Food & Drink

**Module 1 -The Importance of Food Safety & Hygiene**

People handle food in a wide range of retail settings, they can include:

* Large food retailers :

Supermarkets/Wholesalers & Large Markets/Food Halls in Department Stores

* Small food retailers:

Village Shops/Corner Shops/Specialist shops – butcher/baker/grocers/deli/Farm Shops/Campsites/Sports Halls/Petrol Stations/Newsagents/Market Stalls/Regional Shows

***Food Safety –*** protecting food from anything that could harm consumer health & well being

By having appropriate food safety procedures in place the production of safe food is possible.

***Ensuring food & drinks are safe to consume***

***Food Hygiene-***Making sure food is free of contamination, is wholesome and safe to consume.

If we don’t adopt best practice I relation to hygiene when handling food there is a real risk to safety.

***Everything is done to ensure food is safe.***

**Why are Food Safety & Food Hygiene Important?**

To ensure you:

* Remove potential harm to anyone consuming food
* Comply with the law
* Prevent loss of customers & business
* Avoid damage to reputation

**Contamination:**

Is the presence of any unwanted micro organisms or foreign matter.

Illness or injury can occur when people come into contact with contaminated food e.g. metal in sausages, filth in restaurant, vermin present

**Food Spoilage:**

As well as unsafe food, spoilage is another hazard. This is when food is not looked after properly and may be contaminated with something that is not harmful but unfit to consume and may lead to complaint. Spoilt food may not may not be harmful but is considered unfit to eat.

***A product may be spoilt due to a change in – Colour/texture/smell/taste or a product in it that should not be there e.g. hair/foreign object***

Common reasons why food can cause illness or injury:

* Poor temperature control
* Cross contamination
* Lack of handwashing
* Badly maintained equipment
* Procedures not followed
* Incorrect storage
* Contaminated ingredients
* Ignorance about dangers
* Untrained staff

FOOD STANDARDS ARE THE SAME FOR ALL ESTABLISHMENTS WHICH SELL FOOD = achieving the goal of excellent standards of food safety and hygiene done through PREVENTION & CONTROL.

PREVENTION:

Requires the best practice when handling food order to ensure it is sold safely. This is achieved by:

* Thorough cleaning
* Equipment maintenance
* Pest control measures
* Personal hygiene

Adopting processes of food safety risk assessments & effective reporting measures e.g. sickness & accident log will assist prevention.

**CONTROL:**

You must have control over all elements of food retailing including:

* Receiving
* Storing
* Handling
* Display
* Serving Customers

e.g. selecting suppliers of quality ingredients, using reliable equipment to enable correct temperature monitoring, adopt robust regime of safe storage and monitoring sickness reporting records.

***Excellent standards of food hygiene and safety require prevention and good control over all food preparation and handling processes.***

**Module 1 -Understanding food laws**

Who enforces the law?

Environmental health protection EHP’s (formerly knows as Environmental Health Officers) enforce food laws to protect the public from exposure to harm by advising, educating and inspecting to give assistance to businesses. Certain circumstances may warrant compliance through legislation, they have a right of entry without an appointment at any time.

EHP’s have various powers:

* Serving notices such as hygiene improvement notices
* Closing premises & stopping unsafe practices which are imminent risk to the public – Hygiene Emergency Prohibition Notices HEPN
* Seizing or detaining unsafe food, articles or records to use as evidence
* Instigating legal proceedings to prosecute those who have committed offences.

Main issues which the law relates:

1. Temperature Control – important to ensure that the growth of food poisoning bacteria is limited

Important Temperatures:

* Hot food must be kept and displayed prior to service at a minimum of 63 degrees Celsius – minimum hot holding temperature
* During delivery, storage and preparation and cold display the temperature of chilled food must not exceed 8 degrees Celsius
* Food which has been cooked must be cooled as quickly as possible, a temperature of 5 degrees Celsius is maximum for good practice.
1. Personal Hygiene & training – Vital that anyone handling food takes great care to keep themselves clean, along with anything else that may be in contact with food. Such as clothing and dressings.

E.g.

* Personal Cleanliness – keeping bodies and clothing clean
* Hand washing – Washing hands whilst at work to prevent contamination
* Health – not passing on illness through food
* First Aid – Covering cuts with bright coloured waterproof dressings
* Habits and practices – avoiding unhygienic processes not smoking
* Instructions and training – receiving and following instructions participating in training in food hygiene and safety
* Appearance – preventing food contamination by wearing clean protective clothing and removing jewellery
1. Management of Food Safety – Every food business must implement and maintain a food safety management system based on the principle of Hazard Analysis and Critical Control Point HACCP to ensure food safety hazards are identified and effectively controlled.
* Up to date records must be kept
* System should be audited regularly to see if everything is working and up to date
1. Hygiene premises and practice – Cleanliness of food handlers and operatives alone is not enough for ensuring food safety. All parts of the food retail premises must be hygienic and this can only be guaranteed if everyone follows good hygiene practice at all times.
* Premises – Kept clean and in good repair and condition
* Practices – food must not be exposed to risk of contamination at any time
* Equipment- suitable for its purpose, clean and in good repair
* Storage – store food correctly, observe dates, do not display or serve foods beyond sell by or use by dates
* Layout – Food areas should allow good standards of hygiene and prevent cross contamination
* Facilities – facilities for washing food and equipment must be provided with supplies of hot and cold water
* Disposal -Spoilt food must be clearly labelled, separated from general waste, and disposed of correctly away from food storage areas/kitchens

FINES & PENALTIES:

Food hygiene will cost businesses money to implement but if they are caught not complying fines and prosecution will cost more. Serious breaches can result in heavy fines and imprisonment up to 2 years. Less serious breaches may carry a 5K penalty.

DEFENCES

Companies can defend themselves by due diligence defence meaning it must show and prove that reasonable precautions were taken to avoid the situation that arose.

Due diligence = principle defence available if legal action taken, business must prove actions taken. Document food management system wood demonstrate how food safety is achieved and checks done to show the system works in practice and training records essential to show everyone trained and competent.

RECORDS

Vital that ACCURATE, CLEAR, TRUTHFUL records are taken and maintained

Records must indicate what was actually happening not what you would like to have happened and show what was done when something went wrong. Ensure critical control points for food safety are working and checked.

Food Law = Protects Consumers

Offence = To sell unsafe or spoilt food, food not of the expected quality

MUST = Protect food from contamination ensure food safety hazards are controlled/Follow procedure & keep records, keep premises and yourself clean & tidy.

