

RAL RecSoc Food Hygiene Rules

1	Wash your hands <ul style="list-style-type: none">• Before you start cooking• After you have touched raw food• After you have sneezed or blown your nose• After you have touched a bin• After you have been to the toilet
2	Food should be stored at the correct temperature (Under 5°C for a fridge and -18°C for a freezer)
3	Defrost food thoroughly before cooking
4	Keep food cool, clean and covered
5	Separate raw and cooked foods. Use colour coded boards and knives
6	Adapt a “clean as you go” system <ul style="list-style-type: none">• Make sure work surfaces are kept clean and tidy• Wash any equipment that has fallen on the floor• Immediately wipe up anything that has spilled on the floor
7	Dispose of food waste hygienically. Throw away any food that has fallen on the floor.
8	Cool or chill food rapidly to keep out of the danger zone (between 5°C and 63°C)
9	Follow personal hygiene rules
10	Wear protective clothing
11	Clean all equipment thoroughly before and after use
12	Use a sanitiser to clean work tops
13	Wash fruit and vegetables before use
14	Follow the recommended guidance to prevent/avoid cross-contamination
15	Use a food probe to check core temperature of cooked food (75°C)
16	Cook food at the correct temperature for the correct amount of time
17	Handle food as little as possible
18	Use a spoon to taste your food and clean/sanitise it after each use