

HAWAI'I HOME FOOD-SAFETY RESET

Find your three weak points in 10 minutes - then fix them this week.

1	CHECK	3
thermometer	your real habits	changes to make

START HERE: Do these three things now

Do not answer from memory. Walk to the kitchen and look.

1	Read your refrigerator thermometer. Actual temperature: _____ °F Target: 40°F or below
2	Find your food thermometer. Where is it? _____ ☐ I do not own one
3	Open the refrigerator and choose one leftover. What is it? _____ Date cooked/opened: _____ ☐ I do not know

WHY THIS MATTERS

Harmful germs usually cannot be seen, smelled, or tasted. In Hawai'i, warm transportation, power outages, humidity, raw seafood, and slugs or snails on produce add practical risks that generic advice may overlook.

Name: _____ Date: _____

Ten decisions that prevent avoidable mistakes

Mark only **YES** or **FIX THIS WEEK**. If you are unsure, mark it for fixing.

1 Cold food gets home cold

The safety clock includes the trip home, errands, preparation, and serving time.

DO: Use an insulated bag or cooler when the trip may be long or hot.

☐ YES ☐ FIX THIS WEEK

6 Produce is washed and inspected

Rinsing helps, but leafy greens also need careful visual inspection in Hawai'i.

DO: Use clean running water; check for slugs, snails, or pieces. Do not use soap or bleach.

☐ YES ☐ FIX THIS WEEK

2 The refrigerator stays at 40°F or below

The dial setting does not prove the actual temperature.

DO: Use an appliance thermometer and adjust if needed.

☐ YES ☐ FIX THIS WEEK

7 Cooking temperature is measured

Color, clear juices, and cooking time do not reliably prove doneness.

DO: Measure the thickest part without touching bone.

☐ YES ☐ FIX THIS WEEK

3 Leftovers get dated

If you cannot tell when food was cooked or opened, you cannot make a sound decision.

DO: Label the container before it goes into the refrigerator.

☐ YES ☐ FIX THIS WEEK

8 Food thaws safely

Counter thawing lets the outside warm while the center may still be frozen.

DO: Use the refrigerator, cold water changed about every 30 minutes, or the microwave followed by immediate cooking.

☐ YES ☐ FIX THIS WEEK

4 Perishables are chilled on time

Use two hours, or one hour when the surrounding temperature is above 90°F.

DO: Count all time out of refrigeration together.

☐ YES ☐ FIX THIS WEEK

9 Poke and takeout stay cold or hot

Prepared food can spend too long in the temperature danger zone during transport and serving.

DO: Buy last, travel directly, and refrigerate promptly.

☐ YES ☐ FIX THIS WEEK

5 Raw foods cannot drip on ready-to-eat food

One small leak can contaminate produce, leftovers, or drinks.

DO: Store raw meat, poultry, and seafood on the lowest shelf in a tray.

☐ YES ☐ FIX THIS WEEK

10 Questionable food is discarded without tasting

A taste test cannot establish safety and may create the exposure.

DO: When safe handling cannot be established, do not taste it.

☐ YES ☐ FIX THIS WEEK

Hawai'i situations: decide your rule before the moment

Check the situations that happen in your household. Write a simple rule you can actually follow.

[] APPLIES TO ME	Groceries in a warm car	Cold food may be warming while you make another stop.
MY RULE		

[] APPLIES TO ME	Poke or raw seafood	Raw seafood is a higher-risk choice. Source, temperature, and time still matter.
MY RULE		

[] APPLIES TO ME	Leafy greens and local produce	Rat lungworm prevention depends on careful washing and inspection for slugs and snails.
MY RULE		

WRITE THE RULE BEFORE YOU NEED IT

A rule decided in advance is easier to follow when you are hurried, hungry, or unsure.

Hawai'i situations: finish your household rules

Give yourself enough room to write a rule that another person could understand and follow.

[] APPLIES TO ME	Plate lunches and takeout	Transport and counter time count toward the same one-hour or two-hour limit.
MY RULE		

[] APPLIES TO ME	Humidity, pests, and pantry food	Moisture, mold, insects, and poor seals can damage stored food.
MY RULE		

[] APPLIES TO ME	Power outage	An unopened refrigerator stays cold about 4 hours; a full unopened freezer about 48 hours and a half-full freezer about 24 hours under typical conditions.
MY RULE		

ONE RULE WORTH POSTING

When the total time above 40°F may exceed 2 hours - or 1 hour above 90°F - refrigerating it again does not erase the time already spent warm.

Your kitchen safety card

Fill in the blanks, then keep this page where household decisions are made.

Refrigerator: 40°F or below Freezer: 0°F or below My refrigerator today: _____ °F	165°F poultry, casseroles, leftovers 160°F ground meats, egg dishes 145°F fish 145°F + 3-minute rest whole cuts	Cool large amounts in shallow containers. Use most refrigerated leftovers within 3-4 days . Reheat to 165°F .

DO-IT-NOW CHECK

Each item should take less than five minutes.

1	Move raw animal foods below ready-to-eat foods.	[] DONE
2	Discard one item that is recalled, leaking, bulging, badly rusted, punctured, unsealed, or of uncertain safety.	[] DONE
3	Date every unidentified leftover you can identify. Discard what cannot be dated safely.	[] DONE
4	Replace one cracked, cloudy, warped, badly scratched, or poorly sealing food container.	[] DONE
5	Wash one kitchen towel or cleaning tool that may be spreading contamination.	[] DONE
6	Put the food thermometer where people will actually use it.	[] DONE

What surprised me during this check?

My seven-day food-safety reset

Choose only three changes. A short plan completed is more valuable than a perfect plan postponed.

PRIORITY	WHAT I WILL CHANGE	WHEN
1		
2		
3		

ONE THING TO BUY, FIND, OR REPLACE	ONE HOUSEHOLD RULE TO POST
Why:	Where:

Review date: Who else needs to know?

WHEN FOODBORNE ILLNESS MAY NEED MEDICAL HELP

Seek prompt advice for bloody or prolonged diarrhea, high fever, repeated vomiting, dehydration, toxin-related symptoms, or illness in a higher-risk person. Call emergency services for severe or rapidly worsening symptoms.

Use the complete Guide when you need the explanation

This reset is designed for action. The complete Hawai'i Safe Food Guide explains the reasoning, limits, and Hawai'i-specific concerns behind these decisions:

thewellnesscenterforhealthyliving.com/hawaii-safe-food-guide

AUTHORITATIVE REFERENCES

U.S. Department of Agriculture Food Safety and Inspection Service; U.S. Food and Drug Administration; Centers for Disease Control and Prevention; Hawai'i Department of Health; FoodSafety.gov.

Food recommendations may change when recalls, outbreaks, medical conditions, or updated public-health guidance are involved. This workbook does not replace medical advice, product directions, recall notices, or instructions from public-health authorities.

THE WELLNESS CENTER FOR HEALTHY LIVING

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