Clean and Sanitize

**STEP 1: Clean**
Wash equipment and work surfaces with hot, soapy water. Rinse thoroughly.

**STEP 2: Sanitize**
Use chemicals or high temperature water for sanitizing of equipment and work surfaces.

**Manual**
- Use sanitizing solution in all production and service areas.
- Change solution often because it loses effectiveness when contaminated with food particles.
- Keep wiping cloths in the solution.
- Use the correct test strip to monitor and verify chemical concentrations of sanitizing solutions. Record results.

**Machine**
- Check and record dish machine chemical concentration or temperature at each meal.
  - For a chemical dish machine, test strips are used to verify concentration.
  - For a high-temperature dish machine, a temperature sensor is used to verify the rinse temperature shown on the gauge.
Handwashing

How to Wash Hands
• Use a designated handwashing sink.
• Use soap and hot water, and vigorously rub hands together for 10 to 15 seconds or the time it takes to sing Happy Birthday twice.
• Turn off faucets by using a single-use paper towel.
• Dry hands with another single-use paper towel or air dryer.

When to Wash Hands
• Before beginning work shift
• Before returning to work after break
• Before putting on single-use gloves
• Before each new work task
• After eating, drinking, or smoking
• After using the restroom
• After sneezing, coughing, or using a tissue
• After touching any body part such as hair or nose
• After any activity which may contaminate hands

For more information, go to www.iowafoodsafety.org

Temperature and Time

Temperature and time are critical factors in food service. It is important to limit the time food is in the temperature danger zone.

Temperature and Time Guidelines
• Hot foods are held above 135°F.*
• Cold foods are kept below 41°F.
• End-point cooking temperatures are taken for all hot food items.
• Temperatures are recorded at the beginning of service.
• Amount of time foods are held is monitored.
• Leftovers are reheated to 165°F.
• Temperatures for refrigerators and freezers are recorded daily.
• Ingredients for recipes or menu items to be served cold are chilled before preparation.
• Thawing is done under refrigeration.

* Based on Food Code 2013. Contact the local health department for guidelines in your area.