

# Sanitation: The TLC Approach

Hands	Wash your hands before reporting to your station for the first time each day, between task, and especially after using the bathroom, and after handling dirty dishes.
Work Area	Preparation areas, utensils and equipment need to be washed, rinsed and sanitized after each period of use and between each different type of food and between raw and cooked foods.
Room Temperature	Do not allow high protein foods, such as dairy products and meats, to remain at room temperature for more than 15 minutes. This time frame applies to foods that are being prepared as well as those that are being held for preparation or for service.
Hot Foods	Foods that are to be served hot should hold an internal temperature of 140°F. or warmer.
Cold Foods	Foods that are to be served cold should hold an internal temperature of 45° F. or colder.
Frozen Foods	Frozen foods should be stored at 0° F. or colder and should be thawed in such a manner that the internal temperature never exceeds 45° F. <b>Do not thaw frozen foods at room temperature!</b>
Handling	Food should not be touched by the bare hands except when absolutely necessary. Whenever possible, use tongs, ladles, forks, spoons or disposable gloves.
Serving	When serving food, do not touch it or allow it to remain at room temperature for any length of time. Cold food and hot food taste better when they are served immediately to avoid loss of flavor from insufficient cold or heat.
Cleaning	Thorough cleaning is very important. Make sure utensils, equipment, picnic tables, serving lines, preparation tables and barbeque pits are clean prior to cooking, as well as, before you leave.
Coverings	Please make sure that you are wearing some sort of head covering on your head or your hair, if long, is pulled back out of the way. When preparing or serving food remember to wear your non-latex food handlers gloves.

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