

Johnston County Environmental Health
309 East Market Street
Smithfield, NC 27577
919-989-5180

Exempt Food Handlers Recommendations:

There are 5 major risk factors that most commonly make people sick when handling food (not in order):

- 1. Poor Personal Hygiene**
- 2. Inadequate Cooking**
- 3. Improper Food Temperatures**
- 4. Cross Contamination**
- 5. Food from Unapproved Sources**

Tips:

- ✓ **Always wash hands prior to handling food!** Handwashing is the best way to prevent disease spread! A handwash station consists of: Container for holding warm water, bucket to catch wastewater, antibacterial handsoap and paper towels. When handwash stations are not available, it is recommended to use instant hand sanitizers then put on disposable gloves immediately prior to handling food. Hand washing must occur everytime they are contaminated. *Do not touch foods unless this is followed!!*
- ✓ **Foods must be cooked to proper temperatures!** (Minimum internal temps)
A metal stem thermometer is needed to check temps! *Digital or 0°F-220°F*
Poultry or any stuffed meat cooked to 165°F
Ground beef or foods containing ground beef cooked to 155°F
Pork or any pork item cooked to 150°F
Whole roast beef or beef steak cooked to 130°F
All other foods cooked to 140°F
- ✓ **Hot foods must stay hot and cold foods cold!** Hot foods must stay 135°F and cold foods must stay 45°F or below. If refrigerators are unavailable, use ice to keep foods cold and use hot wells, grills or sternos to keep foods hot. Use your metal stem thermometer to check these foods frequently and take corrective action if needed!
- ✓ **Do not cross contaminate!** Never store raw meats with vegetables or other ready to eat foods. Do not use same knife, cutting boards or utensils for raw foods and ready to eat foods. Keep foods covered so the elements don't contaminate foods. Do not prepare or hold food in area that customers can contaminate foods. Sanitizer needs to be mixed to sanitize food contact surface. **To mix: use one tablespoon of household bleach to one gallon of water!** This gives 50-100ppm solution.
- ✓ **Always purchase foods from approved sources!** Food must be free from contamination, adulteration and spoilage.

Please contact 989-5180 if you have any questions!