

# 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\***

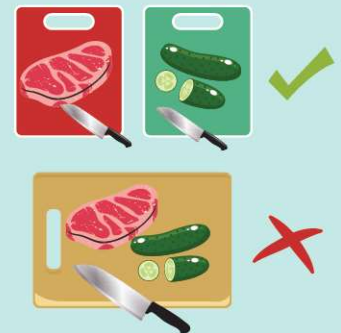
Frozen Foods

**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

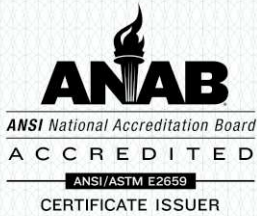
**CERTIFICATE OF COMPLETION**  
IS AWARDED TO

**JASON LEVI OBIANG**

FOR SUCCESSFUL COMPLETION OF THE

**California Food Handler Training  
Certificate Program**

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



  
**Donald Yoo**  
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 **Premier Food Safety**

**Issue Date: 07/15/22**  
**Expiration Date: 07/14/25**

**Confirmation # 7565965**  
**Verification Code: 2022-HFZMUL**