



Food Safety

Handling and serving
food and refreshments safely

Because every day matters
www.hospiscare.co.uk

Registered charity no. 297798



Hospiscare
Caring in the heart of Devon

What is this booklet about?

At Hospiscare, we know the importance of food as a symbol of friendship and hospitality. This information will help ensure that you are aware of current food safety procedures.

Hospiscare recognises its responsibility to adhere to The Food Hygiene (England) Regulations 2006. Strict food hygiene regulations ensure that adequate measures are in place to protect people from the risk of food borne illness.

So whether you are serving patients and visitors in your volunteering role, or helping to prepare food and refreshments for an event, we hope you find this a useful guide.

Good food hygiene means:

- serving good quality, safe food
- complying with the law
- preventing food waste
- avoiding problems with pests
- preventing food contamination.

Remember, these are the expected standards of food hygiene for Hospiscare.



What is food safety?

Food safety involves measures taken to protect people's health by protecting food from hazards, i.e., anything that could cause harm.

In your role as a food handler you need to be aware of the hazards associated with your tasks and how these hazards can be controlled.

The role of the food handler:

- Make sure that regular and adequate hand washing procedures are carried out when necessary.
- Maintain a high level of personal hygiene to protect yourself and others.
- Make sure that food is correctly stored and labelled to prevent risk of infection.
- Wear correct protective clothing and disposable gloves if necessary when serving food.
- Please do not do your volunteering role if you have displayed or had any symptoms of diarrhoea and sickness in the past 48 hours.

Food poisoning

Food poisoning is high risk to the very young, the elderly and Hospiscare patients undergoing treatment. Being aware of food hygiene and safety helps to reduce the risk. These include microbiological, physical, chemical and allergenic hazards.

For further information visit:

www.legislation.gov.uk/uksi/2006

www.food.gov.uk/food-safety

4 Types of Common Food Hazards

(Micro)biological

(Results in food poisoning)



Physical

(Results in injury)



Chemical

(Results in poisoning)



Allergenic

(Results in adverse reaction).



What is a microbiological hazard?

- Contamination of cooked food with bacteria.
- The multiplication of bacteria.
- The survival of bacteria.

Some common bacteria responsible for food poisoning are:

- Salmonella - found in poultry and eggs, transferred by poor hand washing and poor food hygiene.
- Staphylococcus aureus - found in hair and nose, and transferred by handling infected food.
- E.coli - found in undercooked meat products, e.g, burgers, sausages.
- Bacillus cereus - found in cooked rice that is insufficiently chilled or reheated
- Clostridium perfringens - found in foods which are insufficiently cooked or reheated
- Campylobacter - found in raw and undercooked poultry, unpasteurised milk and contaminated water.

You can prevent contamination by:

- making sure that raw and ready to eat food is separated
- storing food in a refrigerator (below 5 degrees centigrade)
- minimising the time that food is at room temperature
- cooking and/or reheating food thoroughly.

Remember hand hygiene
Always wash your hands before food preparation

Physical hazards and pests

These can be:

- contamination of food with glass, nails, hair, string, etc.
- contamination of food by pests such as mice, cockroaches, rats, bird droppings, flies.

How can you prevent these:

- Be vigilant and careful.
- Keep the food preparation area clean and free from possible contaminants.
- Effective pest control.

Chemical hazards

These are contamination of food via pesticides, bleach, or cleaning fluids. Remember not to store or use chemicals near food.

