

Safe method:

Food storage and preparation

It is very important to store and prepare food carefully, and keep sources of bacteria away from food preparation areas.



Safety point

Ideally, store raw and ready-to-eat foods separately. If they are in the same fridge, store raw meat and poultry below ready-to-eat foods, such as salads, sandwiches and desserts.

Cover cooked and other ready-to-eat foods.

If you are defrosting raw meat or poultry, make sure that none of the liquid that comes out of it gets onto other food.

Why?

This helps to prevent harmful bacteria spreading from raw foods to ready-to-eat foods.



How do you do this?

Do you store raw meat and poultry?

Yes No

If yes, do you follow this advice?

Yes

If not, what do you do?

Never use the same worktop, chopping board, knives or other equipment for preparing raw foods (such as meat and poultry) and for ready-to-eat foods, unless they have been thoroughly cleaned and disinfected in between. See the 'Cleaning' safe method.

Harmful bacteria from raw foods such as meat/poultry can spread from chopping boards and knives to other foods.



Do you always use a clean knife and chopping board for preparing ready-to-eat foods?

Yes

If not, what do you do?

When preparing fruit, vegetables and salad ingredients wash them thoroughly with clean water before eating.

Fruit, vegetables and salad ingredients may have harmful bacteria on the outside. Washing will help clean them and remove some of the bacteria.



'Use by' and 'best before' dates – what they mean

'Use by' date – this is about safety. Do not serve food after this date – this is against the law. Even if it looks and smells fine, eating food after its 'use by' date could make children or babies ill.

'Best before' date – this is about quality. Food should be safe to eat after the 'best before' date, but it might begin to lose its flavour and texture. Eggs are an exception – they should always be used by their 'best before' date.

Safety point

Nappies and laundry

If your washing machine is in the kitchen, do not bring dirty laundry into the kitchen while food is being prepared.

Your nappy changing facilities should be separate from any food preparation areas.

Never put dirty nappies, laundry or laundry baskets on worktops.

Always wash your hands properly after touching dirty nappies or laundry.

Why?

This helps to prevent dirt and bacteria spreading from nappies and laundry to food.



How do you do this?

If your washing machine is in the kitchen, do you follow this advice?

Yes No

If not what do you do?

Where are your nappy changing facilities?

Pets

Keep pets away from food, dishes and worktops and away from children when they are eating.

Make sure you wash and disinfect worktops before preparing food.

Pets can spread harmful bacteria to food.



Do you have any pets?

Yes No

If yes, do you follow this advice?

Yes

If not, what do you do?

Safety point

Maintenance

Make sure you keep food preparation areas in good condition.

Replace damaged equipment, utensils and dishes straight away e.g. replace worn chopping boards, cracked dishes, chipped glasses.

Why?

This makes cleaning easier and helps to prevent pests.

Dirt and bacteria can collect on damaged equipment/utensils and loose parts might fall into food.

What to do if things go wrong

- If raw meat/poultry has touched or dripped onto ready-to-eat or cooked food, throw away the food.
- If ready-to-eat or cooked food has been prepared using a worktop, chopping board, knife or other equipment that has been used with raw meat/poultry and not cleaned and disinfected afterwards, throw away the food.
- If dirty laundry, nappies or pets have been on a worktop, remove them and wash and disinfect the worktop straight away.
- If objects such as broken glass get into food, throw away the food.



Write down what went wrong and what you did about it on your action sheet.



Safe method completed: Date: _____ Signature: _____