

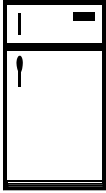
NSW Meals on Wheels Sample Food Safety Program Document

Food Safety Rules for Food Handlers



KEEP HOT FOOD HOT

- ☑ Cook all food to a minimum internal temperature of 70°C
- ☑ Once cooked keep hot food above 60°C
- ☑ Do NOT re-heat food more than once



KEEP COLD FOOD COLD

- ☑ Food must be kept at/ or below 5°C
- ☑ Do not overload display cabinets
- ☑ Store ALL cooked food separately from raw foods to prevent cross-contamination
- ☑ DO NOT store food in cans – transfer to a plastic container or dish



FOLLOW GOOD PERSONAL HYGIENE STANDARDS

- ☑ Do not work with food if sick
- ☑ Do not wear jewelry, watches or perfume at all when handling food
- ☑ Cover hair
- ☑ Do not eat, drink or smoke in food preparation areas



ALWAYS WASH YOUR HANDS

- ☑ After using the toilet
- ☑ After handling raw foods or waste
- ☑ Before starting work and after every break
- ☑ After touching your hair, scratching, blowing your nose, coughing or sneezing into hands or tissue



CLEAN AND SANITISE WORK SURFACES & EQUIPMENT

- ☑ Regularly clean and sanitise all food contact areas
- ☑ Store cleaning equipment & chemicals away from food
- ☑ Remove rubbish regularly and “clean-up as you go”
- ☑ Use colour coded cloths to minimise cross-contamination for different areas/ purposes



BUILD THEM OUT - STARVE THEM OUT – CHASE THEM OUT

- ☑ To prevent pests keep doors and windows shut
- ☑ Store food and packaging materials at least 20cm off the floor
- ☑ Visually inspect premises, food storage and packaging areas for signs of pest infestation
- ☑ Report all pest sightings to management



MAINTAIN PREMISES AND EQUIPMENT

- ☑ Regularly maintain all equipment and retain service records
- ☑ Make sure there is enough space around equipment to allow for thorough and effective cleaning
- ☑ Report problems