



Health Inspections - Don't Panic! Always Food Safe Has You Covered

Utilizing this checklist to get prepared for your health inspection will help you feel more prepared - plus it's good practice to get in the habit of doing this regularly! We have your back!

Food Temperature Control

- ☐ Are temperature logs kept for receiving, storing, cooking, and holding food?
- ☐ Are you checking whether food is being cooked to the required minimum internal temperature?
 - Poultry (including whole or ground chicken, turkey, or duck)
165°F (74°C) for <1 second (Instantaneous)
 - Ground meat (including beef, pork, and other meat) and shell eggs that will be hot-held for service 155°F (68°C) for 17 seconds
 - Seafood (including fish, shellfish, and crustaceans) and shell eggs for immediate service 145°F (63°C) for 15 seconds
 - Pork, beef, veal, and lamb
 - Steaks or chops 145°F (63°C) for 15 seconds
 - Roasts 145°F (63°C) for 4 minutes
 - Food from plants (including fruit, vegetables, grains, and legumes) that will be hot-held for service 135°F (57°C)
- ☐ Is food being received, stored, and prepped at temperatures outside of the temperature danger zone (41°F to 135°F [5°C to 57°C])?
- ☐ Are you holding hot TCS food at 135°F (57°C) or higher?
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- ☐ Is food being cooled from 135°F to 70°F (57°C to 21°C) within 2 hours, and then from 70°F to 41°F (21°C to 5°C) or lower in the next four hours?
- ☐ Is food being reheated for hot holding to 165°F (74°C) for 15 seconds within 2 hours?
- ☐ Are your thermometers calibrated regularly?
- ☐ Is food being stored at the proper temperature?
 - Is TCS food being stored at an internal temperature of 41°F (5°C) or lower?
 - Is frozen food being stored at temperatures that will keep it frozen?
- ☐ Is food being properly thawed under refrigeration, submerged under cold running water, in the microwave (if cooked immediately afterwards), or as a part of the cooking process?

Food Storage

- ☐ Is food being labeled with a common name and date marked with a use-by date?
- ☐ Is food being stored away from walls and at least six inches (15cm) off the floor?
- ☐ Is food being stored in food-grade containers?
- ☐ Are raw and ready-to-eat foods being stored separately OR in the following order from top to bottom?
 - Ready-to-eat food
 - Seafood
 - Whole cuts of beef and pork
 - Ground meat and ground fish
 - Whole and ground poultry
- ☐ Are you throwing out food that is:
 - In a container or package that is not marked with the day or date by which it should be sold, eaten, or thrown out?
 - Incorrectly marked with a day or date that exceeds a safe time-temperature combination (e.g., a date beyond seven storage days)?
- ☐ Is food being stored in first-in, first-out (FIFO) order?

Food Preparation

- ☐ Are food handlers aware and up to date on potential hazards and cross contamination prevention?
- ☐ Is produce being washed before cutting it, cooking it, or combining it with other ingredients?
- ☐ Is food being checked for naturally occurring physical hazards before being served (e.g., bones, seeds)?
- ☐ Is bare-hand contact with ready-to-eat food being prevented by using single-use gloves or utensils when handling it?
- ☐ Is designated equipment (e.g., cutting boards and utensils) being used when preparing different foods?
- ☐ Are protocols in place if a contamination or suspected contamination occurs?

Employee Hygiene

- ☐ How, when, and where are employees washing their hands?
- ☐ Are there hand washing signs posted in the bathroom and in sanitation stations?
- ☐ Are employees wearing single-use gloves and changing them when required when handling ready-to-eat foods?
- ☐ Are employees wearing clean uniforms, showering regularly, keeping fingernails clean, removing jewelry from hands and arms, and covering their wounds properly?
- ☐ Are employees eating, drinking, smoking, and chewing gum or tobacco in designated places only?

Facility Setup

- ☐ Does your restaurant have separate sinks for handwashing, mop washing, and dishwashing?
 - ☐ Is plumbing in good repair and not leaking?
 - ☐ Is there adequate, covered lighting throughout?
 - ☐ Is there adequate ventilation throughout?
 - ☐ Do all sinks drain properly?
 - ☐ Are faucets at an adequate height above the sink to prevent backflow?
 - ☐ Are floor drains clean and in good working order?
 - ☐ Are cross-connection devices (vacuum breakers, backflow preventers) working?
 - ☐ Are bathrooms in good working order, clean, and only stocked with bathroom necessities (toilet paper, paper towels, soap)?
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Cleaning & Sanitation

- ☐ Are food-contact surfaces smooth, durable, easy to clean and cleaned according to requirements?
- ☐ Are eating utensils properly cleaned and sanitized after each use using a three-compartment sink or commercial dishwashing machine?
- ☐ Do employees regularly remove trash from prep areas?
- ☐ Are trash cans regularly cleaned?
- ☐ Is equipment clean, functioning, and does it meet ANAB standards?
- ☐ Are chemicals and cleaning supplies kept away from food surfaces when in use?
- ☐ Are cleaners completely rinsed from equipment surfaces after cleaning?
- ☐ Are chemicals properly labeled, stored in a separate area from food storage, and disposed of properly?

Pest Control

- ☐ Are holes and cracks in walls sealed?
- ☐ Are dumpsters kept on a level surface, covered, and an adequate distance from the restaurant?
- ☐ Are trash cans covered when not in use?
- ☐ Are there visible signs of droppings, nests, or pest damage

Legal

- ☐ Do all food handlers have documented food safety training?
- ☐ Is proper legal signage posted?
- ☐ Have all suspected foodborne illness outbreaks been reported to the health department?



Your health inspection will be a breeze if this is looked at regularly with all staff members that may be part of your inspection.