



# MONTANA FOOD SELF-INSPECTION CHECKLIST

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- ▶ This checklist focuses on factors that contribute to foodborne illness and good industry practices
- ▶ Potentially Hazardous Food is abbreviated “PHF”
- ▶ PHF usually includes animal foods, such as meat, poultry, pork and dairy products. PHF also includes some plants, such as cooked potatoes and cooked rice

<b>Personal Hygiene and Illness</b>	
Ill employees do not handle food	
Hands washed before putting on disposable gloves	
Disposable gloves used when handling ready-to-eat food, such as sandwiches and salads	
Hands washed after using restroom or contaminating hands by touching body, clothes or dirty objects	
Hands with sores, wounds scabs, bandages, splints are covered with disposable gloves	
Fingernails are short and clean	
No eating, gum chewing or tobacco used in food preparation areas	
<b>Handwashing Sinks</b>	
Handwashing sinks are accessible and unobstructed	
Handwashing sinks supplied with soap and paper towels	
At least one handwashing sink is in all food preparation areas	
Handwashing sink is used only for handwashing, and no other purpose	
<b>Cooking</b>	
Chicken and poultry cooked to 165 <sup>0</sup> F	
Hamburger, sausage and ground meat cooked to 155 <sup>0</sup> F	
Pork cooked to 145 <sup>0</sup> F	
Steaks and roast beef cooked to 130 <sup>0</sup> F	
<b>Cooling</b>	
Whenever possible, food is prepared, cooked and served the same day. Leftovers are discarded	
PHF such as soups, meats, cooked rice, potatoes, etc., are cooled from 135 <sup>0</sup> F to 41 <sup>0</sup> F in 6 hours or less	
PHF such as soups, meats, cooked rice, potatoes, etc., are cooled from 135 <sup>0</sup> F to 70 <sup>0</sup> F in 2 hours or less	
PHF such as soups, meats, cooked rice, potatoes, etc., are cooled from 70 <sup>0</sup> F to 41 <sup>0</sup> F in 4 hours or less	
PHF that has been cooled is marked with day food was refrigerated, and is kept no more than 7 days	
Food thermometers sanitized before inserting into product	
<b>Hot Holding</b>	
PHF kept at 135 <sup>0</sup> F or warmer. When possible, leftovers are discarded, and not served another day	
Food thermometers sanitized before inserting into product	
<b>Cold Holding</b>	
PHF kept at 41 <sup>0</sup> F or colder	
Refrigerated PHF is date marked and used or discarded within 7 days, if not frozen	
Frozen PHF used within 6 months	
<b>Food Protection</b>	
All foods protected from sneezes and coughs during delivery, preparation, storage, display and service	
Food thermometers calibrated and working properly	
Severely dented cans of food are not used, especially is dent has sharp points or is dented on seams	
No flies, rats, mice, cockroaches, pets or other animals in facility	
Eating, drinking and processing utensils washed and sanitized between users and uses	