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Policy on preventing food poisoning by practicing hygienic food preparation and handling

Guidelines

- Keep raw foods and ready-to-eat foods separate to avoid cross-contamination
- If possible, use separate, clean utensils and cutting boards for raw foods and ready-to-eat foods, or wash and sanitise utensils and cutting boards between uses
- Thoroughly clean, sanitise and dry cutting boards, knives, pans, plates, containers and other utensils after using them
- Thoroughly rinse all fruit and vegetables in clean water to remove soil, bacteria, insects and chemicals
- Make sure food is thoroughly cooked and the centre of the cooked food has reached 75°C
- Avoid keeping high-risk foods in the Temperature Danger Zone. Keep chilled foods cold at 5°C or colder, and hot foods hot at 60°C or hotter
- Avoid leaving just cooked food out to cool for more than one hour. As soon as food has cooled, place it in the refrigerator
- Keep frozen food out of the Temperature Danger Zone while thawing by keeping it on the bottom shelf of the refrigerator
- Take extra care when preparing foods in which the eggs remain uncooked. The egg shells can contaminate the food

Cross-contamination

It is very important to keep raw food separate from cooked and ready-to-eat food.
Raw food can contain bacteria, which causes food poisoning.