

Congratulations!

Your Food Handler Card is included below for you to download and print.
Your full-size certificate is on the next page.



Food Handler Quick Reference Guide

Temperatures to Remember



Reheating

165°F
for 15 seconds



Poultry

165°F
for less than 1 sec
(instantaneous)



Ground Meats

155°F
for 17 seconds



Fish & Seafood

145°F
for 15 seconds



Pork & Steak
(whole cuts)

145°F
for 15 seconds



Fruit, veggies, etc.
for Hot Holding

135°F
no minimum time



Temperature
Danger Zone

41°F - 135°F



Refrigerated Foods

41°F*

Frozen Foods

0°F*

*Milk, Shell Eggs, and shellfish can be received at 45°F. They must be Grade A and Pasteurized.

Avoid Cross-Contamination

- Wash your hands after handling raw foods
- No bare hand contact with ready-to-eat (RTE) food
- Use different colored cutting boards for different types of food
- Sanitize equipment between uses
- Store raw foods below RTE foods



8 Main Allergens



Milk



Eggs



Fish



Shellfish



Nuts



Soybeans (tofu)



Wheat



Peanuts

Cooling Methods



- Smaller Portions
- Stirring
- Shallow pans
- Ice water bath
- Add Ice directly
- Ice wand

Cooling Time



Hours

135°F to 70°F within **2** hours
70°F to 41°F within **4** hours

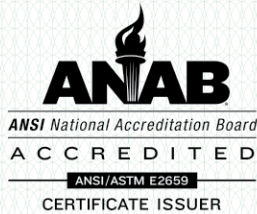
CERTIFICATE OF COMPLETION
IS AWARDED TO

SHINAH NANKYA NAMAGEMBE

FOR SUCCESSFUL COMPLETION OF THE

**California Food Handler Training
Certificate Program**

THIS COURSE SUCCESSFULLY MEETS THE REQUIREMENTS FOR THE
CALIFORNIA FOOD HANDLER CARD




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 **Premier Food Safety**

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