

Meeting Food Hygiene Standards

FOR HEALTH & SAFETY

As a Chef or Catering Assistant, food safety is paramount and adhering to the latest health and safety standards is an essential part of your job. Let's look at each specialist area.

1 Personal Hygiene



- ▲ Long hair should be tied back. You should wear a Chef's hat or hairnet, and, if necessary, a beard net.



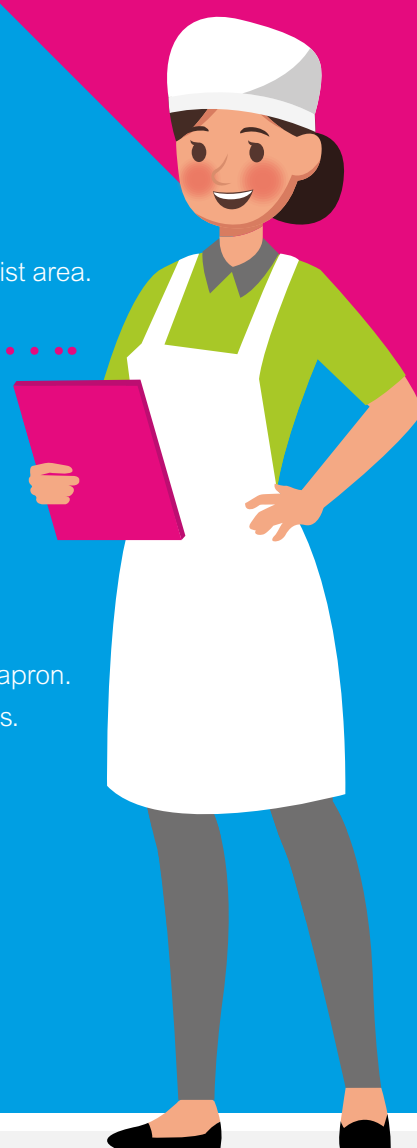
- ▲ Clean Chef's whites or an appropriate uniform should be worn with an apron.
- ▲ Shoes should be non-slip and closed to protect against drops and spills.
- ▲ No watches or jewellery should be worn.



- ▲ Hands should be washed regularly throughout your shift. This needs to be thorough, with soap and warm water.
- ▲ Dry your hands with disposable paper towels.



- ▲ If you are unwell you cannot work in a food preparation environment. You need 48 hours clearance before you can return to the kitchen.



2 Food Storage

Safe food storage is an important aspect of food hygiene to ensure it remains protected from harmful bacteria, chemicals and physical objects.



- ▲ Dry products should be stored in a sealed, closed container.



- ▲ Raw foods in the fridge should always be on shelves below prepared, ready-to-eat foods.



- ▲ Food stock should be rotated so that older stock is always used first FIFO – 'first in, first out'.



- ▲ Fridges should be kept clean and at the required temperature of less than 8°C - ideally 5°C.



- ▲ Freezers should be set at -18°C and should not be overloaded.



- ▲ Always defrost foods in the refrigerator.



- ▲ Double check the use-by and best-before dates before using a food.

3 Food Preparation



- ▲ Food preparation areas should be kept clean to prevent cross-contamination.
- ▲ Always clean as you go, wiping up spills and disposing of food.



- ▲ When cooking, ensure the food reaches the correct temperature by using a thermometer or probe. The food should reach a core temperature of 70°C for 2 minutes.

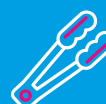


- ▲ Use colour-coded chopping boards with different types of food.
- ▲ Use tongs or spoons to handle raw food.

- ▲ Food safety requires meat, especially, to reach the required safe temperature and time limits.

- ▲ Food can be reheated when necessary but never more than once.

4 Food Service



- ▲ Tongs and serving utensils should be used to pick up food.



- ▲ If hands are necessary, then disposable food-safe gloves should be worn.

5 Food Supply



- ▲ Ingredients should be purchased from reputable suppliers and should be checked regularly for quality and safety.

6 Food Waste



- ▲ Food waste has the potential to contaminate work areas so should be disposed of properly in foot-operated rubbish bins.



Remember the 4 Cs of food hygiene:

Cleaning, Cooking, Chilling, Cross-contamination

Whether you are a Chef, Kitchen Porter or Catering Assistant, following good food hygiene practice can prevent most food safety hazards.