

# Restaurant Health Inspection Checklist



This health inspection checklist is a free tool for restaurant operators to use to ensure their restaurant is compliant with food, health, and safety regulations. It covers various areas like food storage and preparation, equipment cleanliness and maintenance, kitchen sanitation, garbage disposal, and employee hygiene.

## Food Storage and Preparation:

- Food is stored at least 6 inches off the floor
- Food is stored in a clean and dry location
- Cleaning chemicals and food items are stored separately
- Containers are correctly labeled and covered
- Food is protected from overhead leakage and other forms of cross-contamination
- All food is handled by staff correctly using gloves, clean hands, or utensils
- Food is thawed properly in the refrigerator with cold running water
- Cook all foods to the minimum internal temperatures, according to the [USDA](#)
  - Beef, pork, veal and lamb steaks, chops, and roasts: 145 degrees Fahrenheit (62.8 degrees Celsius) and allow to rest for 3 minutes
  - Ground meats: 160 degrees Fahrenheit (71.1 degrees Celsius)
  - Ground poultry: 165 degrees Fahrenheit
  - Ham, fresh or smoked (uncooked): 145 degrees Fahrenheit (62.8 degrees Celsius) and allow to rest for at least 3 minutes
  - Fully cooked ham (to reheat) packaged in USDA-inspected plants: 140 degrees Fahrenheit (60 degrees Celsius)
    - All other ham: 165 degrees Fahrenheit (73.9 degrees Celsius)
  - All poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing), leftovers, and casseroles: 165 degrees Fahrenheit (73.9 degrees Celsius)
  - Eggs: 160 degrees Fahrenheit (71.1 degrees Celsius)
  - Fish & Shellfish: 145 degrees Fahrenheit (62.8 degrees Celsius)

## Equipment Cleanliness and Maintenance:

- Freezer and refrigerator thermometers are visually displayed with the correct temperature to ensure food stored inside is within a safe range (0 degrees Fahrenheit or -18 degrees Celsius, and 40 degrees Fahrenheit or 4 degrees Celsius respectively, according to the [FDA](#))
- All refrigerators, freezers, and other approved equipment are kept clean and well-maintained
- Any non-working equipment must be repaired or replaced

## Kitchen Sanitation:

- Washing station is kept clean and organized
- Utensils are covered to protect them from dust and other contaminants while stored
  - Clean and sanitize kitchen equipment, cutting boards, and utensils between uses using a three compartment sink or commercial dishwasher especially when exposed to raw meat
- Food preparation areas, shelving, and cabinets are all clean and well-maintained
- Water temperature is heated to at least 170 degrees Fahrenheit for at least two minutes when sanitizing equipment and utensils

## Garbage Disposal:

- Garbage and refuse are properly disposed of
- Garbage and recycling bins are emptied when full
- Trash bins are cleaned regularly to prevent pests
- Garbage bins have tight-fitting, pest-proof, non-absorbent, and leak-proof lids

## Employee Hygiene:

- Employees use hair nets or hats while working
- Jewelry is limited (plain rings), depending on the environment
- Any cuts and bandages are covered when employees are handling food
- Employees don't come into work if they are sick to prevent spreading germs
  - Employees must wash their hands and arms regularly using proper hand-washing techniques (using warm water and soap for at least 20 seconds, scrubbing between fingers and under fingernails), especially after sneezing, coughing, or using the bathroom
- Employees must wear clean clothing or uniforms
- Eating and smoking must be done away from the food preparation areas (indicate to staff where they can eat and smoke during their breaks)