



When present in any food handling area you must:

- Wash hands thoroughly using hot water and soap.
- Before commencing any food preparation.
- After visiting the toilet.
- After blocking a cough or sneeze into a hand.
- After scratching or rubbing hair, nose, mouth, ears or eyes.
- Cover all cuts, sores or breaks in the skin with waterproof dressing.
- Do not handle food with hands unless absolutely necessary. Use clean tongs, forks, scoops or other implements that can easily be washed.
- Wear a hair net, head cover and clean clothes at all times.
- Do not place raw flesh foods such as poultry, fish, rabbits, game or other meat in contact with other foods, especially cooked foods.
- Do not allow the same implements, containers or surfaces to be used in contact with both raw and cooked foods, under any circumstances.
- Keep cooked or perishable food either above 60°C in bain maries, ovens or below 5°C in refrigerators. Cooked food to be placed in refrigerator as soon as it cools to 60°C. Use a thermometer to check the temperature.
- Do not prepare or serve food if suffering from communicable diseases such as boils, diarrhoea or septic wounds.
- Never taste from the ladle, use a personal spoon for tasting. Never place your own spoon in food which is to be eaten by other individuals.
- Use a clean cloth, kept only for the purpose of holding or wiping food plates.



In all food handling situations, the following rules must be observed:

- All frozen food must be thawed in a refrigerator or cool room overnight. **NO** frozen food is to be thawed at room temperature. If an emergency situation arises, use cold running water for thawing.
- Do not use any can of food which is leaking, corroded or "blown".
- Ensure rotation of food stuffs being held in bain maries.
- Use no food which exhibits signs of the presence of insects or rodents.
- Use no food with objectionable odours or of odd appearance.
- Ensure that all plates and eating utensils are washed at the correct temperature.



**For further information and advice on
Kitchen Hygiene
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