



Nunthorpe Bowling Club

Food Safety Guide

The 4Cs of food hygiene cleaning, chilling, cooking and avoiding cross-contamination

Common Causes of Food Poisoning

- Food prepared too far in advance and stored at room temperature, ie not refrigerated
- Not re-heating to a high enough temperature
- Under cooking
- Not thawing frozen poultry for sufficient time
- Cross contamination from raw to cooked food
- Storing hot food below 63°C
- Use of leftovers
- The use of cooked food contaminated with bacteria

Preparation

- Keep raw, ready-to-eat and cooked foods separate, and handle with different utensils
- Use clean knives/utensils
- Clean as you go
- Always wash fresh fruit and vegetables
- Do not use food past its use-by date
- Prepare food in advance and freeze it, if possible, but ensure it is properly defrosted before use
- Always read any cooking instructions and make sure food is properly cooked before served
- Dispose of waste promptly

Food Temperature & Reheating

- Keep hot food above 63°C
- Keep cold food below 5°C
- Ensure all food is cooked through before serving. Use a thermometer. Serve piping hot
- Do not reheat more than once and reheat thoroughly

Hygiene

- Wash hands regularly with soap and water. Use hand sanitisers if hand washing facilities are not available
- Ensure food preparation areas are clean before and after use
- Wash equipment in hot soapy water
- Do not sneeze or cough near food
- Do not smoke or eat in a cooking area
- Tie back hair
- Wear clean clothing
- Wear an apron or catering jacket
- Cover cuts and sores with a waterproof dressing/plaster

Serving & Storage

- Provide clean utensils for self-serving, different ones for raw and cooked food
- Store raw and cooked food separately
- Cover and secure all opened food packets
- Cover prepared food to be served in the near future
- Store prepared food to be used later in labelled, airtight containers
- Minimise the time out of the fridge
- Keep cheesecakes and other cakes & desserts containing fresh cream in the fridge as long as possible.
- Dispose of waste promptly

Foods that Need Extra Care

Foods that are more likely to cause food poisoning include:

- Raw milk
- Raw shellfish
- Soft cheeses
- Pâté
- Foods containing raw egg

Revision & Review

Date	Version	Action	Who
Apr 2020	V2-1	First version	LWR
Feb 2021	V2-2	Review	LWR