

## FOOD SAFETY IN THE GALLEY



### FOOD HANDLERS

- Wear clean overalls.
- No eating or smoking in the galley.
- Cover cuts and sores with bright coloured plasters.
- Anyone with diarrhoea and or vomiting must not work in the galley until they are symptom free for 48 hours.
- Wash hands with soap and hot water before preparing food and often during preparation especially after handling raw food and after using the toilet,

### CLEANING

- Clean with hot soapy water then disinfect work surfaces (with sanitizer or anti bacterial spray) and sinks before starting work and after preparing raw foods. Make sure all cloths used are clean or single use such as paper towels.
- Check galley and food storage areas regularly for insects and pests.

### CROSS CONTAMINATION

- Use separate equipment such as knives, boards for preparation of raw meats and root vegetables from the preparation of cooked foods or ready to eat foods. Thoroughly clean and disinfect after use.
- Keep all foods covered to prevent contact between raw and cooked foods.
- Raw meat, poultry and seafood should be stored in fridge below all other cooked and ready to eat foods.
- All cleaning materials should be stored away from foods.

### COOKING

- Cook all foods thoroughly, especially meat, poultry, eggs and seafood.
- Bring soups and stews to boiling and stir regularly.
- Cooked joints – ensure juices run clear (not pink).
- Burgers, chicken – check no pink meat in centre. If food is kept hot before serving, it must be above 63°C.
- Reheated food must be piping hot throughout.

### CHILING

- Keep temperature of fridges at or below 5°C and freezers -18°C or below.
- Cool cooked food as quickly as possible, aiming within 90 minutes and then refrigerate or freeze if necessary.
- Defrosting – food should be fully defrosted in a fridge or cool room before cooking.
- Check temperatures on fridges and freezers daily and keep a record

### WHY?

To prevent contamination of food

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Bacteria are found in soil, water, animals and people. They can be transferred to food from hands, clothes, utensils, especially chopping boards.

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Bacteria from raw meat, poultry and eggs can be spread to other foods during preparation from surfaces, equipment, hands and cloths.

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Most micro organisms are killed by proper cooking. Core temperatures should reach 75°C. Ideally, use a thermometer.

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Hot food cooled quickly to prevent growth of bacteria which is greatly slowed at 5°C or lower. Leaving cooked and perishable food out at ambient temperature increases the risk of bacterial growth

