

## Food Hygiene



Good food hygiene means knowing how to avoid the spread of bacteria when cooking, preparing, & storing food. Foods that aren't cooked, stored & handled correctly can cause food poisoning and other conditions.

- **cleaning** – clean hands, surfaces & equipment before, during & after cooking
- **cooking** – making sure food is cooked throughout to kill harmful bacteria
- **chilling** – store foods at the correct temperature to prevent growth of harmful bacteria
- **avoiding cross-contamination** – preventing the spread of bacteria to surfaces & ready to eat food

### Cleaning

The bacteria that cause food poisoning can be found in many places around your kitchen. Unless you take care to clean your hands, surfaces & utensils properly, these bacteria could end up in your food.

### Wash your hands:

Always wash your hands thoroughly with soap & warm water:



- before you prepare, cook or eat food
- after handling raw food such as raw meat, uncooked eggs & unwashed fruit & vegetables
- after touching the bin, going to the toilet, blowing your nose or touching your pets

### How to Wash Your hands Correctly:

- Wet your hands & apply soap.
- Rub your hands together to make a lather.
- Scrub the backs of your hands, between your fingers & under your nails.
- After 20 seconds of scrubbing, rinse your hands well with warm water.
- Dry your hands thoroughly using a clean towel.

### **Clean worktops:**

Wash worktops, utensils & chopping boards with warm, soapy water before & after food preparation to prevent bacteria from spreading. This is especially important if you've been preparing raw meat, raw eggs or unwashed vegetables.

If possible, use different utensils & chopping boards for raw & ready to eat foods, or wash them thoroughly between tasks.

As an extra precaution, you may wish to use a disinfectant to kill any harmful bacteria. Make sure you follow the manufacturer's instructions to ensure you apply it to the surface for the specified time & if the product needs diluted before use.

### **Clean dishcloths:**

As dirty & damp dishcloths are the perfect place for bacteria to breed, wash dishcloths & tea towels regularly & let them dry before use.

You should wash dishcloths & tea towels using the hot cycle of your washing machine.

### **Cooking & reheating food:**

Harmful bacteria are killed by cooking & reheating food at the right temperature for the correct length of time. Always follow the cooking instructions on the label & check the food is steaming hot in the middle.