

## Food Safety

Time

Moisture

Conditions for  
bacteria growth

Temperature

Food

### Hygiene Practices

- Food deliveries should be checked
- Food labelled and stored correctly
- First in, first out rule for stock
- Temperature control
- Hot food- hot holding at 63C
- Core temperature- 75C
- Chilled below 5C
- Washing up in hot soapy water
- Waste disposal

Colour chopping board	Use
Red	Raw meat
Green	Salad and fruit
Yellow	Cooked meat
Blue	Raw fish
Brown	Vegetables
White	Bakery and dairy

### Food poisoning

Listeria  
Salmonella  
E-coli  
Campylobacter

This can happen if food:  
isn't cooked or reheated thoroughly  
isn't stored correctly – for example, it's not been frozen or chilled  
is left out for too long  
is handled by someone who's ill or hasn't washed their hands  
is eaten after its "use by" date

## HACCP (Hazard Analysis Critical Control Point)

Flow of work	Control
Purchase of food	Buy from a reputable supplier
Delivery of food	Check the deliveries when they arrive- any damage? Are the temperatures safe?
Storage of food	Do they have the correct storage? Dry, chilled or frozen?
Preparation of food	Avoid cross contamination, use the correct colour boards and keep raw and cooked produce apart
Cooking of food	Cook all food to have a core temperature above 75C
Cooling	Cool through the danger zone as quickly as possible (5-63C)
Hot- holding	Above 63C
Reheating	Above 63C Do not reheat high risk foods
Chilled storage	Between 0-5C
Serving	Obey the 4 hour rule for cold food and 2 hour rule for hot food.

### Check that environmental health officers (EHOs) will make

**Staff-** properly dressed, clean nails, no jewellery, hair covered or tied back, good hygiene habits.

**Processes in the work place-** handling of food, use of equipment, use of colour coded boards, washing up, disposal of waste.

**Storage of food-** fridges, freezers and dry stores. Are they the correct temperatures? Is stock rotation used?

**Equipment-** this should be clean, well maintained and with safety notices if appropriate.

**Temperature of foods-** the use of probes to check food is at the correct temperature.

### The 4C's

Cleaning

Cooking

Chilling

Cross-contamination

The 4 points must be used in all food preparation.