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## Sanitation Rules

1. Contestants must be of clean and neat appearance; nails must be trimmed short and clean, with all jewelry removed and hair covered.
2. Contestants must wash your hands after any action during which hand may have possibly picked up contaminants. Use hot water and soap for 20 seconds before rinsing hands.
3. If you have a cut, open sore or rash, wear protective gloves while preparing food.
4. Contestants must use tasting utensils to sample food at all times.
5. Contestants may not eat or drink while prepping their food.
6. Contestants must wear disposable gloves while portioning and plating the judges' food. If a team member touches anything other than the food, such as their face or hair, gloves must be changed immediately.
7. All teams will have a spray bottle with sanitizing solution. This solution should be used to keep work areas, cutting boards, and utensils clean and sanitary, especially after handling raw meat.
8. The temperature danger zone is 42° to 139°. All potentially hazardous foods must be kept out of this range. Hold hot food should be held at 140° or above; cold foods at 41° or below.
9. Minimum safe internal temperature for various hot foods:

Fish and Pork	145°
Reheated foods	165 °
All poultry and game birds, stuffed items	165°