



Food Preparation Guidelines

If your Challenge involves food preparation, such as BBQs, then the following should be followed:

- Any grill or BBQ must be pre-heated and ready for use.
- Food for cooking must be kept separate according to its type e.g. chicken to be separate from beef when uncooked and salad to be separate from meat etc.
- Food must be stored in accordance with instructions on packaging at all times, if being transferred from fridge to cooking area that is outside the items should be kept in a cool bag, one used for each product type.
- Any food that has been defrosted cannot be refrozen.
- Any utensils used must only be used for one purpose e.g. preparation of chicken or burgers but not both.
- Utensils must be washed thoroughly between use.
- If wearing gloves, hands must be washed before and after removal and gloves must be changed before moving from raw to cooked product.
- Any cloths used for cleaning, if they cannot be washed in a washing machine, must be disposed of once used.
- Hands must be washed using WARM water and liquid soap before commencing cooking, after cooking and obviously after using the toilet.
- Those cooking must wear no jewellery apart from a wedding band, hair must either be tied up to the rear (ponytail) or in a hair net, aprons should be worn when cooking.
- When cooked, the food must be steaming hot all the way through and there must be no signs of red or pink meat.
- Food must be kept hot at all times prior to use. If it becomes cold it should not be reheated and disposed of.
- Food that has been cooked for two hours and not used should be disposed of.

If you need the Level 1 Food Hygiene Certificate as part of your challenge, details can be found here: [E-Learning Training - Food Safety at Work](#)