Understanding food law is vital when working in or around food. A lack of knowledge around food law can endanger the health & safety of others and lead to prosecution, it is crucial to be up to date with current legislation.

If you work in retail you need to play your part in keeping food safe & in doing so the law expects us to consider how we work, what we wear and what our practices are.

FOOD CHAIN:

Food often has long journey from growing to harvesting to preparation & delivery through to being eaten = many opportunities for contamination, therefore knowing every step of the food chain and doing a risk assessment should minimise the opportunity for contamination.

**MANY FOOD MILES = MANY HANDS = MANY OPPORTUNITIES CONTAMINATION**

**Farm – delivery – abattoir – delivery – producer- delivery – plate**

Legal controls needed to protect consumers from activities of food businesses and the people who work with them.

RESPONSIBILITIES:

Everyone involved in retail has a responsibility to act in a way that ensures the consumer receives safe food.

FOOD HANDLERS

* High standards of personal hygiene
* Report to employer if any symptoms of food borne illness, stay away from handling food until an agreed period of time after the last symptom
* Take part in training and refresher training
* Follow company rules & procedures for food safety & hygiene
* Report any food safety problems

FOOD BUSINESS OPERATORS

* Develop & maintain a documented Food Management Safety System based on HACCP
* Adopt appropriate food hygiene practices
* Comply with requirements to be registered with Local Authorities
* Comply with requirements of Environmental Health

THE LAW

* Food production and handling is controlled through legislation UK & European regulations

Legislation

-Main aim is to:

* Protect food from farm to fork
* Prevent unfit food being used
* Reduce risk of food borne illnesses

 Regulations

-EU & UK regulations cover the practical things that need to be complied with :

* Food businesses must implement and maintain a food safety management system based on HACCP principles
* Hygiene standards of premises & equipment
* Hygiene standards of food handlers
* Training requirements
* Temperature Control

FOOD & DRINK – UNDERSTANDING HACCP

***Hazard Analysis & Critical Control Point – ensures food is safe for consumers***

Preventative system that gives a high level of food safety assurance, considered best approach to producing safe food & preventing food borne illness.

LAW STATES ALL FOOD BUSINESSES MUST HAVE & MAINTAIN HACCP WHICH IS INTERNATIONALLY RECOGNISED.

HACCP usually set up & maintained by company specialist = Vital process:

* Must take account of all stages of food production
* Must be applied no matter how simple or complex the process
* Must be implemented across all stages – from purchase to sale
* Purchase of supplies
* Delivery
* Receipt
* Storage
* Preparation
* Unpacking-----------------------------------------cooking -----hot display ----service
* Shelf stocking
* Till payment
* Service

ADD IN PRINT OUTS 1-7

* Systematic evaluation system to identify, control and monitor food safety hazards and contamination risks in the food production process
* Helps us understand when food safety hazards could be introduced to foods we are preparing
* All stages of food handling and production must be analysed
* Food safety Management system based on the 7 printed principles of HACCP creates a robust management system for controlling foods and hazards
* Critical control points must work effectively to ensure that safe food is produced
* Keeping up to date records of what we do and check is critical

FOOD & DRINK – THE IMPORTANCE OF PERSONAL HYGIENE:

Anyone who handles food has a personal & legal responsibility to keep a high level of personal hygiene to ensure food does not become contaminated. It is a moral obligation to customers.

If high standards of personal hygiene are not adopted pathogenic bacteria can thrive and result in foodborne illness.

You can easily contaminate and cross contaminate food through your habits, unclean hands and what you wear.

Personal Responsibility:

Individuals are potentially the most serious food safety hazard in the environment were food in handled. Body temperature is 37 degrees Celsius = optimum temperature for the growth of many organisms that can cause foodborne illness. You only need to not wash your hands once to contaminate a lot of food.

Handwashing

Handwashing is the most important procedure that can prevent the spread of microorganisms in the food environment and should be carried out regularly throughout the day.

As your hands are in direct contact with food, they are the key way in which food can be contaminated.

BEFORE –

Wash your hands before preparing or handling food / Commencing work / Eating or drinking / Entering a food arena

BETWEEN –

Handling raw food / cook food / ready to eat food, Handling money and food, different work activities

AFTER –

Handling raw meat, poultry and other foods / using the WC / Sneezing, coughing or blowing nose / Handling refuse and waste food / Smoking and eating / A break and returning to food areas / Handling cleaning chemicals / becoming physically dirty.

EFFECTIVE HANDWASHING

Is the cornerstone of personal hygiene whilst handling food, it is a legal requirement to have a separate sink for handwashing. Hands must be washed by systematically rubbing all parts of the hand and wrist with soap and water paying particular attention to areas of the hands that are frequently missed.

Common most missed areas when handwashing – fingertips & nails, thumbs, wrists, between the fingers

There is a 13 point handwashing technique to wash hands correctly

Other aspects of personal hygiene include PPE, appearance & habits

FIRST AID

Cuts can harbour bacteria. Septic cuts are ones that could be infected with bacteria and ooze pus or being weepy.

Cuts should be covered with clean, coloured, waterproof dressings to prevent contamination of food. Brightly coloured dressings are easier to spot if they come off or fall into food and contaminate it. Best practice is to wear blue dressings. When the hands are being washed the dressing should be protected with a glove.

Examples of transmissible illnesses:

Sore throat

Cough

Diarrhoea

Vomiting/sickness

Nausea

Colds

Eye/ear infections

Skin infections

Food poisoning

Stomach upsets

REPORTING ILLNESS & INJURY

Food handlers can be a serious hazard to food safety when they are suffering any condition or disease that could be transmitted to another person via food. These illnesses and symptoms must be reported to a supervisor before beginning work. Consideration must be given as whether to exclude the worker if there is a risk of food becoming contaminated or if a change of duty is sufficient.

PROTECTIVE CLOTHING

Personal protective clothing is an important way of maintaining food hygiene because it protects the food from contamination by you.

PROTECTIVE CLOTHING SHOULD:

* Be clean and washable and worn correctly & changed regularly
* Be light coloured with no outside pockets or buttons
* Be appropriate for the work being carried out and cover normal clothing completely
* Not to be worn outside of the workplace

OUTDOOR CLOTHING SHOULD:

* Be stored in suitable lockers or changing rooms
* Not be bought into any food area

There are several important aspects of personal hygiene related to personal appearance:

* Hair-constantly falling out, can contaminate food without us knowing. Hair should be clean, tidy, tied back and under a hair net or hair covering. Beards & moustaches should be trimmed and neat and beard nets should be used where appropriate. Do not touch your head or hair whilst handling food.
* Scent – Anyone handling food should avoid strong scents that may taint food
* Jewellery – keeping it to a min reduces risk of things getting trapped & harbouring bacteria on stones etc that may fall into food. Only acceptable jewellery is a plain wedding band.
* Skin infections such as eczema, dermatitis or psoriasis risk contaminating food and must be reported to supervisors & you may not be able to work
* Nails – can harbour bacteria and should be kept short and clean from polish & no false nails. Don’t put fingers in mouth during food prep & handling.

