



Midland Health Department Holiday Food Safety



Goals & Objectives

► Five points of holiday food safety:

1. Prepping
2. Separating raw from ready
3. Thawing
4. Leftovers / Temperature danger zones
5. Transportation

References:

Safe meat temperatures & Outside dining

Prepping

- ▶ Some of the best ways to prepare for food handling are presetting the coolers and freezers, providing thermometers, washing your hands, and storing groceries within appropriate timing.



Separating raw from ready

- ▶ When handling food, it's important to separate raw from ready to eat foods. Some of the recommended ways for storing raw foods, especially meat, are in tightly sealed containers and/or placed on a tray to prevent leakage. It's also crucial to clean utensils, cutting boards, and surfaces when shifting from raw to ready to eat foods.



Thawing

- ▶ There are multiple ways to thaw but some recommendations are inside a cooler, under the faucet with cold water, and inside the microwave for smaller food portions. Avoid leaving food on the counter to ensure foods thaw out evenly.
- ▶ *** Never leave food out on the counter ***



Leftovers/Temperature danger zones

- ▶ Bacteria grows most rapidly in the range of temperatures between 40- 140 F. Perishable foods kept in the danger zone for longer than two hours should be thrown out. Some exceptions to this rule are foods that don't require time/temperature control such as baked goods or whole fruits.

- ▶ ***Temperature Danger Zones***
(40 F- 140 F)



Transportation

- ▶ Remember to always keep cold food cold and hot food hot while transporting. Place food items in a cooler with ice or gel packs to keep food at or below 40 F. Wrap dishes in insulated bags or towels to keep food at or above 140 F.



Safe meat temperatures



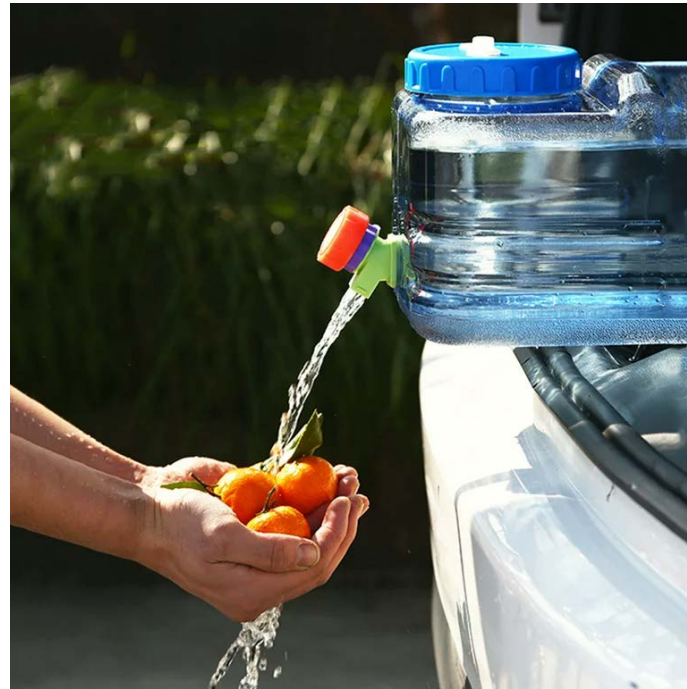
- ▶ Poultry- 165 F
- ▶ Ground beef- 160 F
- ▶ Beef – 145F
- ▶ Pork – 145 F
- ▶ Steak- 145 F
- ▶ Lamb- 145 F
- ▶ Ham- 145 F



- ▶ * Beef, lamb, and pork should rest for three minutes before carving and consuming to allow the juices to redistribute throughout the meat and are reabsorbed.

Outside dining

- ▶ * Remember if dining outside, make sure to have access to clean water, soap, and paper towels.



Thank you!

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