

Factsheet 53:

Food Safety

Key Points of Food handling

- Clean surfaces, ideally with a non-tainting bactericide, before using to prepare food;
- Separate raw and cooked foods;
- Use separate utensils for raw and cooked foods;
- Wash hands regularly, including palms and backs of hands;
- Before preparing food;
- Between handling raw and cooked food;
- After using the toilet;
- After eating, drinking and smoking breaks;
- After handling refuse and waste materials.
- Cover wounds with waterproof dressings (brightly coloured dressings are best);
- Follow good personal hygiene guidelines, including tying back long hair and cover head;
- Wear suitable protective clothing to prevent contaminating food;
- Defrost food thoroughly before cooking;
- Cook joints of meat thoroughly. It is better to cook two or three smaller joints rather than one large one;
- A minimum quantity of food should be reheated. Where you need to, ensure that food is heated above 82°C for at least two minutes;
- After cooking food, cool it as quickly as possible if it is to go in the fridge;
- Keep food piping hot at above 63°C or cold below 8°C and ideally around 3°C to reduce the risk of growth of food poisoning bacteria;
- Don't keep leftover stock;
- Cover food to prevent contamination;
- Remember gravity. Store raw foods below cooked foods to prevent blood etc. dripping onto cooked food;
- Check refrigerator and freezer temperatures with a thermometer. Record these in a log book.