SMOKING – food handlers must not smoke in retail environments or whilst wearing work clothes, hand to mouth actions can transfer bacteria. Ash & Cigarette ends may fall into food. Smoking also causes coughing.

AVOID UNHYGIENIC HABITS – Nose picking, spitting, nail biting handling ears etc, eating and drinking should be confined to breaks in designated areas with careful handwashing afterwards.

IMPORTANCE OF DESIGN & PREMISES LAYOUT

PREMISES should be:

* Suitable for the foods being sold
* Designed so they can be thoroughly cleaned
* Constructed of hard wearing materials that are waterproof, smooth, heat resistant, easy to clean and light coloured so that dirt is visible

LAYOUT should be planned so that:

* Effective work flow and layout prevents cross contamination by have a clear area between low and high risk areas. E.g. Dirty areas – food storage and preparation areas & cooking areas- Clean areas – e.g. final preparation and service areas.

LIGHTING & VENTILATION:

* Adequate lighting is needed to see what is happening with any food, to see any dirt & for H&S reasons to allow food handlers to see what they are doing.
* Good ventilation is needed to control temperatures and allow equipment to work
* Adequate ventilation is needed for storage and preparation rooms, fridges and freezers.

EQUIPMENT:

* Food equipment and utensils must be fit for their purpose, made of hard wearing materials and easy to clean and disinfect thoroughly
* Should be kept in a good state of repair to prevent physical contamination

SERVICE & FACILITIES

* IMPORTANT TO PROVIDE:
* Separate hand basins for handwashing and food preparation and cleaning
* Toilets and a separate area to store outdoor clothes
* Clean & Safe hot and cold water
* Storage facilities to store food, ingredients and packaging in the right conditions with sufficient space for stock rotation

WASTE & RUBBISH

* There must be adequate storage of waste for food and rubbish both inside and outside
* Inside bins should be easy to clean and disinfect, be open topped or foot operated to avoid hand contact
* Waste stored outside in skips and bins should be covered and enclosed to be pest proof, impervious and away from direct sunlight
* Spoiled food must be clearly labelled as not for human consumption separated from general waste and disposed of away from food storage areas

PESTS

* Pests should be prevented from gaining access to the premises by having:
	+ Door Strip Curtains
	+ Window screens
	+ Air curtains
* EQUIPMENT

Including hand touch points should be designed so that it can be easily maintained, cleaned, easily taken apart, protect any contents from external contaminants, it is impervious

* FOOD CONTACT SURFACES should be:
	+ Inert (Non toxic)
	+ Smooth
	+ Impervious
	+ Non tainting
	+ Resistant to corrosion
	+ Durable and kept in good condition

DESIGN OF PREMISES:

Help keep premises and equipment in the best possible condition by:

* Keeping everything clean and mopping up spillages as you go
* Reporting damage to the buildings and equipment immediately
* Using the equipment & facilities provided properly
* Putting and keeping everything in its proper place

LAYOUT/ WORK FLOW

Linear workflow is managing the movement of food from raw to cooked so cooked food does not come into contact with raw food.

STORAGE – should be arranged so that you do not have to carry deliveries through food preparation areas

WASHING UP AREA- Locate washing up areas away from high risk food areas

INDIVIDUAL HAND WASH BASIN- Food handlers are more likely to wash their hands regularly if the basin is located at the entrance to which food handling occurs

FRIDGES- Back up fridges should be close to the customer area so transfer of chilled food to display areas is easy

LINEAR WORK FLOW- A linear work flow a food operations from receipt and storage to preparation and production and the service of the finished product should be implemented this preventing congestion, eliminating cross contamination and helping with the cleaning process DELIVER STORE PREPARE COOK SERVE

KEY POINTS

* Food Pests include rats, mice, birds & insects
* Pests can be controlled to prevent the spread of disease and microorganisms, food wastage and damage to buildings
* Pests can be controlled by general good house keeping, physical and chemical controls
* Food areas should be regularly checked for signs of infestation
* Waste should be stored in closed containers which are cleaned regularly and kept away from food and food storage areas

IMPORTANCE OF CLEANING

Cleaning and disinfection contribute to a hygienic workplace and help to ensure that food does not get contaminated. Cleaning in a food retail context is the process of removing food, debris and microorganisms.

Cleaning is important to:

* Keep surfaces clean and disinfected
* Stop microorganisms breeding
* Prevent the attraction of pests
* Prevent any bits and pieces of dirt falling into food
* Keep us within the law
* Give peace of mind and satisfy customers

PERSONAL RESPONSIBILITY:

It is important that everywhere is a food handling environment is kept clean. The soiling of surfaces and equipment being used for food preparation is unavoidable. However it is vital that dirt is not able to build up as this will increase the risk of contamination and food borne illness. The principle of clean as you go makes it the responsibility of all food handlers to keep their work area clean and wipe up spillages as soon as they occur before they become ingrained.

CLEANING

Is best performed by applying energy to a surface to physically remove the dirt through either manual or mechanical cleaning.

MANUAL – Brushing or scrubbing

MECHANICAL – Using machines such as floor scrubbing machines

DETERGENTS & DISINFECTANTS

Chemicals can be used to help with the cleaning process. 2 main types are detergents and disinfectants.

DETERGENTS Chemicals that dissolve grease & fat as well as lifting off dirt, often combined with mechanical cleaning and hot water. They do not kill bacteria.

DISINFECTANTS - Chemicals that kill bacteria, reducing microorganisms to safe levels. They do not cleans surfaces tough and ineffective where food residue and soiling is. Food & hand contact surface areas , including high risk areas will need to be cleaned and disinfected several times a day. Whilst floors and wall need regular cleaning they will not need disinfecting as they are non food contacting areas.

SANITISERS – detergents and disinfectants can be combined into chemicals known as sanitisers. They remove dirt and kill bacteria but for the best effect some form of manual or mechanical cleaning to remove stubborn deposits is necessary. They should only be used on lightly soiled areas to be effective. Sanitizers must be given enough time to work. Info should be on the product label and you should follow instructions for use. Heavily soiled areas should not use sanitisers unless they are used twice.

