

# 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



### Cooling Methods



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

### Cooling Time

**6**  
Hours

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

**CERTIFICATE OF COMPLETION**  
IS AWARDED TO

**SHONTORIA KELLY**

 Premier Food Safety

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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