

FOOD SAFETY CHEAT SHEET

0°F	Frozen Solid		
32°F	Ice Point For Calibrating Thermometers		
41°F	Refrigerator	Temperature Danger Zone	
50°F	Airtemp - Shellfish, Eggs, Milk		
70°F	STD: Cold Food Limit (6 hrs)		Super Temp Danger
100°F	Handwashing		
125°F	STD		
135°F	Vegetables, starch precooked		
145°F	Steaks, chops, seafood		
155°F	Ground, injected meat		
165°F	Poultry, Stuffed, Leftovers		
212°F	Boiling Point for calibrating thermometers		



storage off wall
cool from hot to 70°F



storage off counters
cool from 70 to 41°F
serve hot food



storage off floors
cool from hot to 41°F
(total cooling time)
serve cold food



FOOD SAFETY CHEAT SHEET - 2



Cows ● E. Coli

People ● Salmonella Typhi

Picnic Foods ● Shigella spp. 

Cans ● Botulism (*deadly*)

Skin, Nose, Wounds ● Staph (*70% have it*)

Chickens ● Nontyphoidal Salmonella (*"non" people*)

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High Carb

4.6 - 7.5

4 hours

41 - 135°F
(70 - 125°F STD)

Yes (and No)

aW 0.85 - 1.0
(water activity)

CONTROL TIME AND TEMPERATURE
PERSONAL HYGIENE



Cruise Ship ● NoroVirus (*most common*)

Waiter's Disease ● Hepatitis A (jaundice)

APPROVED
VENDORS;
PERSONAL
HYGIENE



Pigs ● Trichinella 

Raw fish ● Anisakis (*herring, cod, salmon*)

Wild game ● Worms in turkey, venison, duck, rabbit, etc.

APPROVED
VENDORS;
PERSONAL
HYGIENE,
CONTROL
TEMPERATURE



Angry fish ● Ciguatera (*from grouper and snapper eating infected fish*)

Rotting fish ● Scombroid (*histamine poisoning from Tuna and mahimahi*)

Oysters and Clams ● Domoic Acid, Brevetoxin, Saxitoxin (*causes NSP, PSP, and ASP*)

APPROVED
VENDORS

Food infection ● ALIVE (*the living thing you ate got you sick*)

Food intoxication ● POISON (*the toxin you ate got you sick*)

Toxin-mediated infection ● ALIVE -> POISON (*the living thing you ate made a toxin and THAT'S what got you sick*)



ONSET Time: 30 minutes to 6 weeks
diarrhea, vomiting, cramps, fever,
nausea, jaundice