CHEMICALS

Chemicals used in cleaning can be dangerous if not used properly. Key rules to consider:

* Be aware of H&S at all times
* Use the right chemicals for the job
* Use the right amount of chemical
* Do not mix chemicals unless safe to
* Wear suitable PPE
* Follow the manufacturers instructions kin regards to usage and accidents
* Remember the contact time
* Always protect food when cleaning
* Some chemicals are hazardous use COSHH to risk assess

**HEAT & CLOTHS**

Heat & cloths in cleaning:

HEAT – Fats and grease are more readily removed by hot water than cold, very hot water above 82 degrees or above, is also an effective disinfectant and is used at in dishwashers at the final rinse stage

CLOTHS – Cloths can spread more bacteria than they clean off. Reusable cloths should be changed every few hours in a shift as they will harbour ever increasing bacteria at room temperature. Used reusable cloths should be washed and disinfected before being dried for use again. Disposable cloth are much more hygienic and convenient although more expensive. Disposable cloths should be thrown away as soon as they are dirty.

CLEANING SCHEDULES:

In order to ensure good hygiene standards are maintained and to help everyone know what their roles are it is important to implement a cleaning schedule. To be effective cleaning must be planned.

Cleaning schedules show what needs to be cleaned, how often and by whom and the methods used, what cleaning equipment, chemicals and methods. Cleaning schedules are vital tools to show when and how.

6 CLEANING STEPS:

1 – Pre clean and remove loose and heavy soiling e.g. scraping and rinsing plates

2 – Main cleans wash with detergent ang hot water

3 – Rinse with clean hot water and remove debris with detergent

4 – Disinfect to reduce microorganisms to a safe level – remember contact time

5 – Rinse, some disinfectants must be rinsed off

6 – Air dry or dry with disposable towel

DOUBLE SINK CLEANING

Dishwashers are commonly used but where they aren’t it is recommended to use a double sink operation & this 4 step procedure:

1 – Remove heavy and loose soiling , scrape plates and rinse with water

2 – Wash with hot water at 50-60 degrees with sanitiser or bacterial detergent using scourer or cloth. Use rubber gloves, cool or dirty water should be replaced

3 – Rinse in the second sink with clean hot water to remove chemical residues

4 – Remove the items allow to drain and allow to air dry on a clean disinfected surface, after drying store in a clean dry place away from contamination.

Cleaning should be monitored and assessed to ensure it meets the standard required.

 VISUAL INSPECTION – Inspection of areas to see if they are visually clean. This involves looking to see if everything is spotless, underneath & behind equipment too

AUDIT – A food safety management system based on HACCP requires regular audits to check that what is intended to be done is actually happening. Audits of procedures and work inspections check that they are current and being followed and ensures everyone knows and understands them. Very important for disinfection to ensure right amount of chemical has been used for the right amount of time.

TESTING – Surface testing to check the effectiveness of products used and the water rinse of dispense machines are clear of chemicals. Tests indicate level of micro bacterial contamination due to micro organisms on the surface.

STORAGE

Chemicals and cleaning materials in a food handling setting must be stored appropriately and not left out for convenience. Safe storage is important to minimise risk.

Chemicals used on a food setting typically include:

* Oven Cleaner
* Surface degreaser (Floors, walls, tiles)
* Surface sanitiser (Work surfaces, fridges & Freezers)
* Hand & machine washing up detergent aid
* Should be stored in original packaging in a lockable storage unit, clearly labelled & away from food and sanitary facilities.

PESTS

Knowing why pests are attracted to food handling areas can help control them:

* Food
* Warmth
* Moisture
* Shelter
* Somewhere to breed

Several reasons to make sure pests do not infest a food handling area

* Legal obligations
* Avoiding food borne illness
* Avoiding loss of reputation
* Avoiding poor employee morale
* Avoiding food wastage
* Avoiding associated financial impacts

PESTS GROUPED AS FOLLOWS:

* + Rodents – rats & mice
	+ Insects – Flies, moths , ants and cockroaches
	+ Birds, such as pigeons, sparrows and starlings
	+ Animals such as domestic pets, feral and wild cats

Pests can cause a number of hazards

* Bacterial contamination from pathogenic bacteria found on surface of pests skin and droppings
* Physical contamination from fur, droppings, urine, eggs and dead bodies
* Physical damage from pests knowing through virtually any material
* Chemical contamination from using strong chemicals to kill pests which can then get into food
* Cross contamination such as a food landing on raw meat and then landing on different cooked meat and passing on bacteria

Indicators of a pest problem:

* Sightings of the pest
* Droppings
* Damage to food
* Dead bodies
* Eggs & Larvae from insects
* Smears & grease from rodent fur
* Greasy trails at the base of walls & equipment
* Marks on food and small mounds of food debris
* Nibbled wrappings, holes in boxes, pecked milk tops
* Damage to woodwork
* Unusual smalls & Noises

AVOIDING INFESTATION

Pet Proofing – It is impossible to prevent all pests entering a building but you can add precautions, e.g. fly screens over doors and windows, blocking holes and cracks in walls, sealing gaps under doors, keeping windows and doors closed, check all deliveries for infestation.

Denying Food – Prevent access to food by using pest proof containers, regularly cleaning behind and underneath equipment, and machines, immediately clearing spillages, rotating stock to allow everything to be checked regularly, keeping lids on waste disposal cannisters.

Denying harbourage – Deny a place to shelter & breed by removing waste such as old cardboard, redundant materials and equipment; Implementing frequent stock rotation so that everything is moved regularly. Storing materials off the floor and away from walls.

REPORTING

Regular checks should be made to look for signs of infestation , any evidence found should be reported. Regular checks should be made by a pest company and if infection is found pest control should be carried out.

TREATMENT – Prevention is better than cure but if it does happen:

PHYSICAL – Electric UV fly killers (Must not e placed in food handling areas or sink units as dead flies may land in food prep areas or sinks), Rodent traps (If used with poison safe placement considered due to poison do not want food and equipment contaminated) and screen proofing NB Fly paper not to be used in food handling

CHEMICAL –

Rodenticides (for rats and mice) and insecticides (for insects) ay be needed where physical controls have failed. If poisons, baits or sprays are used care must be taken to ensure that food and equipment do not become contaminated. Remove food and equipment before spraying, larger immovable equipment will have to be cleaned after spraying. Chemical controls may take days or weeks to kill pests and they may die in a place where they cannot be seen. Resistance of pests to chemical agents may also be an issue.

