



Ronald McDonald House Charities of Southern Arizona

Chef For A Day Food Handling Guidelines

Thank you for volunteering your time to help make our families and guests a delicious meal! As you know, healthy food is a vital aspect to the wellbeing and happiness our families and guests. For the safety of the children that dine in our facility (many are facing compromised immune systems), PLEASE make sure to understand and follow the food preparation guidelines below. If you have any questions, please ask a staff member or volunteer. Thank you!

CLEAN: Wash your hands, utensils, and surfaces often.

WEAR GLOVES: The kitchen is stocked with disposable food preparation gloves that help prevent food contamination.

NEVER eat the food you are preparing while you are preparing it!

SEPARATE: Keep raw meats and other foods away from each other to avoid cross-contamination.

Cook Food to Safe Minimum Internal Temperatures — It is the only way to tell if harmful bacteria are destroyed! Use a food thermometer to check the internal temperature of meat, poultry, casseroles, and other food. Check temperature in several places to be sure food is cooked to a safe minimum internal temperature.

- Keep hot food at or above 140 °F. Wrap well and place in an insulated container.
- Keep cold food at or below 40 °F. Place in a cooler with a cold source such as ice.

ALWAYS Adhere to Minimum Food Temperature Requirements for Meats:

- Steaks & Roasts – 145 °F; Ground Beef – 160 °F
- Chicken breasts, legs or whole poultry – 165 °F
- Egg Dishes – 160 °F
- Pork – 145 °F
- Fish and Seafood – 145 °F

Never store partially cooked food for finishing later – you increase the risk of bacterial growth.

Need to Reheat? Reheat food to 165 °F, and bring sauces, soups, and gravies to a boil. Food must be hot and steamy for serving. Just "warmed up" is not good enough.

Use hand sanitizer to ensure your hands are germ free.

THANK YOU FOR YOUR COOPERATION!