SQUASH CLUB FOOD HANDLING GUIDELINES

(SAMPLE ONLY)

Foodborne illness is caused by bacteria such as campylobacter and salmonella. By following these simple food handling tips, you can be helping keep you family, friends and fellow club members safe from foodborne illness.

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| **CLEAN**  | **COVER**  |
| * Clean your hands by washing them with soap and warm water.
* Dry your hands thoroughly with a clean towel.
* Always wash your hands before handling any food and after handling food.
* Wash your hands every time you touch raw meat and poultry or go to the toilet.
* Wash utensils and scrub chopping boards between preparing raw and cooked food.
 | * Stored food should always be covered – even in the fridge or cupboard.
* Cover and refrigerate or chill leftover meat as soon as possible after cooking.
* Throw out perishable food that you have left at room temperature for more than two hours.
* Keep raw meat and poultry covered in the bottom of the fridge and away from ready-to-eat food, fruit and vegetables to avoid meat juice drip.
* When cooking outdoors, ensure that all food remains covered and cool until ready to cook or eat.
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| **COOK**  | **CHILL**  |
| * Defrost frozen foods thoroughly before cooking.
* Pre-cook minced meat, sausages and poultry before barbequing.
* Use a meat thermometer to check temperatures – minced meat and sausages should be cooked right through, and pork and poultry juices should run clear.
* Use one set of utensils for raw meat and chicken and another set for cooked food.
* Reheat leftovers until steaming hot and do not reheat more than once.
* Place cooked items on a clean plate, not one that was used for raw meat.
 | * Ensure your fridge is between 2 and 4oC.
* Keep all perishable foods in the fridge until you are ready to use them.
* Use an icepack or chilly-bin to keep food cold outdoors.
* Marinate food in the fridge, not on the bench.
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