WASTE CONTROL

One of the biggest lures for pests is waste and rubbish. Always use suitable receptacles for waste and food debris. Waste & rubbish attract pests and allow microorganisms to grow. Suitable receptacles should be provided both inside and outside food handling environments for the safe and hygienic disposal of waste and food debris. Disposable polythene sacks or plastic bins are usually provided for inside use and dustbins or skips for external use. Any receptacles used should have a tight fitting lid, be pest proof and in good working order.

INTERNAL WASTE CONTROL

Refuse receptacles used internally commonly known as waste disposal units must be emptied as frequently as necessary and always at the end of the day. After emptying reusable receptacles must be thoroughly cleaned before being bought back into the food handling environment. Empty food containers intended for refuse e.g. bottles and trays must be kept free from contamination and stored in containers and off the floor in suitable rooms.

EXTERNAL WASTE CONTROL

Outside waste areas are very attractive to pests and can be a big problem. External refuse areas must be kept clean and tidy as not to attract rodents, insects and birds. Receptacles must be pest proof and emptied as regularly as necessary and cleaned regularly inside and out. You must wash your hands after emptying refuse containers and handling waste.

UNDERSTANDING ALLERGENS

Food allergies affect a small number of people who are particularly sensitive to certain foods and can become very ill if they come into contact with them or eat even the tiniest amount.

The substance causing the allergy is called an ALLERGEN.

Any food can cause an allergic reaction, EU legislation identified 14 foods that must be mentioned on food labels.

Allergic reactions make the immune system react as if the body think its under attack

14 Allergens identified by the EU that must be labelled on food:

* Peanuts
* Milk
* Wheat
* Eggs
* Soya
* Sesame nuts
* Other nuts
* Gluten
* Mustard
* Celery
* Fish
* Shellfish
* Lupin
* Sulphur Dioxide and sulphates

WHAT YOU MUST DO

Working with food you mut take allergens really seriously, as a consumer could become really ill or even die from eating a food they are allergic to.

How long does it take – People who have eaten food to which they are allergic can experience a reaction within minutes or up to several hours

Symptoms –

* Can be similar to food poisoning, sickness and diahorrea

a but may include rashes, tingling, swelling of lips, throat, tongue, difficulty breathing or speaking

* Some symptoms can be very serious and life threatening resulting in anaphylactic shock

ALLERGY V INTOLERANCE

Intolerance is a less severe reaction than an allergy:

* ALLERGY – produces specific symptoms such as swelling of the lips within minutes
	+ - One particle of an allergen may be enough to spark a food allergy
		- A food allergy can be life threatening

INTOLERANCE

* + Produces more general symptoms such as indigestion, bloating and can develop several hours after eating
	+ Larger amounts need to be eaten to cause am intolerance
	+ However unpleasant not usually life threatening

Sources of Contamination:

Food borne illness can occur when food becomes contaminated and causes food poisoning or food born disease.

Caused by:

* Microorganisms e.g. Bacteria, mould and viruses
* Chemicals e.g. cleaning agents, excessive additives, pesticide residues such as rodenticides and insecticides. Cross contamination from an allergen such as metal
* Natural poisons – some foods contain natural toxins e.g.. some fungi, red kidney beans, rhubarb and certain fish

NB Food poisoning organisms do not necessarily change the texture or taste of food which is key to their success.

Incubation Period

Broad time frame in which it takes for contaminated food to show symptoms, depending on the source of the food borne illness. Delay between consuming and showing symptoms is the incubation period or the onset time. Many people blame their last meal but this may not be the case.

Common Causes

Food borne illness most commonly caused by bacteria followed by viruses.

9 Main Causes:

* Campylobacter
	+ This bacteria is the most frequently reported for acute bacterial diaorehha
	+ Incubation 3-5 days
	+ Symptoms are persistent diaorreha that may be blood stained and acute abdominal pain
	+ Animals and birds main source so often associated with raw poultry, raw meat and untreated milk
* Salmonella
	+ Close relative of E-coli, can be both harmful to humans and other animals & is one of the most common reported sources of food poisoning
	+ Onset is 2 hours to 2 days
	+ Symptoms include fever, vomiting, severe stomach pain and diahoreea
	+ Sources include poultry products, raw meat, unwashed veg, polluted water and unpasteurised dairy products
	+ Found in gut and faeces of humans and animals
* Bacillus
	+ Bacillus bacteria can cause food poisoning
	+ Onset is quick usually within 8 hours
	+ Symptoms are diorreah or vomiting
	+ Diahorreal variant is usually caused by contaminated meat, veg and seafood & dairy products
	+ Vomiting variant usually caused by rice pasta or cereals this is more common
* Listeria
	+ Listeria is a bacteria that can cause listeriosis, onset can be up to 70 days after consuming affected food. Symptoms are flu like can even turn into meningitis or in the vulnerable death. Soft cheese, salad, veg and pate have all been linked to listeria. Pregnant woman are advised to avoid these foods because if they develop listeriosis it can cause miscarriage.
* Clostridium
	+ 2 main species of clostridium are C Perfringens (symptoms abdominal pain and diaorreah) and C Botulinum (symptoms difficulty breathing and paralysis) , chances of getting are very low but if contracted it is very serious. Onset usually with 24 hours of infection. Clostridium bacteria is all around us in the soil, water, air and in a wide range of food such as poultry, fish and raw meat.
* Shigella
	+ In the UK bacteria from Shigella family e.g. Shigella Sonnei cause dysentery which can be an acute disease of the intestine. Onset usually 1-7 days. Main symptom diarrohea with blood and mucus. Spread through faecal oral transmission from an infected person or by consuming contaminated food. Outbreaks often seen in institutional settings such as schools.
* E-Coli 0157
	+ Common bacteria of the gut and most that are found in the intestine are harmless. However Ecoli 0157 is extremely serious bacteria which can cause serious symptoms to develop. Onset 2 hours to 2-5 days. Typical symptoms include kidney damage, kidney failure, vomiting and diaorreah. Outbreaks have resulted in a number of deaths. E.g. 20 people died Lanarkshire 1996. Sources of ecoli 0157 include cattle, theefopfre raw meat, raw veg, unpasteurized dairy, and the gut of infected people.
* Staphylococcus
	+ Main Staph bacteria related to foof borne illness is S.aureus, onset fast 1-8 hours. Symptoms acute vomiting, abdominal pain and low temperature. Normally found in meat and poultry and some baking products containing cream and some vegetables. Human & animals are the main sources of staph bacteria which live in nasal passages, throat, hair, skin of a healthy person.
* Norovirus
	+ Commonly known as winter vomiting bug. Caused by Norwalk virus. Severity classed as mild. Onset 1-3 days and symptoms can last 1-3 days. Symptoms vomiting, diaoprreah, abdomkinal pain, low grade fever & weakness. Highly infectious, spreads easily person top person and through contaminated water. Outbreaks common in densely populated area such as care homes, hospitals, schools.

