Dear Food Service Owner/Manager,

With Thanksgiving just around the corner, many of you may be planning on preparing and serving large meals. With that in mind, Ledge Light Health District wants to assist you to ensure your meals are delicious and safe for your patrons by following these food safety tips (ESCTHCS) and attached documents.

Employees

- No one can be ill with vomiting, diarrhea, fever or any illness transmittable through food. If this happens, send the employee home and call the LLHD immediately to report the illness at 860-448-4882 (after hours 860-445-2000).
- Wash hands often
- Avoid bare hand contact with foods
- Have effective hair restraints and minimize jewelry

Storage

- Keep potentially hazardous foods in a working refrigerator or freezer so the food temperature (taken with a sanitized, calibrated, digital food thermometer) remains at 45°F or less.
- Store foods according to the attached graphic, with foods like poultry stored on the bottom shelf and ready to eat foods stored on the top shelf.
- Keep all dry goods and food contact items on shelves at least 12” off the floor and away from chemicals

Clean and Sanitize

- All reusable food contact equipment and surfaces must be washed, rinsed, sanitized and air dried prior to use.
- Use a working dish machine or a three compartment sink with an approved sanitizer (see “Sanitizing Solution for Manual Dishwashing”)
- Use labeled sanitizer buckets for wiping cloths and check the concentration with test strips
Thaw/Cook

- Thaw frozen foods using one or more of the following methods:
  - in a working refrigerator
  - under cold running water
  - microwave (then thoroughly cook)
  - as part of the cooking process
- Potentially hazardous foods need to be thoroughly cooked to prevent foodborne illness
- Utilize calibrated, sanitized (before and after taking food temps) digital food thermometers
- Take temperatures at multiple locations of a cooked product
- See the “Internal Cooking Temperatures” image for minimum cooking temps for various foods

Hold

- Potentially hazardous foods must be properly hot or cold held to prevent illness
- Hot foods are 140°F or greater (internal) and cold foods are 45°F or less (internal)

Cool-This is a two-step process that must be completed within 6 hours.

1. Step one is to rapidly chill hot foods from 140°F-70°F in 2 hours using the following
   - Cut dense product into smaller pieces to increase surface area
   - Ice baths
   - Chill wands
   - Stirring
   - Use shallow pans (<3” deep)
   - Blast chillers, but don’t put hot foods in a regular freezer as it will create a layer of ice that insulates the food.
   - If you don’t make it to 70°F or less in 2 hours, reheat the food the 165°F and start again.
2. Step 2 is to place the product in a shallow pan, partially cover the food and place it in a working walk-in refrigerator to cool from 70°F-45°F in 4 hours.
3. The use of temperature cooling logs to properly monitor your cooling procedure is highly recommended.

Store

- Any leftovers should be properly cooled then covered, labeled with the name of the food and date it was prepared.
- Store potentially hazardous foods in a working refrigerator or freezer in the same order as previously mentioned.
- Throw out leftovers after 7 days.