

Food Hygiene Guidance



Where food is being provided at an event, the Catering Coordinator ensures this is provided in line with best practice for food hygiene so far as is reasonably practicable.

The following general practical guidance, as provided by the Food Standards agency, should be followed as a minimum:

- Plan ahead - if you can prepare food in advance and freeze it, this should make things easier later but do ensure it is properly defrosted when you come to use it.
- Wash your hands regularly with soap and water, using hand sanitisers if hand washing facilities are not available.
- Always wash fresh fruit and vegetables.
- Keep raw and ready-to-eat foods apart.
- Do not use food past its 'use by' date.
- Keep food out of the fridge for the shortest time possible.
- Always read any cooking instructions and make sure food is properly cooked before you serve it. Even if people are waiting to eat, don't reduce cooking times.
- Ensure that food preparation areas are suitably cleaned and sanitised after use and wash any equipment you are using in hot soapy water

In addition:

- Tie up long hair
- Separate vegetarian and non-vegetarian food and cooking utensils
- Ensure paddlers do not access behind the serving area or kitchen in wet kit

Further information can be found at <https://www.food.gov.uk/business-industry/caterers/food-hygiene/charity-community-groups>

Food Hygiene Certification is not a requirement but may be beneficial. Certification can be obtained via online learning sites.

Making and transporting cakes

If you make a cake at home:

- use recipes from reputable sources
- always wash your hands before preparing food
- make sure that surfaces, bowls, utensils, and any other equipment are clean
- don't use raw eggs in anything that won't be thoroughly cooked, such as icing or mousse
- keep cheesecakes and any cakes or desserts containing fresh cream in the fridge
- store cakes in a clean, sealable container, away from raw foods

On the day, when you bring in cakes from home or run the stall, you should:

- transport cakes in a clean, sealable container
- make sure that cheesecake and any cakes or desserts containing fresh cream are left out of the fridge for the shortest time possible, ideally not longer than 4 hours
- when handling cakes use tongs or a cake slice

Storing cakes

You can keep cakes and baked goods with high sugar content in:

- airtight containers - this will prevent mould growth through absorption of moisture from the atmosphere
- the fridge - cakes will last for longer, but their quality may be affected

Any cakes with high moisture additions, such as cream added after baking, should not be left at room temperature. They must be stored chilled (in the fridge) and eaten within the use-by date of the added product.

There are some types of icing, such as ganache and buttercream, that can be kept outside the fridge. It's best to store them somewhere cool and dry. Check the guidelines for storage of the particular icing product you will be using.