Breeding Bacteria:

Situations where bacteria can breed & multiply:

* Contaminated food from suppliers
* Not defrosting or cooking food properly
* Storing food incorrectly so that bacteria can grow quickly
* Contamination from people handling food incorrectly due to poor personal hygiene
* Cross contamination of bacteria from raw foods to ready to eat foods

VULNERABLE GROUPS

Whilst food borne illness may be unpleasant for fit & healthy individuals it can be deadly for vulnerable people e.g.:

* Very young
* Very old
* People with compromised immune systems
* People in hospital
* Pregnant women
* People recovering from illness

Carriers-

When people consume food contaminated with bacteria they carry the bacteria in their system usually stomach or gut = “The Carrier”.

Occasionally when symptoms have passed the bacteria can remain in their systems, person who was ill may appear to recover but can still be carrying the bacteria = “Convalescing Carriers”.

Sometimes people can be carriers never having had any symptoms.

RISK – all carriers can pass the bacteria to others or to food.

UNDERSTANDING FOOD SAFETY HAZRDS & CONTAMINATION

Contamination – food becomes contaminated when unwanted or harmful matter or substances are present

Hazard – A food safety hazard is anything present in food which has the potential to harm the consumer by causing injury or illness

CONSEQUENCES:

It is important to be aware of food safety hazards & contamination as there can be far reaching consequences. Hazards can effect food hygiene throughout the food production process. If food handling environments are not sufficiently controlled to help to prevent hazards the consequences for consumers, customers, employers and individual food handlers can be serious.

NOT CONTROLLING HAZRARDS CAN =

* Food borne illness
* Unfit or spoilt food
* Injury through consumption
* Complaints

HAZARDS:

* Chemical: Cleaning chems/materials, Grease, Pesticides (Insecticides/rodenticides), fumes
* Physical: Glass, metal, hair, clothing, flaking paint, skin, fragments glass/china, plasters, jewellery, buttons, pen tops, shell fragments, bone fragments, general dirt, packaging, bits of equipment
* Microbiological: Bacteria, moulds, yeasts, viruses
* Allergenic: Celery, cereals containing gluten, Crustacea, eggs, fish, lupin, milk, molluscs, mustard, nuts, sesame seeds, soya, sulphur dioxide

SOURCES OF HAZARDS:

Chemical, physical and allergenic hazards can contaminate food when it is either left exposed or whilst being prepared. Hazards originate from a number of sources:

* Ingredients
* Raw food
* Packaging
* People
* Machines & Equipment
* Food premises & environment

Micro organisms are organisms of microscopic size that can only be seen under a microscope. They exist everywhere on humans, on food, in water, soil & air.

Different types = bacteria/viruses/moulds/yeast

Most harmless, some beneficial & some cause disease and illness = pathogens (they do not indicate their presence in food).

To control pathogens/microorganisms that cause food borne illness must understand where they have come from.

Raw Eggs/Poultry

Outside & inside of egg could be contaminated with salmonella. Raw chicken can carry salmonella & campylobacter. Raw meat can be contaminated with clostridium and e-coli.

Unwashed & Raw Veg

Can be contaminated with clostridium & ecoli from the soil.

Raw Fish

Especially shellfish can be contaminated with salmonella & campylobacter

Unpasteurised milk – contaminated with staph, ecoli, campylobacter, salmonella, listeria

Unwashed salad – contaminated with e coli & clostridium

Uncooked rice – contaminated with bacillus

People – healthy or not can carry pathogenic bacteria in noses, mouth, skin, hair. Sufferers of sickness, diaorehha , skin infections, coughs and colds may infect others. Food handlers must inform managers if they are ill before they start work or start to feel ill.

Pests & animals – Insects & animals can carry harmful bacteria on and in their bodies, look at flies!

 Bacteria from food waste & the pests that food waste attracts can contaminate food if waste is not properly disposed of. Waste must be stored in lidded bins that are emptied & cleaned regularly.

Soil & Dirt – Soil can contain pathogens & dirt carries millions of microscopic particles of dead skin, food, & other debris. Effective cleaning is essential to control contamination.

REPORTING HAZARDS

Food handlers have a personal responsibility to report any instances of food safety hazards they are aware of or become aware of that may put their health, colleagues health, consumers or customers health at risk.

BE ALERT TO FOOD SAFETY HAZARDS – DON’T IGNORE POOR PRACTICE

Always report the following to line manager:

* Out of date food
* Damaged packaging on pre packed food
* Faulty equipment & utensils
* Incorrect temperatures
* Sightings of pests
* Low levels of hand washing soap
* Low levels of paper towels
* Spoilt foods
* Poor standards of cleaning

UNDERSTANDING BACTERIAL GROWTH & TEMPERATURE CONTROL

Bacteria:

Bacteria are simple single celled organisms which given the right conditions grow and then divide into 2 identical cells. Bacteria are so successful because the process can occur so quickly. Bacteria are known as natures fastest breeders as they can divide every 10-20 minutes in ideal conditions. Ideally they need moist low acid, protein rich food at a temperature of 37 degrees.

Bacterial Growth

In the same way as humans need food and water bacteria need the same:

Requirements of bacteria:

* Food
* Presence/absence oxygen
* Moisture
* Temperature
* Time

Bacterial Growth Food:

Bacteria need something to feed on, They need food to grow and the acidity of the food can affect their growth. Salt & preservatives create a hostile environment for bacteria and can prevent or slow down their growth.

High Risk Foods:

Most pathogens grow on protein rich foods = high risk

Any food that is consumed without further cooking is considered high risk.

High Risk Foods:

* Cooked meat & poultry
* Cooked fish & shellfish
* Cooked, lightly cooked and raw egg dishes
* Dairy products
* Cooked rice
* Salads

More handling & preparation food has the more likely it is to be contaminated. E.g. diced ham more likely to contaminated than a slice of ham.

Low Risk Foods

* Crisps
* Salted peanuts
* Pickles
* Preserves
* Dried foods
* Soft & alcoholic drinks
* Biscuits
* Bread

Bacterial Growth – Moisture

Drying food prevents the growth of bacteria. Bacteria needs moisture to feed. They take the water from their environment such as moist or wet surfaces. They do not need much moisture so for example centre of a pie or chicken leg would be sufficient.

