

Update to SORCF Food Hygiene Awareness Training Notes

(Following inspection from Environmental Health Officer)

March 2010

These notes show just the changed sections between the training notes given in the January 2010 training sessions and the current recommendations (March 2010) which have been updated following an inspection from the Environmental Health Officer. **Changes are highlighted in yellow**, surrounding existing text (if shown) is in grey

2.3 Handling High Risk Foods

Additional recommendation added:

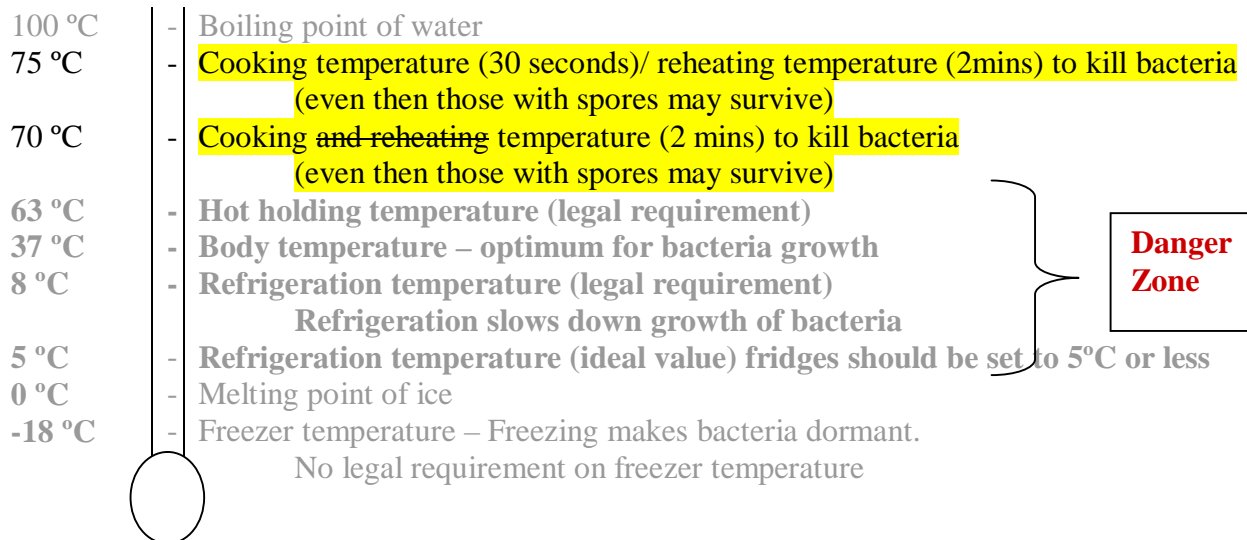
- Use colour coded chopping boards

3.1 Cross Contamination

Bacteria are carried by hand or utensils from a raw food to a high risk food. To avoid it:

- Check work surfaces are clean before preparing food
- Disinfect work surfaces after preparation of raw food, or prepare raw meat/poultry and other foods in different areas.
- Wash hands before preparing food and after touching raw food.
- Keep raw and high risk food apart at all times, particularly
- When purchasing food from supermarkets and transporting to the kitchen.
- Store raw foods below ready to eat foods in the fridge
- Use different knives (unless thoroughly cleaned and disinfected in between) & colour coded chopping boards for preparing raw meat and poultry and for ready to eat foods. See notice on the wall for the designated use of each colour:
 - Red = Raw meat,
 - Yellow = Cooked meat,
 - Brown = Vegetable,
 - Green = Salads,
 - White = Dairy

3.3 Temperature Control



4.2 Checks for Properly Cooked Food

- Check that birds are cooked properly in the thickest part of the leg. The meat should not be pink or red, the juices should not have any pink or red in them
- The largest piece of meat in stews, curries etc should be piping hot all the way through with no pink or red

- Check that whole cuts of pork and processed meat products such as sausages and burgers, are piping hot all the way through with no pink or red in the centre
 - Combination dishes e.g. lasagne, fish pie must be piping hot (steaming) in the centre. A large dish or batch should be checked in several places
 - Liquid dishes must bubble rapidly when you stir them
 - All the outside surfaces of joints of beef/lamb must be fully cooked
 - Always check the centre temperature of the food towards the end of the cooking period because the surface may be cooked while the centre of the food remains in the danger zone
 - Q. What are the time/temperature limits to cook or re-heat food safely? For cooking the food either needs to be at 75C for 30 seconds or 70C for 2 minutes min. For re-heating, the food needs to be at 75C for 2 minutes min. Probe in the centre or thickest part of the meat.
-

4.3.1 Eggs

Additional recommendation added:

- Use grade A eggs
-

4.5 Reheating food

- Reheating food is a common cause of food poisoning. Only reheat food once so the food does not keep going through the danger zone
 - Remove the food from the fridge just before reheating and serving
 - Follow the manufacturer's instructions on packaged food
 - Preheat the oven before reheating
 - If using a microwave to reheat food you have cooked yourself stir it while reheating (this helps to prevent it being hot at the edges and cold in the centre)
 - If using a microwave to reheat a packaged product, follow the product manufacturer's instructions including advice on standing and stirring.
 - You can speed up the reheating process by using smaller portions
 - Reheat food until it is piping hot all the way through. The minimum temperature should be 75°C for 2 mins. Use a clean temperature probe to check this
 - Serve reheated food immediately unless it is going straight into hot holding
 - Discard any leftovers of reheated food
-

5.2 Physical and Chemical Contamination Prevention

- By law food handlers must protect food from contamination. (This includes microbiological contamination)
 - Store cleaning materials and chemicals including those used to control pests separately from food. Make sure they are in clearly labelled containers designed for that purpose. (Cleaning materials cupboard is under the pot washing sink.)
 - Clear and clean as you go and throw away packaging as soon as you remove it
 - Repair or replace any damaged equipment or utensils
 - Dispose immediately of any broken glass safely.
 - If any food does get physically or chemically contaminated throw it away
 - Keep food covered
 - Make sure that cleaning materials are suitable for surfaces touched by food
-

5.3.4 Disinfection

- Some kitchen equipment and areas in the kitchen must be disinfected after they have been cleaned; these are items that come into contact with food.
- Using a disinfectant will reduce bacteria to a low safe level. This can be achieved by the use of: very hot water at 82°C or hotter, steam, or chemical disinfectants
- Chemical disinfectants destroy enough bacteria to safeguard health, even though they cannot kill all food poisoning bacteria and their spores
- Disinfectants must be used after cleaning because they cannot remove grease and dirt
- They must be left on the surface long enough to work properly (Contact time)
- Instead of using a detergent followed by a disinfectant you can use a sanitiser which is a detergent and disinfectant, following manufacturer's instructions on the label.
- For heavier cleaning, clean first using a detergent (hot soapy water) then rinse with clean water and then use sanitiser as above

7.7 Illness

Do not work in the kitchen if you have had or recently had a food borne illness or any illness with similar symptoms. (A food borne illness is an illness caused by eating contaminated food). The symptoms to be concerned about are:

Diarrhoea, vomiting, nausea, ear, eye or nose discharges, a septic cut, wound or other skin condition that leaves an open wound or broken skin, or any other skin condition or infection.

Also report any symptoms of food borne illness among members of your family or close personal contacts to Hilary. You could be a carrier and could contaminate food or other people with pathogenic bacteria (an organism that causes illness) without having any symptoms of illness yourself. Current Department of Health advice is that food handlers suffering from diarrhoea and/or vomiting should be excluded from food handling for 48 hours after their symptoms have stopped.