



Food Safety Guidelines

General Guidelines

- Tie back hair
- Wear an apron and close-toed shoes
- Pull up loose sleeves to prevent clothing contaminating food
- Wash your hands with warm soapy water when you first get to the kitchen and often whilst cooking, at least hourly. Dry hands with paper towel
- Never lick cooking utensils
- Do not put tasting spoon back into the pot
- If you are sick, particularly with gastro symptoms, do not attend

Preparing Food

- Keep the kitchen clean – wash utensils, cutting boards and benches before starting
- Keep food in the fridge until you are ready to use it
- Keep raw food and cooked food separate with raw foods stored below cooked foods
- Cool cooked food on top shelf in a fridge. Use shallow containers to make sure the food cools quickly
- Sanitise the benches, sinks, utensils and cutting boards after you work with poultry meat and fish
- Keep the kitchen clean

Serving Food at Home

- Take food home in a suitable container as soon as possible after cooking. If travelling for more than one hour, use an insulated bag with ice blocks
- When reheating food at home, ensure that it is steaming hot all the way through before eating
- Food which will be eaten within two days can be stored in the fridge. Foods to be eaten later should be labelled with the date in which it was cooked and frozen
- Frozen foods can only be reheated once