Moisture needs to be in a form that microorganisms can use. Salty solutions like brine (used to cure meat & fish) will slow down the growth of bacteria.

Flour – Insufficient moisture for bacteria to grow

Raw Bacon- Some moisture but the saltiness means it is not ideal conditions for bacteria

Raw Poultry – Ideal moisture conditions for bacteria

**Bacterial Growth Oxygen**

Some bacteria need oxygen to grow and therefore need to be exposed to air. Other bacteria grow best in the absence of oxygen and therefore care needs to be taken with vacuum packed products e.g. smoked salmon.

Controlled atmosphere packaging means the air inside the pack has been replaced with nitrogen and co2 and reduced oxygen which slows down the growth of all bacteria. These foods have a longer shelf life e.g. cooked meats.

Bacteria growth – temperature

Temperature is a key parameter for the control of bacterial growth. At high temperatures bacteria can be killed and at low temperatures bacteria can be prevented from growing.

Temperatures from 5 degrees to 63 degrees = danger zone. Pathogens can survive and multiply. Good practice is to keep food out of the danger zone as much as possible.

5 degrees below this temperature some pathogens will not grow & some may multiply very slowly in the fridge. They do not die and once out of the fridge bacteria will be able to multiply again.

37 degrees Pathogens grow best at this temperature, which is the temperature of the human body

63 degrees Above this temperature pathogens will stop growing and die if food is heated to a minimum of 70 degrees for 2 minutes or 75 degrees for 30 seconds

75 degrees If a core temperature of 75 degrees is reached or 70 degrees for 2 minutes all pathogens and normal living cells will die.

82 degrees – Heat disinfection occurs at 82 degrees so most bacteria will die at this temperature.

110-132 degrees High temperature processing such as canning and sterilisation & UHT treatments (Ultra High Temperature) preserve food and make it safe to eat, as bacteria spores are destroyed in addition to the normal living cells.

Bacteria Growth Times

Bacteria need time to grow in large numbers. In ideal conditions – the right food, moisture and temperature – bacterial will multiply by dividing in two once every 10-20 minutes

SPORES – Some bacteria produce spores that allow them to survive adverse conditions.

It is thought bacteria can stay in spore status for thousands of years, therefore spores can survive in dried food and during cooking.

Spore protects bacterium from heat, drying, chemicals and even radiation until conditions become more favourable. Bacillus cereus spores survive when rice is boiled and when germinate back into their normal cells and start multiplying if kept in the danger zone. Rapid cooling of rice is necessary to stop this happening.

Bacterial Toxins

Bacteria produce waste products some of which are harmless but others are not and called toxins which are poisonous to humans. This makes it important to store food correctly and avoid contamination.

Some toxins such as staph produce toxins in food before it is consumed. Eating food containing these toxins will make humans very ill and sometimes very quickly. These toxins cannot be killed by cooking.

Foods must be protected from contamination and kept cold to prevent pathogenic bacteria from growing in sufficient quantities to make the customer ill.

Destroying Micro-organisms:

Several proven ways for destroying and controlling the growth of microorganisms. Whilst spore forming bacteria may be able to withstand these options they may be successful in controlling other microorganisms:

CHEMICALS – Using disinfectants and sterilising agents on food contact surfaces.

HEAT – Food has to reach a centre core temperature of 75 degrees (or 70 degrees) for 2 minutes.

Temperature Control

Can be used to control & destroy bacteria and pathogens.

132 UHT

121 Canning

110 Sterilisation

100 Water boils

82 Water acts as a disinfectant bacteria will be destroyed but not spores & toxins

75 Safe core cooking temperature – Cook meat & poultry to this temp central core or 70 , for 2 minutes, reheat food to 75 piping hot core or 70 degrees 2 minutes bacteria will be destroyed but not spores & toxins

63 Minimum Hot holding Temperature – keep foot hot and stored in hot counters at this temp bacteria will not grow

37 Human Body Temperature pathogenic bacteria multiply at their quickest rate

5 Refrigeration unit temperatures (Keep chilled food at this temp storage and display) bacteria will stop growing or multiply slowly

0 Water freezes

-18 Freezer Storage (Keep frozen food at this temp storage & Display) bacteria inactive but not killed

Transfer food between back up storage and display within 20 minutes

Cross Contamination

Because of their microscopic size bacteria can only travel a tiny distance on their own. To move around the kitchen they need a vehicle to carry them. When they are transferred from location to location it is called cross contamination.

Usual vehicles of contamination –

* Work surfaces
* Utensils
* Hands
* Equipment’s
* Cloths

Of most concern is cross contamination with high risk foods:

Cross contamination can happen directly (food to food) or indirectly via something else e.g.

* Where raw food comes into direct contact with ready to eat food
* Equipment and machines used with raw foods used again on ready to eat foods
* Hands not washed between handling raw foods and ready to eat foods
* Dirty hands wiped over clothing
* Not sanitised cloths used for wiping surfaces

Avoiding Cross Contamination:

Simple & practical steps to AVOID cross contamination:

* Create barriers through good design & layout of premises
* Have separate areas for the selling and handling of raw foods and ready to eat foods
* Always store ready to eat foods away from raw foods
* Use separate utensils and equipment
* Wash hands thoroughly and effectively
* Clean and disinfect equipment and work surfaces effectively
* Prevent staff from suffering reportable illnesses from handling food

The importance of Food Preservation & Storage

Food spoilage – food does not last forever, it will eventually go off. The growth of mould, bacteria or yeast affects food until it becomes unfit to eat= FOOD SPOILAGE rate of growth variable depending on the food and ingredients.

Food preservation requires the taking away of one of the growth elements for microorganisms. Food is often preserved or treated and kept in some form of sealed packaging to prolong the life of the food.

Preserve/treat food =

* Chilling & freezing – Raw foods can be chilled or frozen. Food processors use specialist equipment to rapidly chill/freeze to get food out of danger zone but also to retain quality and freshness. Target for chilling is 5 degrees or below within 90 minutes , target for freezing is minus 18 or colder
* Canning – Heat process of canning is designed to destroy all pathogenic and spoilage organisms which could grow inside the can
* Drying – foods have a long shelf life when dried because all the moisture has been removed, must be kept dry to keep them safe and unspoilt. When water added to dried food must consider what is appropriate storage as may require refrigeration.
* Chemical preservatives – foods can be preserved by pickling in vinegar or having large amounts of sugar or salt added. Small amounts of chemicals are also used to prolong the shelf life e.g. sulphur dioxide in sausages. Amount of chemical permitted is governed by law.
* Pasteurisation & Sterilisation – Pasteurization is a heat treatment process that has the same effect on microorganisms as cooking food. Pasteurisation and cooking will not destroy the spores. Food such as dairy products are cooled quickly and chilled following pasteurisation. Sterilisation is a more rigorous hat process where heat is applied under pressure to destroy all pathogenic microorganisms including spores. E.g. UHT process for milk and cream.
* Removal of air – removing air from food packages extends the life. E.g. vacuum packing of meat. Some food is packaged in a controlled atmosphere where air has been replaced with other gases such as carbon dioxide or nitrogen. This extends the life even further and restricts growth of bacteria.

