

4 C's OF FOOD SAFETY

CROSS-CONTAMINATION



Prevent the transfer of harmful bacteria between raw and ready-to-eat foods.

- Store raw and cooked/ready-to-eat foods separately in sealed containers/ fully wrapped.
- Use separate equipment and utensils for raw and cooked foods. Thoroughly clean and disinfect these items before and after use.
- Wash fruits, vegetables, and salad items thoroughly.
- Food handlers must follow good hygiene practices and wash their hands regularly, especially after handling raw food.

CLEANING



Remove harmful bacteria and reduce the risk of cross-contamination.

- Clean as you go. Wipe any spillages immediately and remove waste regularly.
- Disinfect surfaces, equipment, and utensils between tasks.
- Disinfectants or sanitisers must be food-safe and meet either BS EN 1276 or BS EN 13697.
- Follow a cleaning schedule so your team knows what needs to be cleaned, when, and how.
- Use disposable cloths or wash reusable ones after each use in hot water (above 82°C).

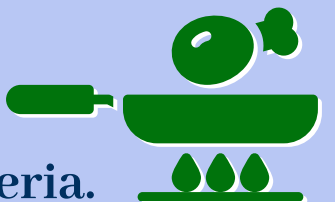
CHILLING



Keep food at safe temperatures to slow bacterial growth.

- Keep chilled food below 8°C (ideally 1°C to 5°C).
- Store frozen food immediately and keep it frozen.
- Defrost food fully in the fridge unless packaging says it can be cooked from frozen.
- Cool hot food quickly and safely:
 - Divide into smaller portions
 - Loosely cover pans and stand in cold water
 - Stir regularly to release steam
 - Use a blast chiller
 - Move to a cooler area
 - Cut large joints of meat into smaller pieces
- Never put hot food straight into the fridge or freezer.

COOKING



Cook food thoroughly to kill bacteria.

- Core temperature and time combinations:
 - 60°C for 45 mins
 - 65°C for 10 mins
 - 70°C for 2 mins
 - 75°C for 30 secs
- Reheat until steaming hot (only once).
- Stir microwaved food and let it stand for few minutes to avoid hot or cold spots.
- Use a clean thermometer to check core temperatures.
- Hot hold food above 63°C.
(You may keep food below 63°C for one period of up to 2 hours. After this time, it must be thrown away or cooled down quickly and refrigerated below 8°C.

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