

HACCP-STYLE HOME KITCHEN Checklist

1. PRELIMINARY TASKS / BEFORE COOKING:

Before cooking:

- Wash hands with warm, soapy water for at least 20 seconds before and after handling food.
- Clean and sanitize all counters, utensils, and cutting boards.
- Use separate cutting boards for raw meat, seafood, and produce.
- Check refrigerator ($\leq 40^{\circ}\text{F}$) and freezer ($\leq 0^{\circ}\text{F}$) temperatures.
- Label foods with prep or purchase dates and follow FIFO (First In, First Out).

2. CONDUCT A HAZARD ANALYSIS

Ask yourself: What could go wrong?

- Identify biological hazards (raw poultry, undercooked eggs, unwashed produce).
- Identify chemical hazards (cleaning spray residue, excessive sanitizer).
- Identify physical hazards (bone fragments, broken glass, packaging).
- Plan ahead to prevent each hazard — e.g., thaw in the fridge, not on the counter.

3. DETERMINE CRITICAL CONTROL POINTS (CCPS)

The key steps where you can prevent or eliminate hazards:

- Cooking — reaching the correct internal temperature (use a thermometer).
- Cooling — refrigerate within 2 hours of cooking.
- Storage — maintain proper cold and hot holding temps.
- Separation — keep raw foods away from ready-to-eat foods.

4. ESTABLISH CRITICAL LIMITS

Your safe boundaries:

- Poultry, leftovers, casseroles $\rightarrow 165^{\circ}\text{F}$ minimum internal temperature.
- Ground meats $\rightarrow 160^{\circ}\text{F}$.
- Beef, pork, seafood $\rightarrow 145^{\circ}\text{F}$ and rest for 3 minutes.
- Cold foods below 40°F ; hot foods above 140°F .
- Foods left at room temperature for over 2 hours \rightarrow discard.

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5. MONITOR

- Use a food thermometer to verify cooking and holding temperatures.
- Glance at fridge/freezer thermometers weekly.
- Note storage dates on containers or a fridge whiteboard.
- Rotate items weekly to ensure FIFO.

6. CORRECTIVE ACTIONS

- If food doesn't reach a safe temperature — continue cooking.
- If power goes out or fridge warms above 40°F for 4+ hours — discard perishable items.
- If food sits out more than 2 hours — discard it.
- When in doubt, throw it out.

7. VERIFICATION AND REFLECTION

- Check that thermometers, labels, and tools are in working order.
- Review what worked well and what could be improved after large meals.
- Clean and reset the kitchen for next time.
- Celebrate safe, successful cooking — you've just run your own mini HACCP system!

TIP FROM CHEF MAIKA:

Small actions make the biggest difference. A thermometer in your drawer, a labeled container in your fridge, and a quick cleanup routine these are your HACCP tools. They don't just prevent mistakes; they build confidence every time you cook.

NOTES

