The Essentials of Food Hygiene

Please make sure that you read and fully comply with the food hygiene guidance detailed below.

- Keep yourself clean and wear clean clothing, when preparing the food. Tie back long hair.
- Do not wear jewellery may be when handling food, except for wedding rings because it traps bacteria.
- Always wash your hands thoroughly on entering the kitchen; before handling food; after visiting the toilet; after touching any part of your face or head, coughing or sneezing; and after handling raw foods or waste.
- Cover any cuts or sores with a waterproof dressing before preparing any food.
- Do not smoke, eat or drink while preparing food for others to eat.
- Avoid touching the food at all times with your hands, use utensils whenever possible.
- Keep food covered at all times until it is served.
- Keep raw food away from cooked or ready-to-eat foods.
- Use separate utensils and equipment for handling raw and cooked or ready-to-eat foods.
- ‘Clean as you go’ using chemicals safe for kitchens and designed to kill bacteria.
- The following cold foods must be kept below 8 C in a fridge until just before service: cooked meats and fish; cooked vegetable dishes; egg or cheese dishes; prepared salads especially those containing mayonnaise and of a low acidity; soft cheeses and mould ripened cheese; smoked or cured fish and raw scombroid fish; sandwiches containing any of the foods above as fillings, cream desserts or products; and smoked or cured meat.
- Hot foods must be at least 75 C (boiling, simmering or steaming all over) when you have finished cooking them and must be taken to the “Feast” at this temperature.
- Use cold packs and insulated containers to transport hot or cold food to the “Feast”.

Food handler’s fitness to work

The guidance given below relates to all persons involved in food preparation. It is given to prevent microbiological (bacterial or viral) contamination of food by the food handler. The following people may not handle or prepare food:

- those with gastrointestinal illness.
- those who have had diarrhoea and vomiting in the last 48 hours.
- those who have suffered with Enteric fever, e.g. typhoid and paratyphoid.
- those who have suffered with Hepatitis within the last 7 days.
- anyone with cuts, scratches or sores on their hands, face, neck and scalp that are actively weeping/discharging.
- anyone with infections of the eyes, ears and mouth that are weeping or discharging.
- those suffering with respiratory diseases that result in sneezing or coughing.