
Stay Sharp

Before Your Test

A one-week refresher plan and the numbers you actually need to know cold — for anyone studying on their own before the ServSafe Manager exam.

Your one-week refresher plan

Day 1: Time & temperature control — the danger zone, cooking minimums, cooling and reheating rules.

Day 2: Cross-contamination — storage order, separating raw and ready-to-eat, allergens.

Day 3: Personal hygiene — handwashing, illness policy, exclude vs. restrict.

Day 4: Cleaning & sanitizing — the difference between the two, sanitizer concentrations and contact time.

Day 5: Receiving & storage — what to check on delivery, FIFO, storage temperatures.

Day 6: Facility, equipment & pest management — warewashing, dishmachine temps, integrated pest management basics.

Day 7: Full review — retake a practice quiz cold and see what's still shaky.

The numbers you need to know cold

Topic	Number
Temperature danger zone	41°F – 135°F
Cooking minimum — poultry, stuffed meats, stuffed pasta	165°F
Cooking minimum — ground meat	155°F
Cooking minimum — whole cuts of beef, pork, fish	145°F
Reheating for hot holding	165°F within 2 hours
Cooling — stage 1	135°F → 70°F within 2 hours
Cooling — stage 2	70°F → 41°F within 4 more hours (6 hours total)
Hot holding	135°F or above
Cold holding	41°F or below
Handwashing — minimum scrub time	10–15 seconds
Chlorine sanitizer concentration	50–99 ppm
Date marking — ready-to-eat food held over 24 hours	Discard after 7 days at 41°F or below

Want it to just tell you when you're ready?

SafePrep Manager is the adaptive study app we built specifically for this exam — it tracks your readiness by category and tells you when you're actually prepared instead of guessing. Available on the App Store.

Already studied and just need to stay sharp closer to test day? SafePrep Refresher is built for exactly that — quick 60-second review bursts instead of a full study app.