

DANGER ZONE

PREVENTION PLAN

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods. Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. **Illness-causing microbes grow rapidly between 70°F and 125°F.**

"Danger Zone"
41°F - 135°F

Cook, refrigerate, and hold all food to these minimum internal temperatures as measured with a food thermometer. When taking temperatures of hot- or cold-holding foods and foods in refrigeration, be sure to note them on log sheets or delivery invoices.

Minimum Internal Temperature

Poultry, Stuffing, Casseroles,
Reheating

165°F

Beef, Pork, Lamb,
Veal Roasts,
Steaks, Chops

145°F

Egg Dishes and
Ground Meat

155°F

Hot foods
holding,
Plant-based
foods

135°F

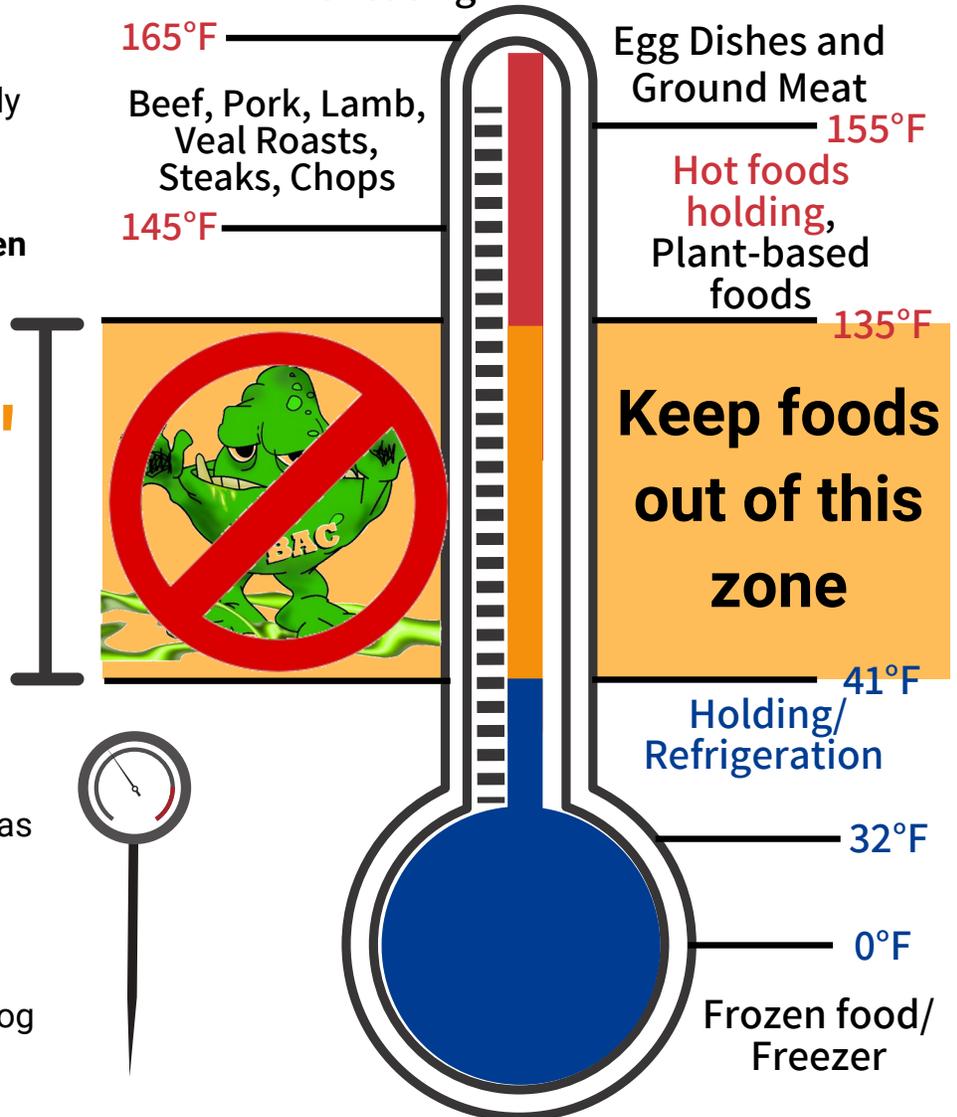
**Keep foods
out of this
zone**

41°F
Holding/
Refrigeration

32°F

0°F

Frozen food/
Freezer



FOODS MOST LIKELY TO BECOME UNSAFE TO EAT (TCS):

- Milk & Dairy Products
- Meat (*beef, pork, lamb*)
- Tofu, other soy protein, and synthetic ingredients.
- Sliced melons, cut tomatoes and cut leafy greens
- Untreated garlic and oil mixtures
- Poultry
- Shellfish & crustaceans
- Heat-treated plant food (*cooked rice, beans, and vegetables*)
- Raw shell eggs (not pastuerized & treated for Salmonella)
- Sprouts and sprout seeds

For more information, visit

http://clevelandhealth.org/network/environment/food_safety.php

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COOLING

- Food must be cooled using a 2 step process
- 1. **Cool from 135°F to 70°F within two (2) hours using aggressive cooling methods**
- 2. **Cool from 70° to 41° within four (4) hours**

REHEATING

- Food must be reheated to **165°F within two hours** for hot-holding
- **Stir while reheating** to ensure food reheats evenly

● **REDUCE FOOD SIZE**



Separating food into smaller containers (**4 inches deep or less**), and **covering them loosely**, is a good way to allow the heat to escape and cool food portions evenly.

● **BLAST CHILL**



Blast chillers are one example of an appliance dedicated to cooling food fast. There are a variety of settings depending on the size of portions, in addition to being able to cool large amounts of food fast.

● **ICE WATER BATH**



Surround food containers with **ice water** to allow fast cooling. For efficient cooling. The ice water should be as high as, or slightly below, the level of food in the container. **Do not submerge** food containers under water. Make sure water cannot enter the containers while cooling.

● **STIR**



Periodically **stirring loose or liquid foods** (i.e. soup) can help even out cooling.

● **ICE PADDLES OR ICE CUBES**



Using ice paddles or even adding ice cubes as an ingredient can help cool foods evenly and quickly.

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