

### **Cold Storage Temperature and Storage Requirements:**

Cold foods need to be held at 41°F or less to prevent the rapid growth of bacteria and to preserve freshness and quality. To keep cold food safe, follow these general guidelines:

- All refrigerated food deliveries should be stored as soon as possible after receiving.
- Keep all cold foods under mechanical refrigeration or store properly on ice.
- Check temperatures of equipment and of the food stored in cold holding units frequently. (Maintaining a temperature log is a good monitoring tool.)
- Store foods properly to prevent cross contamination. Store fish, raw meat, and poultry separate from ready-to-eat food.

**Cold Storage  
Bajo Refrigeracion**



Store foods in the proper order to prevent cross-contamination  
 Guarde las comidas en la orden correcta para prevenir contra-contaminacion



**DUPAGE COUNTY  
HEALTH DEPARTMENT**  
*Everyone, Everywhere, Everyday*

Environmental Health Services  
 (630) 682-7400  
[www.dupagehealth.org](http://www.dupagehealth.org)

10/10

<p>Top Shelf/La Repisa De Arriba ↓ <b>COOKED FOODS</b> (Ready to eat) <b>COMIDAS COCINADAS</b> (Listas para comer)</p>		↓
<p>↓ <b>UNCOOKED SEAFOOD</b> <b>MARISCOS DE MAR NO COCINADOS</b></p>		↓
<p>↓ <b>UNCOOKED BEEF</b> <b>CARNE DE REZ NO COCINADA</b></p>		↓
<p>↓ <b>UNCOOKED PORK</b> <b>CARNE DE PUERCO NO COCINADA</b></p>		↓
<p>Bottom Shelf/La Repisa De Abajo ↓ <b>UNCOOKED POULTRY</b> <b>CARNE DE AVES NO COCINADA</b></p>		↓

### **Thawing:**

Freezing does not kill bacteria and other microorganisms; it only slows their growth. Thawing frozen foods may take from several hours to up to days, depending on the size of the food item. The goal of safe thawing procedures minimizes the time the food remains in the temperature danger zone to reduce the growth of microorganisms. This can be done in four (4) ways:

- Thaw under refrigeration (41° F and below)
- Under cold running potable water 70° F or less
- A microwave oven only if the food will continue to be cooked immediately after thawing
- Conventional cooking facilities such as stove, oven, grill (as part of the cooking process)

**Reminder: Never thaw foods at room temperature.**