

Cooking at Home for Community Activities.



Thank you for offering to cook for the community activity. In order for us to produce food that is safe for everyone to eat there are a few simple precautions that we need to take. Please take the time to read though this carefully before preparing your food.

Some of the most common errors that may lead to food poisoning are:

- Poor storage;
 - Cold foods not kept cold enough;
 - Hot foods not kept hot enough;
 - Inadequate cooking;
 - Not separating raw and ready-to-eat food.
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1. Make sure that all preparation and cooking areas and equipment are clean and free from dust or debris before starting.
 2. Wash your hands before starting, between handling raw and cooked ingredients, remember eggs are considered raw.
 3. Do not cook for the public if you have had any form of digestive illness in the previous 48 hours.
 4. Make a list of the ingredients that you use so that it can be provided with your finished dish.
 5. Ensure that all items are cooked thoroughly and if possible record temperatures of any meat or fish dishes.
 6. Ensure that all items are stored to minimise risk, keep cakes etc. covered and any dish that requires refrigeration should be stored as soon as possible, (preferably within an hour), and covered in a fridge at below 5 deg C.
 7. Do not use products beyond their best before dates.
 8. Be careful to avoid cross contamination by cleaning regularly and if you are providing gluten free, nut free or vegan items ensure that you clean the preparation and cooking area to avoid cross contamination.
 9. Reheat already cooked food thoroughly before serving. Do not reheat food in a slow cooker. If a slow cooker is used to keep food hot, reheat the food first until piping hot and then place in the slow cooker to keep hot.