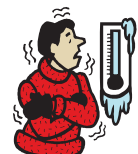
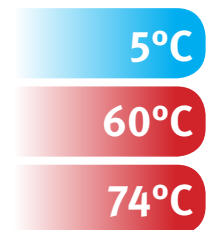
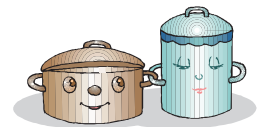
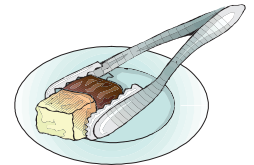


Basic Food Handling Rules

- 1 Check the quality and temperature of food/ingredients from suppliers. Reject damaged packages or “out of temperature” food.
- 2 Hands must be washed just before touching any food and any time they may be a source of contamination. If in doubt, such as after touching a door handle, wash hands again.
- 3 If using disposable gloves, (gloves are not required by NSW legislation) throw them away immediately if they could have been contaminated, such as after touching raw food, touching a door handle, telephone, etc. A new pair should be used each time ready-to-eat-food is to be handled. Wearing gloves does not reduce the times or circumstances that hands must be washed.
- 4 All food utensils and other food contact surfaces must be clean and sanitary prior to use. If in doubt, re-wash and sanitise.
- 5 Hands, gloves, knives, boards, tongs or any other food contact surface must not touch raw food before touching ready-to-eat-food. This is called cross contamination. If in doubt, re-wash the food contact surface/ equipment before it touches any ready to eat food.
- 6 All food must be protected from contamination by covers, lids, packaging, screens etc.
- 7 **Refrigerated** food must remain at or below **5°C** at all times. (It can be warmer, for example on display, for up to four hours but if it is not consumed within that time, it must be thrown out.)
- 8 **Hot food** must be stored at **60°C** or more at all times.
- 9 All parts of food being **cooked** must reach a minimum of **74°C**.
- 10 A thermometer must be available at all times and must be accurate to plus or minus 1°C to regularly check the above temperatures.
- 11 Frozen food must remain frozen until it is required for preparation. Defrost in the fridge. Do not refreeze food that has already been defrosted.
- 12 Waste must be kept in clean tidy containers with tight fitting lids so pests (mice, flies, etc.) are not attracted. The waste must be disposed of appropriately.



The above rules have been developed by food handlers, businesses and State and Federal legislators through experience, research and follow up of food poisoning incidents. They are based on Food Safety Standard 3.2.2 and 3.2.3 of the Australia New Zealand Food Standards Code, the full text of which can be found at www.foodstandards.gov.au