

## FOOD HYGINE AND SAFETY

Here is how to control, prepare and store food safely.

### 1. CLEAN

#### Before Meal

- Wash hands with warm soapy water or use an anti-bacterial gel
- Clean/sanitise all food preparation & dining areas
- Ensure tea towels in use are clean

#### During Meal

- Be sure to wash your hands after using the toilet
- Avoid using hands to eat (unless necessary)
- Avoid sharing glasses, bottles & plates of food with others

#### After Meal

- Wash all food preparation utensils in hot soapy water
- Use clean tea towels for drying dishes
- Clean/sanitise all dining areas

### 2. SEPARATE

Cross contamination occurs when bacteria is transferred from a contaminated food or surface to other foods. Avoid Cross-contamination by:

#### Refrigeration

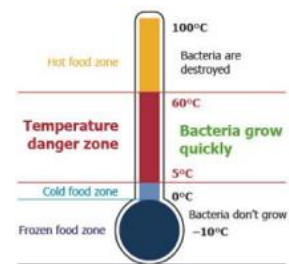
- Always store raw foods beneath cooked or ready to eat foods
- Clean up any mess or spills straight away
- Raw animal proteins should be wrapped/sealed

#### Preparation

- Use dedicated chopping boards for meat vs fruit/veg
- Cut veggies or salad ingredients first, then raw meat/poultry
- Never place cooked food on a plate where raw meat has been unless thoroughly cleaned
- Use paper towels to clean meat/poultry juices, not a cloth/sponge

### 3. COOK

- Temperature control is very important to prevent harmful bacteria from growing in food
- Cook food until it reaches appropriate internal temperature
- Food that has been in danger zone (prep, storage, serving) for **less than 2 hr** can be returned to fridge & reheated later
- Food out of fridge for **2- 4 hr** should be used immediately
- Any food in the danger zone for **over 4 hr** **MUST** be discarded!



### 4. CHILL

- Make sure fridge is operating at 5°C or lower
- Refrigerate/freeze perishables, ready to eat foods & leftovers within 1h of purchase or preparation
- Where possible, leave food in store wrap until ready to cook
- Place raw meats in a shallow tray at bottom of fridge
- Use fridge space appropriately
- Fridge door is the warmest part of the fridge; coldest is back & bottom
- Store leftovers in air tight containers

