

## WI FOOD HANDLING ADVICE

The following should be considered if arranging an event which includes food

- At least one member of the team must hold a current and up-to-date Level 2 Food Hygiene Certificate. This person must ensure that all team members have been briefed about food hygiene and the basic guidelines.
- Foods supplied, sold or provided at charity or community events must comply with EU food law and be safe to eat
- Following the 4Cs of food hygiene – **cleaning, chilling, cooking and avoiding cross-contamination** will help you prepare, make and store food safely
- Always wash your hands before preparing food. Wash hands regularly with soap and water. Separate hand wash facilities should be available.
- Freshly laundered apron & clothing must be worn to protect the food from any risks from the food handler's clothes. Aprons must be removed when leaving a food preparation area.
- Jewellery should be kept to a minimum to avoid contamination, only a wedding ring may be worn.
- Nail varnish or false nails must not be worn.
- It is good practice to keep hair tied back.
- A cut or wound must be covered with a highly visible coloured waterproof plaster.
- Do not handle food if you or anyone else in your household has been suffering from any gastric upset or heavy cold. If you have had diarrhoea/vomiting ensure that you have had no symptoms for 48 hours
- All food must be purchased, transported, stored and prepared, before and after cooking in accordance with the Food Safety & Hygiene Regulations. See [www.food.gov.uk](http://www.food.gov.uk) for more information
- Don't use raw eggs in anything that won't be thoroughly cooked, such as icing or mousse.
- Always wash fresh fruit and vegetables

- Keep raw and ready-to-eat foods apart
- Store cakes in a clean, sealable container, away from raw foods.
- Do not use foods past its use-by date
- Ensure that food preparation areas are suitably cleaned and sanitised after use and wash all equipment in hot soapy water
- Always use separate tongs or utensils for each food item and avoid touching other foods with them. Or if protective gloves are worn remember hands must be washed before and after wearing them.
- When preparing food for a buffet, food that needs to be chilled should be left out of the fridge for the shortest time possible and not more than 4 hours. After this time any remaining high risk food should be thrown away to prevent food poisoning.
- All food that requires refrigeration should be transported from home to a venue in a cool bag or cool box with frozen blocks inside them. Avoid opening them too often in order to maintain a cool temperature.
- Remember that all foods at risk of producing food poisoning (high risk foods) must be refrigerated at all times.
- Keep cheesecakes and any cakes or desserts containing cream or butter icing in the fridge.
- Only authorised people should be allowed in the food preparation areas.
- Have a separate person responsible for money.
- The NFWI in line with the FSA would advise that you label foods that contain or may have been contaminated with any of the 14 food allergens as best practice.
- All food must be labelled correctly and also have the name of the person who prepared it and cooked it as well as their postcode documented

- Prepare Hazard Analysis of Critical Control Points Documents (risk assessments) of all food activities.

Each Federation should have a Health and Safety Policy and a Public Liability Insurance Policy and this usually covers catering. WIs are advised to contact their own Federation Secretary to check the details.

If you would like more advice contact the NFWI Food and Cookery Adviser or your local authority environmental health service.