Allergenic hazards

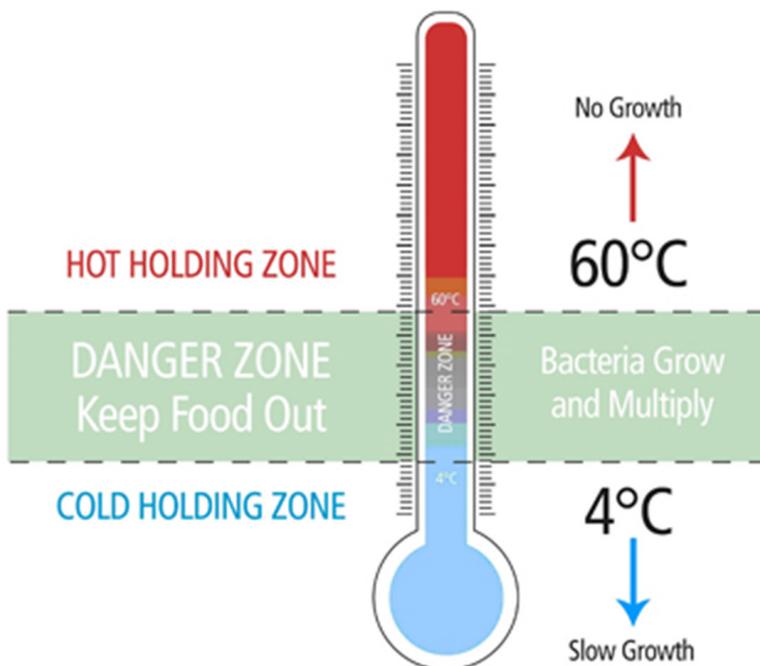
This is an abnormal response to a food which triggers the body's immune system. There are 14 different allergies that sometimes can cause serious illness. For further information see:

www.foodsafety.gov/poisoning/causes/allergies

**Food that contains nuts or seeds
must be clearly marked**

The Four C's of Preventative Food Hygiene

- **Cross-contamination** - one of the most common is when bacteria passes between food, food surfaces or equipment. Never allow raw food to come into contact with ready-to-eat food. Make sure you use clean work surfaces thoroughly and use separate boards and cutting tools for separate foods.
- **Cleaning** - effective cleaning gets rid of bacteria that may be present on hands, equipment and surfaces. Wash your hands at all stages of food preparation. Wash all equipment, especially when handling raw and ready-to-eat products.
- **Chilling** - correct chilling methods prevent harmful bacteria from spreading and multiplying. Never leave foods marked with a 'use by' date out of the fridge, except just prior to serving.
- **Cooking** - thorough cooking of food ensures the elimination of harmful bacteria. If re-heating, food should be piping hot all the way through.



The temperature danger zone

Bacteria that cause food borne illness multiply quickest between temperatures of 4 - 60 degrees centigrade. So it is essential to keep food either below 4 degrees or above 63 degrees.

The most hazardous food groups are:

- meat, fish and poultry dishes in casseroles and curries
- eggs and desserts made with raw eggs, such as mousses or lightly cooked eggs
- food containing dairy products, such as cream
- patés and soft cheeses
- cooked rice which has been refrigerated
- shellfish and seafood
- sauces such as gravy and custard.

Be food safe

- Put chilled food in the refrigerator, and don't overload the refrigerator.
- Ensure hot food is cooked through and kept above 63 degrees.
- Thaw food in the refrigerator and not at room temperature.
- Cool food for around 90 minutes before refrigeration.
- Avoid frequently opening the oven doors when food is cooking to maintain high temperatures.
- If warming food in a microwave ensure the food does not have any hot/cold spots.

BE FOOD SAFE
CLEAN * SEPARATE * COOK * CHILL
and
WASH YOUR HANDS

Looking at food dates

With two categories, 'best before' and 'use by', there can be some confusion. Certain high risk foods must be disposed of by the 'use by' date. These include meat, fish, dairy, and ready to eat products.

Foods with the 'best before' dates are still safe to consume after the expiry date, as it is not the safety of the food which is compromised, but the quality may be affected. However dented canned products may be contaminated, especially canned fish.



**Common 'use by' foods are eggs, meat cheese.
Common 'best before' foods are cereals, bread,
tinned food, pasta, rice.**

Thank you for caring about how you prepare and offer food and refreshments.

With your support, Hospiscare is able to maintain our high standards and comply with legal requirements.

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