

# 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

## GENARO REYES

FOR SUCCESSFUL COMPLETION OF THE

### California Food Handler Training Certificate Program

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



A handwritten signature of Donald Yoo.

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Premier Food Safety

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