

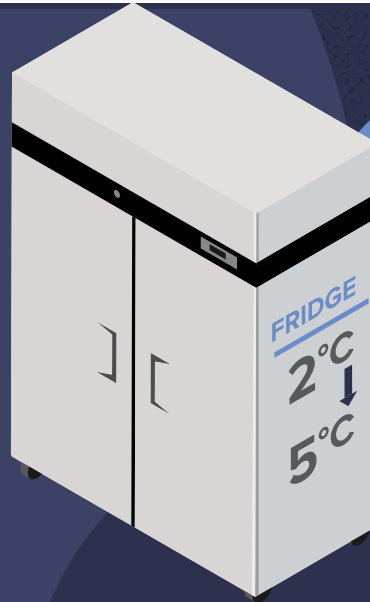
Food Health & Safety in the Kitchen



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.

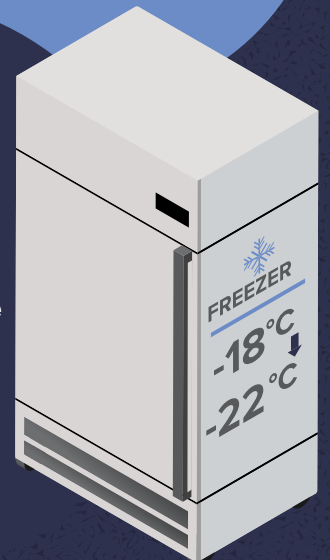


FRIDGE TEMPERATURE

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.

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

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

Always report any illness to your manager.