

CFPM Cheat Sheet 2026

The night-before summary, built like the exam.

— Scored questions	— Time limit	— Passing score
— Exam fee	Conference for Food Pro... Governing body	— Pass rate

Cooking temperatures (FDA Food Code 2022)

Food	Minimum
Poultry, stuffed meats/pasta/fish, stuffing with meat, wild game	165°F instantaneous
Ground/comminuted meats and fish, ratites, pooled eggs held for service	155°F for 17 seconds
Whole-muscle meat, seafood, eggs cooked to order for immediate service	145°F for 15 seconds
Whole meat roasts (alternative)	145°F held 4 minutes (chart allows lower temps for longer times)
Plant foods for hot holding	135°F
Microwave cooking of raw animal foods	165°F all parts, covered, rotated, stand 2 minutes

Holding, cooling, reheating clocks

- Cold holding: 41°F or less. Hot holding: 135°F or above (roasts may hold at 130°F).
- Danger zone: 41°F-135°F.
- Cooling: 135°F -> 70°F within 2 hours, then to 41°F or less within 6 hours total. Missed stage 1? Reheat to 165°F and restart.
- Ambient-ingredient foods (tuna salad from canned tuna): to 41°F within 4 hours.
- Reheat for hot holding: 165°F within 2 hours. Commercially processed RTE food: 135°F.
- Time as a public health control: 4 hours (start ≤41°F or ≥135°F) then discard; or 6 hours (start ≤41°F, never above 70°F) then discard. Written procedures plus time marks required.

Receiving and storage

- Receive cold TCS at 41°F or below; hot TCS at 135°F or above; shell eggs at 45°F ambient; frozen food frozen (reject large ice crystals or frozen pooled liquid).
- Date marking: RTE TCS food held over 24 hours keeps 7 days max at 41°F; prep or opening day is Day 1.
- Storage order, top to bottom: RTE -> 145°F items -> 155°F items -> poultry (165°F). Food 6 inches off the floor; chemicals below and away from food.
- Shellstock tags: keep 90 days after the last shellfish is served.

Sanitizers (verify with test kit)

- Chlorine: 50-99 ppm at water 75°F+ (pH ≤8) or 100°F+ (pH ≤10); 100 ppm at 55°F+.
- Iodine: 12.5-25 ppm, water 68°F+, pH 5.0 or less.

- Quats: concentration per manufacturer's EPA-registered label, water 75°F+.
- Manual warewash: wash 110°F+ -> rinse -> sanitize (or 171°F hot-water immersion) -> air dry. Machine final rinse: 180°F (165°F stationary rack). Food-contact surfaces in continuous TCS use: clean every 4 hours.

Big Six and employee health

- Reportable diagnoses: Norovirus, Hepatitis A, Shigella, Shiga toxin-producing E. coli, Salmonella Typhi, nontyphoidal Salmonella.
- Exclude: vomiting, diarrhea, jaundice (onset within 7 days), diagnosed hepatitis A or typhoid fever. Return from vomiting/diarrhea: 24 hours symptom-free.
- Restrict: sore throat with fever (general population); exclude if serving a highly susceptible population.
- Handwash: 20 seconds total, 10-15 seconds scrubbing, handwashing sink only. No bare-hand contact with RTE food.
- Nine allergens: milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, soybeans, sesame.

HACCP: seven principles in order

- 1 Hazard analysis -> 2 Critical control points -> 3 Critical limits -> 4 Monitoring -> 5 Corrective actions -> 6 Verification -> 7 Records.
- Variance plus HACCP plan needed for curing, smoking for preservation, reduced oxygen packaging, sprouting.

Official sources

- U.S. Food and Drug Administration — FDA Food Code 2022 — Sections 3-501.14 Cooling and 3-501.16 Hot and Cold Holding: <https://www.fda.gov/media/164194/download>
- U.S. Food and Drug Administration — FDA Food Code 2022 — Sections 2-301.12 Handwashing and 3-202.11 Receiving Temperatures: <https://www.fda.gov/media/164194/download>
- Conference for Food Protection — Conference for Food Protection — Manager Certification: <https://www.foodprotect.org/Certification>

Free practice questions for this exam: www.everyexamprep.com/practice/exams/food/cfpm