

Food Safety Self Inspection Form

- ▶ This list focuses on priority factors that contribute to food borne illness and good sanitary practices
- ▶ **CDC** = CDC (Centers for Disease Control) Risk Factors – can directly contribute to food borne illness
- ▶ **TCS** = Time and Temperature Control for Safety Food, formerly called Potentially Hazardous Food (**PHF**)
- ▶ **TCS / PHF** usually includes animal-based foods, such as meat, poultry, pork, and dairy products. **TCS** also includes cooked plants, such as cooked potatoes, cooked beans, and cooked rice.

Personal Hygiene and Illness - CDC	
Sick employees do not handle food	
Hands washed before putting on disposable gloves	
Disposable gloves used when handling ready-to-eat food, such as sandwiches and salads	
Hands washed after using restroom or contaminating hands by touching body, clothes or dirty objects	
Hands with sores, wounds, scabs, bandages, and splints are covered with disposable gloves	
Fingernails are short and clean	
No eating, gum chewing or tobacco used in food preparation areas	
Hand washing Sinks - CDC	
Hand washing sinks are accessible and unobstructed	
Hand washing sinks supplied with soap and paper towels	
At least one hand washing sink is in all food preparation areas	
Hand washing sink is used only for hand washing, and no other purpose	
Cooking (minimal internal temperatures) - CDC	
Chicken, poultry and stuffed pasta cooked to 165°F	
Hamburger, sausage and ground meat (ground turkey and chicken) cooked to 155°F	
Pork, fish, and shrimp cooked to 145°F	
Roast beef cooked to 130°F	
Cooling - CDC	
Whenever possible, food should be prepared, cooked and served the same day	
TCS / PHF - soups, meats, cooked rice, potatoes, etc., are cooled from 135°F to 41°F within 6 hours	
TCS / PHF - soups, meats, cooked rice, potatoes, etc., are cooled from 135°F to 70°F in 2 hours or less	
TCS / PHF - soups, meats, cooked rice, potatoes, etc., are cooled from 70°F to 41°F in 4 hours or less	
TCS / PHF that has been cooled is marked with day food was refrigerated, and is kept no more than 7 days	
Food thermometers sanitized before inserting into product	
Hot Holding- CDC	
Leftover food is rapidly reheated to at least 165°F prior to hot holding	
TCS / PHF is held hot at 135°F or warmer	
Food thermometers sanitized before inserting into product	
Cold Holding - CDC	
TCS / PHF kept at 41°F or colder	
Refrigerated TCS / PHF is date marked and used or discarded within 7 days, if not frozen	
Whenever possible freeze small individual portions of food like soups, and heat individually as needed	
Food Protection - GSP	
All foods protected from sneezes and coughs during delivery, preparation, storage, display and service	
Food thermometers calibrated and working properly	
Severely dented cans of food are not used, especially if dent has sharp points or is dented on seams	
No flies, rats, mice, cockroaches, pets or other animals in facility	
Eating and drinking utensils washed, rinsed, and sanitized between users	

- ▶ Note: Use these same food safety concepts in your house to keep your family safe from food borne illness. For more information contact:

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