Food storage

Another means of ensuring that high standards of food safety are maintained is to adopt appropriate storage practices. Correct storage essential if food is to meet the stated shelf life & remain safe.

Appropriate Storage – all food must be placed in appropriate storage, following ay storage instructions on the label of the box.

Key Products – Store key products separately and in sealed containers e.g. crushed nuts

Food storage – typical controls

Fridge Freezer Controls – Best practices is to set fridges between 1-5 degrees, store frozen foods -18 or colder, check refrigerated and frozen storage temperatures each day and record them. Dry goods must be stored at ambient temperature.

Storage Controls – Food must be stored off the floor in suitable containers. Store food using the first in first out (FIFO) method for effective stock rotation. Storage facilities must be pest proof. Separate raw and ready to eat foods (diff fridges, store raw below cooked to avoid drip contamination).

Other controls – Foods outside their shelf lives, damaged or contaminated must be thrown away, use a product within shelf life, label food clearly & include date marking i.e. date marking, e.g. use by, BBF. All refrigeration or freezer break downs must be actioned immediately.

Deliveries & Receipt

Risks to food hygiene begins even before the food is delivered therefore you must be vigilant about where you source food from.

POTENTIAL HAZARDS INCLUDE –

* Food may be too old (out of date)
* Food may be contaminated
* Packaging may be damaged
* Delivery vehicle may be dirty
* Bacteria may be growing due to incorrect temperature and time delays

CHECKING DELIVERIES

* Ensure deliveries come in appropriately temperature controlled vehicles
* Products should be within their shelf life
* Check all food against the delivery note
* Check use/by sell by dates
* Examine the quality of the food
* Probe food for correct temperature at point of delivery
* Food should be separated from chemicals
* Check the food is separated by packaging
* Food should be stored off the floor

PREPARATION

There are hazards with food preparation on your own premises. Potential hazards can include –

* Bacterial growth
* Contamination from people, objects or chemicals
* Cross contamination

Controlling these hazards is important & must be strict observation of rules.

CONTROLS TO ADOPT

* Limit prep time for high risk foods/high protein to 30 mins
* Minimise direct handling of high risk foods
* Use only require amounts of any food at given time to ensure they are not left at room temperature for long period
* Use clean equipment
* Keep food covered where possible
* Ensure high standards of hand hygiene
* Don’t wash raw meat or poultry as splashing spreads harmful bacteria around the kitchen.
* Frozen food should be defrosted under refrigeration, place in bottom of fridge overnight or thaw in suitable container. Core temp should not go above 8 degrees, hold outside of correct storage temperature for as short a time as possible.

COOKING

Cooking food can have many risks.

Cooking

Temperature controls are vital during all stages of the food process. Strict temperature controls can be the difference between having safe food and being responsible for an outbreak of food-borne illness.

Typical temperature controls in cooking are:

Thorough cooking. Thoroughly cook meat, poultry, eggs and rice. Cooked food must be hot enough for long enough to ensure pathogenic bacteria are destroyed. Whenever possible, cut larger joints and poultry into smaller portions. Cook stuffing separately to ensure it is cooked all the way through. Stir stews and casseroles to prevent cool spots.

Reach seventy-five degrees Celsius, or seventy degrees Celsius for two minutes, core temperature. The core temperatures of each batch of food must be temperature checked. Always check towards the end of cooking as the surface may be cooked but the centre could still be in the danger zone. Heat through the danger zone as quickly as possible.

Use a temperature probe to check. Temperature probes are the best way to check core temperatures. Probes must be clean and working accurately.

Transfer quickly. At the end of cooking, food must be quickly transferred to the next stage so that the food temperature does not drop into the danger zone.

The main hazard at the cooking stage is the survival of pathogenic bacteria such as salmonella or campylobacter found in raw meats, poultry and eggs.

Remember to ensure foods are cooked to seventy-five degrees Celsius, or seventy degrees Celsius for two minutes core temperature to minimise bacterial activity. Even if a stew or casserole is bubbling, larger pieces of food must be checked to ensure the temperature is achieved throughout.

Using a clean and sanitised probe thermometer is the best way to ensure this critical temperature has been reached, ensuring safety for your consumers.

COOLING TYPICAL CONTROLS

Hot food should not be placed into the fridge straight away as it will raise the overall temperature of the fridge thus affecting other foods.

Cooling Controls 1

* Rapidly cool high risk foods, i.e. use blast chiller to cool
* All foods cooled without blast chilling must reach room temperature of 21 degrees within 90 mins and then placed in a refrigeration unit
* Spread out food so that it can cool quicker, small portions cool quicker than large

Cooling controls 2

* Rice can be cooled by running mains water through it
* Portion food into smaller portions and transfer into cold, clean containers
* Cover up food whilst cooling to prevent cross contamination
* All cooked (Chilled) foods must be used within a defined shelf life e.g. 2 days

Thawing food:

* Essential to thaw food from frozen correctly
* Unsafe to thaw food at room temperature as it enters the danger zone
* If large items are not thawed correctly then ice may remain in the centre meaning a core cooking temperature is not reached.
* NEVER REFREEZE THAWED FOOD

FOOD ON DISPLAY CONTROLS

Hot Food – Hot products must e held at 63 degrees as a minimum temperature

 Ensure hot food display is switched on and at correct temperature before

 Moving food.

 Stock rotation essential to ensure food sold within 4 hours , hot products should

 Only be stored hot for 4 hours for quality purposes.

 Temperature of food should be checked regularly whilst on display.

Cold Food – Best practice is to hold food at 5 degrees and never exceed 8 degrees

Holding/Display Units – Food must not be stored in display units, display must be switched on prior to use and at correct temperature before food is displayed.

REHATING FOOD

* If cold, cooked food must be reheated to core temp of 75 degrees
* Food can only be reheated once
* Reheat all high risk food to at least 75 degrees (82 Scotland)
* Temperatures should be checked after reheating
* Reheated floods must be disposed of if they have not been used.