



JOSEPH A. HAVLICEK, M.D.  
Director of Health

## City of Middletown

Department of Health  
245 deKoven Drive  
Middletown, CT 06457  
TEL: (860) 638-4960 FAX: (860) 638-1960  
TDDL: (860) 344-3521

### **Rolling on the River Chili Cook-Off** **Food Safety Guidelines**

Thank you for participating in the "Rolling on the River" Chili Cook-Off to support local charities. The Middletown Health Department has established the following food safety guidelines to ensure your entry is not only tasty, but safe too!

#### **Food Source**

- Chili and/or Salsa must be prepared at the event. No home cooking.
- All foods must come from a grocery store, regulated food purveyor, or other approved source.
- No home canned foods allowed.

#### **Preparation**

- Minor food preparation, such as chopping onions and peppers, may be done in advance.
- Meats must be cooked on-site at the event.
- Produce must be washed prior to preparation, or use triple-washed (ready-to-use) bagged produce.
- Bring extra sets of utensils.

#### **Personal Health and Hygiene**

- Do not prepare foods if you are sick, especially if you are experiencing vomiting, diarrhea, or sore throat with fever.
- Use a hair restraint, such as a baseball cap, hair tie, or other appropriate hair restraint.
- Wash hands with warm water and soap prior to engaging in food preparation.
- Smoking should not take place in the tented food prep areas.
- Use a disposable, one-time use spoon for taste testing.
- Provide a bottle of hand sanitizer.

#### **Safe Food Temperatures**

- You are required to have a probe food thermometer at your station during the event.
- Perishable foods items should be transported in a cooler with ice.
- Perishable food items, such as meats and opened containers of beans and tomatoes, must be held at 41°F or below.
- Cooked chili must be hot held at a minimum temperature of 135°F during service.