MUST BE LABELED AND
DATE MARKED AND DISCARDED
AFTER 7 DAYS. The day it is prepared is
day 1.**

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