

BASIC FOOD HYGIENE

There are three main sources of contamination:

- **Bacterial** e.g. micro-organisms – bacteria - germs
- **Physical** e.g. objects in food – glass - metal
- **Chemical** e.g. cleaning materials in food

If you are involved in a Woodcraft evening or event where food is prepared and handled please familiarise yourself with the following instructions: -

- Always ensure that your hands are thoroughly clean. Use the designated hand washing basin. Ensure your clothes or hair does not dangle in the food or catch fire.
- Always ensure that surfaces and equipment that you are going to use are clean and at hand. Detergent removes food particles and disinfectant removes germs (bacteria).
- Always use separate surfaces and utensils for raw and cooked foods. Clean utensils as you go if possible.
- Do not touch the waste bin, your face, hair and sneeze or cough when preparing food. If you do wash your hands again. Do not blow onto food as germs will cross contaminate from your mouth.
- Cook food thoroughly. As a minimum a Core Temperature of 70°C for 2 minutes.
- Cover food when being stored it prevents cross contamination from raw to cooked food.
- Cool food as quickly as possible. 90 minutes max before putting in the fridge.
- The danger zone for repopulation of germs is 5°C to 63°C. One germ can become one hundred million in less than ten hours.
- If food is to be reheated, ensure it is reheated to 82°.
- Cover cuts, scratches and spots with blue waterproof plasters and remove jewellery.
- Do not taste food with your fingers or dirty utensils. Use a separate spoon for each tasting.
- Chill food below 5°C. Freeze food below -18°C.
- Clean up as you go along and leave everything clean and tidy when you have finished.
- Please read the booklet ‘The Essentials of Food Hygiene’

For more information see www.easthants.gov.uk/foodsafety