



Minetto United Methodist Church

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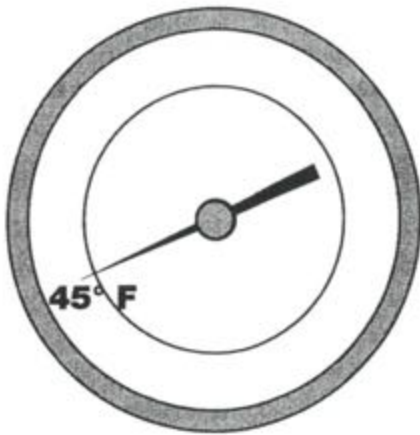
Rev. Chuck Forbes, Pastor

Food Cooking & Cooling Information

Provided by

Oswego County Health Department

COOLING



&

REHEATING

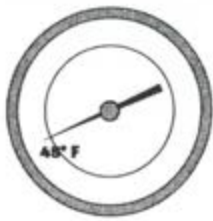


of Potentially Hazardous Foods

Improper cooling and reheating are major causes of foodborne illness. State Sanitary Code changes, which became effective on August 19, 1992, were made after informational sessions and meetings with food service establishment operators and regulators and other food industry representatives. The new requirements call for changes in cooling and reheating potentially hazardous foods.

Potentially hazardous foods requiring refrigeration must be cooled by an adequate method so that every part of the product is reduced from 120° F to 70° F within two hours, and from 70° F to 45° F or below within four additional hours. Bacteria that cause food poisoning grow at temperatures between 45° F and 120° F. The cooling requirement limits the length of time that potentially hazardous food is in the temperature range at which harmful bacteria can grow. Foods particularly important to meet the cooling requirement include soups, sauces, gravies, stews, rice, chili, whole turkeys, turkey breasts and whole roast beef. Food temperatures should be measured with a stem thermometer.

During restaurant inspections, local health department sanitarians will be asking questions to determine if the cooling requirement was met.



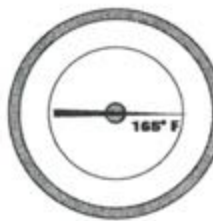
Cooling

There are several ways to rapidly cool potentially hazardous foods. The manager of the establishment

should determine which method or combination of methods is most effective for a particular food. The methods of cooling are:

- Stir soups, sauces, gravies and chilis while the container is in an ice water bath. The ice water depth should be equal to or greater than the food depth.
- Transfer hot foods to shallow pans with a product depth of 4 inches or less and refrigerate. Pans may be uncovered until the food temperature reaches 45° F.
- Cut solid foods, such as roasts of meat, into portions of 6 pounds or less after cooking and prior to cooling.
- Use special refrigerators known as "rapid chill units," specifically designed to cool foods much faster than standard refrigerators. These units are especially useful when large quantities of foods are prepared in advance.

During restaurant inspections, local health department sanitarians will be identifying potentially hazardous cooked foods to determine how they have been cooled.



Reheating

The State Sanitary Code now requires that the entire mass of all cooked, refrigerated potentially

hazardous food which is to be reheated must be reheated to 165° F or above within two hours, and held above 140° F until served. This procedure destroys the bacteria that can cause food poisoning and prevents the bacteria from growing in the food.

Foods may be prepared as close to the serving time as possible, and in quantities that will minimize leftovers, thus eliminating any need for cooling and reheating.

During restaurant inspections, local health department sanitarians will monitor foods which have been reheated, or are in the process of being reheated, and measure their temperatures with a stem thermometer.

Enforcement

During inspections, foods that are cooled or reheated improperly will require immediate corrective actions and violations will be noted and recorded on the inspection report form. Violations can result in enforcement action. Potentially hazardous food that is improperly cooled must be destroyed and discarded or the health department sanitarian will be required to embargo it. Foods under embargo may not be served to customers or otherwise removed from the premises until a hearing has been held to determine the disposition of the food.

If you have any questions about how this information affects your establishment, contact your local health department.

FOOD TEMPERATURE REQUIREMENTS	
FOOD	MINIMUM INTERNAL COOKING TEMPERATURE
Rare roast beef and beef steak	130° F
Precooked commercially prepared potentially hazardous foods and potentially hazardous foods not on this list	140° F
Shell eggs and egg containing foods	145° F
Pork	150° F
Ground Meat	158° F
Poultry, poultry stuffing, stuffed meats and stuffing containing meat	165° F
COOLING REQUIREMENTS	
For all of the above foods	120 to 70° F within two hours and 70 to 45° F in four additional hours
REHEATING REQUIREMENTS	
For all of the above foods	165° F

