



Faculty of Engineering

Safe Food Handling

1. Wash your hands before handling food or utensils.*
2. Ensure that all surfaces for food preparation are kept clean.
3. Keep all food at correct temperatures — hot food above 60°C and cold food below 5°C. Pack raw meat into insulated boxes with ice bricks for transportation.
4. Cook all meat and poultry thoroughly.
5. Keep cooked meat and salads separate from raw meat at all times to prevent contamination. Do not use the same cutting board or utensils for raw and cooked meat or poultry.
6. Handle food with tongs or other equipment. Use separate equipment to handle raw and cooked meats. Hands should not be used unless absolutely necessary, and then handwashing facilities must be available. Hands must be washed with soap and water after handling raw meats.
7. If wearing gloves, touch **only** food with your gloved hands, and **DO NOT** touch both raw and cooked food. Replace gloves and wash hands frequently.
8. Use clean and dry utensils for serving the food – **never** place cooked meat back on the trays that held the raw meat.
9. Keep food covered and free from dust and dirt, insects etc. Discard food that has become contaminated.
10. Left over food should be thrown away, including left over condiments.
11. Wash utensils thoroughly in very hot water and detergent and clean all surfaces frequently.
12. Make sure you wash your hands with soap after going to the toilet, handling raw foods, etc.

* There are five steps that should be followed when washing hands. These are:

1. wet hands under warm running water;
2. soap hands, lathering well;
3. rub thoroughly, including the wrists and between the fingers;
4. rinse in clean water; and
5. dry thoroughly on paper towel, leaving no moisture on the hands.

Adapted from:

Safe Food Handling (2004). Energy Australia web site:

<http://www.energy.com.au/energy/ea.nsf/Content/Recipes+Safe+food+handling>

Fact Sheets for Charities and Community Organisations, Sausage Sizzles and Barbeques (2002).

Food Standards Australia New Zealand web site:

<http://www.foodstandards.gov.au/mediareleasespublications/factsheets/foodsafetyfactsheets/charitiesandcommunityorganisationsfactsheets/>