

## Cooking Guidelines

Minimum Cooking Temperatures	
<b>135°F</b>	Fruits and vegetables cooked for hot holding.
<b>145°F for 15 seconds</b>	Raw eggs that are prepared for immediate consumption; solid portions of fish or meat including pork, and commercially raised game animals.
<b>155°F for 15 seconds</b>	Comminuted meats including hamburgers and ground turkey, fish, and game animals such as deer, elk and rabbit; injected meats; and pooled unpasteurized eggs.
<b>165°F for 15 seconds</b>	Wild game animals, poultry, baluts, stuffed fish, meat, pasta, ratites, and stuffing containing fish.
<b>165°F</b>	Reheating food prior to serving or hot holding.

## Cooling Guidelines

The recommended time frames to achieve cooling within the 6-hour window are:

- 2 hours to cool foods from 135°F to 70°F
- 4 hours to cool foods from 70°F to 41°F

How to cool quickly:

- Separate food into small, shallow portions
- Place hot foods in shallow metal pans
- Use rapid cooling equipment
- Place food in an ice bath

The Food and Housing Division of the Department of Environmental Health and Quality (DEHQ-FHD) encourages all non-profit food facilities to have at least one food safety certified individual available.

To protect the health of the people served, DEHQ-FHD strongly recommends that all volunteers involved in food service are trained in food safety.

DEHQ-FHD is available to provide food safety outreach to non-profit, charitable organizations.

Please contact the DEHQ-FHD Duty Specialist at:

**Phone:** (858)505-6900 **Fax:** (858) 999-8920

**Email:** [FHDUTYEH@sdcounty.ca.gov](mailto:FHDUTYEH@sdcounty.ca.gov)

and visit our website at [www.sdcdehq.org](http://www.sdcdehq.org)



## County of San Diego

DEPARTMENT OF  
ENVIRONMENTAL HEALTH AND QUALITY  
FOOD AND HOUSING DIVISION

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## Food Safety Guide for Non-Profit Organizations that Distribute Food



*"Environmental and public health through  
leadership, partnership and science"*



# Food Safety Guide for Non-Profit Organizations that Handle and Distribute Food



## The Food Safety Program

The Food and Housing Division (FHD) of the Department of Environmental Health and Quality regulates all public food operations that sell or distribute food in the County of San Diego. FHD implements the Food Safety Program under the authority of the California Retail Food Code (CRFC), which requires permits for food operations. An exemption to this health permit requirement is granted to non-profit organizations, including faith based and fellowship organizations that serve only their members, not the general public. Guests may be invited to participate in **up to three events in a 90-day period** without the organization obtaining an environmental health permit. More than three events in a 90-day period or events open to the general public **may require a health permit**.

## Food Worker Training

**Handwashing** can help to prevent the spread of disease. Food handlers with poor personal hygiene can contaminate food and cause illness to those that eat the food prepared by them. Good hand-washing and limiting bare hand contact with raw and ready to eat foods help prevent disease transmission. Food workers must wash their hands and exposed parts of their arms using soap and warm running water, vigorously rubbing the hands together to be sure the soap contacts all surfaces of the hands and rinsing under clean, warm, running water.

### **Food workers must wash their hands:**

- Before wearing gloves to work with food
- Before beginning food preparation
- As often as necessary during food preparation to prevent cross-contamination when changing tasks
- After using the restroom



## Foodborne Illnesses

Foodborne illnesses occur when people eat food that has been contaminated by bacteria or has been improperly prepared. The Centers for Disease Control and Prevention (CDC) estimate that annually there are 76 million foodborne illness cases, that result in 325,000 hospitalizations and 5,000 deaths. Most foodborne illnesses are caused by viruses (47%) and bacteria (32%). Approximately 65% of food borne illnesses are due to contamination from an infected person handling food.

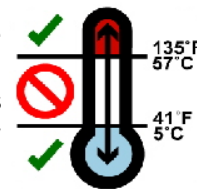
**Bacteria** require the right conditions for growth and they multiply when four conditions combine:

**1) Nutrients:** Food is a nutrient for bacteria. Bacteria grow best in protein rich foods such as milk, meats, fish and poultry. They also grow well in starchy foods like cooked rice and cooked pasta.

**2) Moisture:** Bacteria need water to grow. Foods with a large amount of water promote rapid bacteria growth.

**3) Time:** Bacteria need time to reproduce. Some bacteria are able to reproduce every 20 seconds under ideal conditions.

**4) Temperature:** The temperature zone between 41°F to 135°F is called the **DANGER ZONE!** It is within this temperature range that bacteria grow and replicate rapidly.



**Employees  
are the  
FIRST  
Line of Food Defense**

## How to Prevent Foodborne Illnesses

**Cook food thoroughly:** Cooking is a critical step in controlling bacterial growth. To kill bacteria, all parts of the food must reach a sufficient internal food temperature. See cooking guideline table.

**Cool foods rapidly:** Cooling foods from hot temperatures should be done as rapidly as possible and must be completed within 6 hours maximum.

**Reheat cold food to 165°F rapidly:** Food that has been cooked and refrigerated must be reheated to 165°F prior to serving or hot holding.

**Prevent cross contamination:** Keep raw and cooked foods separate during storage or preparation.

**Thaw foods properly:** Frozen foods must be thawed by one of the following methods

- Under refrigeration of 41°F or less
- Submerged under running water of 70°F or less
- Through the cooking process
- In a microwave as part of the cooking process

**Don't Work While Sick:** Help prevent the spread of illness by ensuring food workers do not work when they are ill. Contact the Department of Environmental Health if two or more staff are ill with gastrointestinal symptoms or if a staff member is diagnosed with a reportable illness.

**Maintain a clean establishment:** Particularly equipment, utensils, and all other surfaces that come into contact with food.