Summary of Food Safety Principles
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Four rules of safety:

1. **Practice good personal hygiene** -
   - wash hands with soap and warm running water for 20 seconds
   - wash hands at arrival, before food related activities, before and
   - after eating, after toileting or changing diapers, after touching pets

2. **Limit time in the “Danger Zone” - 40° to 140° F**
   - **Cool Safely**
     - divide leftovers into small, shallow containers
     - stir food when chilling containers of food in an ice bath
     - refrigerate or freeze promptly
     - allow air to circulate around food in refrigerator or freezer
   - **Thaw safely**
     - in the refrigerator
     - with running water at 70° or less
     - as part of the cooking process (microwave thaw to cook)

3. **Use appropriate sanitizing procedures**
   - **For sanitizing** - ¼ cup bleach in 1 gallon water (make fresh daily)
   - **For surfaces that touch food** - 1/4 to 1 tablespoon bleach in 1 gallon water
     (make fresh daily)

4. **Avoid cross-contamination**

Remember: Children are an at-risk group for food borne illness