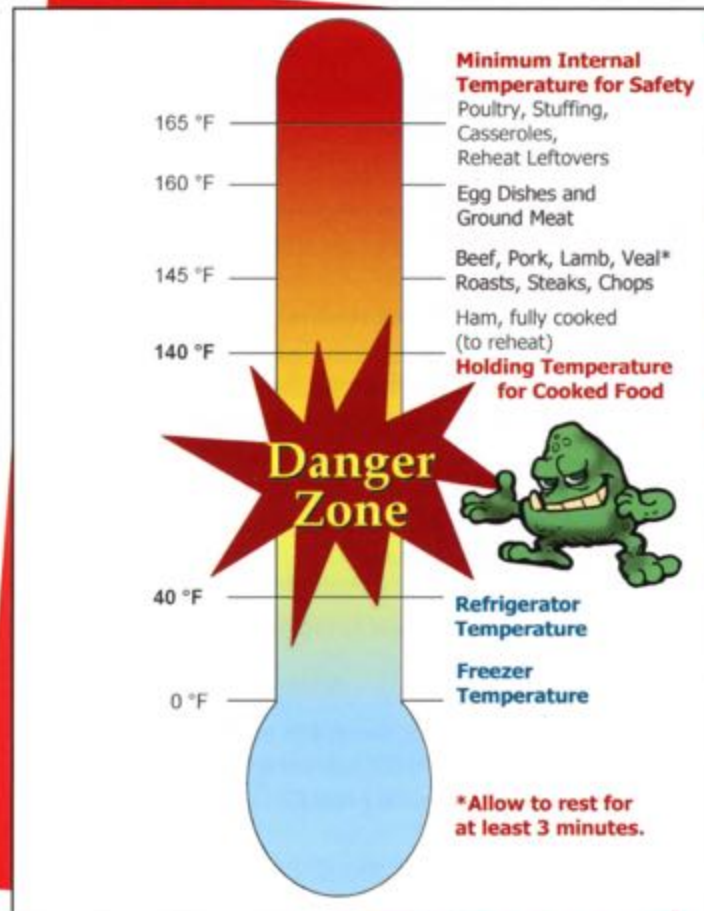


State of New York
George E. Pataki, Governor

Department of Health
Antonia C. Novello, M.D., M.P.H., Dr.P.H., Commissioner

DANGER Zone

Bacteria multiply rapidly between 40 and 140 °F. To keep food out of this "Danger Zone," keep cold food cold and hot food hot. Keep food cold in the refrigerator, in coolers, or on the serving line on ice. Keep hot food in the oven, in heated chafing dishes, or in preheated steam tables, warming trays and/or slow cookers.



Never leave perishable foods, such as meat, poultry, eggs and casseroles in the "Danger Zone" over 2 hours; 1 hour in temperatures above 90 °F.

When You Chill Food

- Place food in the refrigerator.
- Don't overfill the refrigerator. Cool air must circulate to keep food safe.
- Divide food and place in shallow containers. Slice roast beef or ham and layer in containers in portions for serving.
- Divide turkey into smaller portions or slices and refrigerate. Remove stuffing from cavity before refrigeration.
- Place soups or stews in shallow containers. To cool quickly, place in ice water bath and stir.
- Cover and label cooked foods. Include the preparation date on the label.



In Slow Cooker, Steam Tables or Chafing Dishes— Not Recommended

Reheating leftovers in slow cookers, steam tables or chafing dishes is **not recommended** because foods may stay in the “Danger Zone,” between 40 °F and 140 °F, too long. Bacteria multiply rapidly at these temperatures.

When You Keep Food Hot

Once food is cooked or reheated, it should be held hot, at or above 140 °F. Food may be held in an oven or on a serving line in heated chafing dishes, or on preheated steam tables, warming trays, and/or slow cookers. Always keep hot food hot.

Hot holding for extended periods may reduce the quality of the food.



When You Keep Food Cold

Store food in a refrigerator at 40 °F or below. If there is not enough room in the refrigerator, place food in coolers with ice, or frozen gel packs. Always keep cold food cold.



When You Serve Food

Use clean containers and utensils to serve food.

Do not use a plate that previously held raw meat, poultry, or seafood unless the plate has first been washed in hot, soapy water.

When a dish is empty or nearly empty, replace with a fresh container of food, removing the previous container.

Keep It Cold

Place cold food in containers on ice. Hold cold foods at or below 40 °F.

Food that will be portioned and served on the serving line should be placed in a shallow container. Place this container inside a deep pan filled partially with ice to keep food cold.



Food like chicken salad and desserts in individual serving dishes can also be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Keep It Hot

Once food is thoroughly heated on stovetop, oven or in microwave oven, keep food hot by using a heat source. Place food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.

Check the temperature frequently to be sure food stays at or above 140 °F.



When You Finish Up

- Discard all perishable foods, such as meat, poultry, eggs and casseroles, left at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F. Some exceptions to this rule are foods such as cookies, crackers, bread and whole fruit.
- Immediately refrigerate or freeze remaining leftovers in shallow containers.



The information provided in this publication was developed as a guide for consumers who are preparing food for large groups. For additional information, and to ensure that all state regulations or recommendations for food preparation and service are followed, please contact your local or state health department.

Food service personnel should contact their local or state health department for information on the rules and regulations governing the preparation of food in retail or institutional settings.