



Food Safety: Serving Foods Safely

Safety Tips for Serving Prepared Foods Safely

How to Wash Your Hands

1. Wash hands for 20 seconds with soap and warm water.
2. Wash hands thoroughly, pay attention to crevices and under nails.
3. Rinse well.
4. Dry hands using a single use paper towel.
5. Use the paper towel to turn faucet off.

4 Basic Food Safety Steps

1. Clean: Wash hands and surfaces.
2. Separate: Don't cross contaminate.
3. Cook: Cook to proper temperatures.
4. Chill: Refrigerate promptly.

Tips for Food Safety

- Keep it clean (Wash cutting boards, utensils, and countertops between each item).
- Cook it right (Use a food thermometer).
- Keep it cold (40°F or below).
- Keep it hot (140°F or above).
- Chill it fast.
- Don't defrost food at room temperature (Three safe ways – refrigerator, in cold water, and microwave using the defrost).

- Use the 2- hour rule (Never leave food out longer than 2 hours).
- When in doubt, throw it out.



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Simple Fish Tacos

Serves 6

INGREDIENTS

- ½ cup sour cream (non-fat)
- ¼ cup mayonnaise (fat-free)
- ½ cup fresh cilantro (chopped)
- ½ package taco seasoning (package low-sodium, divided)
- 1 pound cod or white fish fillets (cut into 1-inch pieces)
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cups red and green cabbage (shredded)
- 2 cups tomato (diced)
- 12 corn tortillas (6-inch, warmed)
- Lime wedges (for serving)

INSTRUCTIONS

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 tbsp. seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.



FOOD SAFETY QUIZ

1. Hands should be washed with water and soap for at least:
 - A. 5 seconds
 - B. 20 seconds
2. Is it safe to put cooked food on a plate that held raw meat, poultry or seafood?
 - A. Yes
 - B. No
3. Food should not be left at room temperature for more than:
 - A. 2 hours
 - B. 10 hours
4. The only way to be sure foods are cooked long enough to kill harmful bacteria is to:
 - A. Use a food thermometer
 - B. Use a timer

Answers: 1. A, 2. B, 3. A, 4. A



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