

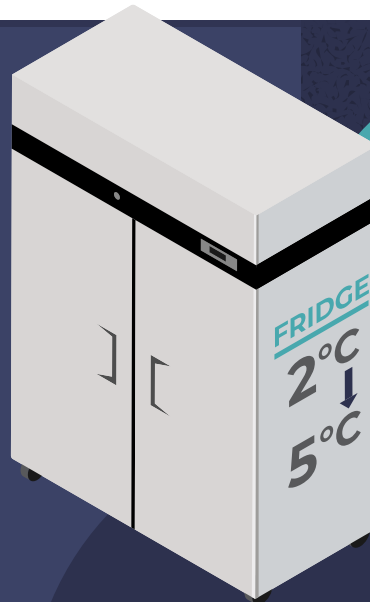
FOOD HEALTH & SAFETY IN THE KITCHEN



CORE COOKING TEMPERATURES

When cooking or reheating food, make sure you check the temperature using a probe thermometer at the thickest part of the food - this is called the core temperature.

It needs to be at least 75 °C for 30 seconds in order to be safe.

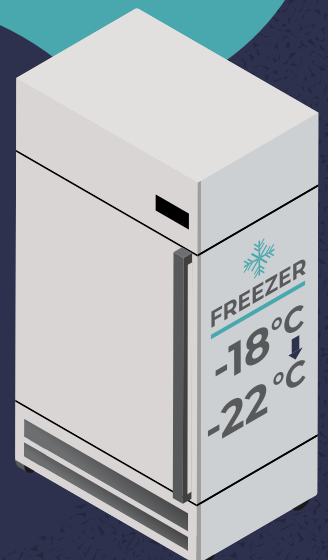


FRIDGE TEMPERATURE

Fridges should operate between 2 °C and 5 °C NEVER more than 8 °C.

FREEZER TEMPERATURE

Freezers should operate between -18 °C and -22 °C.



PERSONAL HYGIENE

Make sure your chef whites and apron are clean at the start of your shift.

Where appropriate tie hair back, wear beard snoods and head coverings.

Don't wear jewellery other than a plain wedding band.

Always report any illness to your manager.

