

Preparation

Raw and cooked food should be prepared separately. If possible use separate cutting boards and utensils for raw red meat, raw chicken, cooked meat and vegetables. Clean all equipment thoroughly before preparing a different food product.

Cooking

Cooking food at a high heat kills bacteria.

- Cook meat until the juices run clear, or until it has reached 85°C in the centre.
- After cooking food in the microwave, leave it to stand for two to three minutes to ensure it is cooked through.

Display

- Food on display should be kept hot in a pie-warmer or bain-marie, or kept cold in a chilled display cabinet.
- Food on display that is not kept chilled or hot, must not be out for longer than a total of two hours.
- Recording the time the food was displayed will ensure food is not left out longer than is safe.
- Protect counter food from customers, dust and flies with plastic or mesh covers.
- Display cabinets need proper covers or windows that can be closed when not in use.

Extra care needs to be taken with easily perishable food, milk products, meat, fish, chicken, egg or shellfish. These foods can be carriers of bacteria and poorly stored perishable foods are frequent causes of foodborne illness.

Storage

- Store food in covered containers or cling film when storing it in the fridge or freezer. (Damp tea-towels, bread bags and shopping bags are not suitable).
- Store food (including dry goods) in clean containers, with lids.
- Store food that is not being eaten straight away in a refrigerator at 4°C or in an oven or warmer hotter than 60°C.

Fresh food is safe food – dating storage containers will help you to use food before its 'best-before' date.



Food Safety

for Lunch Bars,
Takeaways and Cafes

For further information or assistance
contact your Environmental Health Officer,
Building Consents and Licensing Services
Wellington City Council
Ph: 499 4444
Web: www.Wellington.govt.nz

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What is food safety?

Great food is safe food – food made from fresh ingredients, and prepared in a clean environment.

Wellington owes its reputation as the café capital of New Zealand to the many high-quality restaurants, cafés and lunch bars in the city.

You can ensure the food you produce is safe to eat by following these simple guidelines.

Delivery

You assume responsibility for the quality of the product you use when it reaches your premises. If it's unsafe and you accept it – it becomes your problem.

Frozen, chilled and easily perishable food should be delivered when you are open. If you're not open you need to make arrangements for the food to be put straight into a refrigerator or freezer.

Food temperature should be measured and recorded upon delivery.

Cleaning

Clean hands

Hands should be cleaned with soap, hot water and a nailbrush before touching food. You should also wash your hands between tasks and after using the toilet. Disposable gloves can be worn, but gloves must be changed between preparing raw and cooked food. You should still wash your hands before wearing gloves. Remember to take your gloves off when handling money.

Clean equipment

- Clean fridges, freezers and dishwashers regularly.
- Clean and sanitise all surfaces and cutlery used to prepare raw food.
- Clean storage containers every time you fill them.
- Dishwashers are most effective when the water reaches 60°C (wash) and 77°C (rinse).

Regularly servicing your dishwasher will ensure dishes and cutlery are sanitised and squeaky clean.

To keep your premises clean, clean at each production step. To remind you when to do this, create a cleaning schedule listing the areas and equipment to be cleaned and how often. The cleaning schedule should include how to clean the equipment, what products to use and the person responsible.

Chilling

- Chill all food (including vegetables) that is not served straight away.
- Chill all perishable food in the fridge and frozen food in the freezer as soon as it is delivered to you.
- Chill all cooked food within 30 minutes of cooking.
- Chill all raw meats in the bottom of the fridge, so they don't drip onto other food.
- Chill all cooked food and raw food in separate covered containers.

Bacteria can cause food poisoning. Bacteria thrive at room temperature, between 4°C and 60°C – keeping food well chilled will help to keep it safe.

Regularly checking that fridges and freezers are working properly will help protect food from bacteria. The best temperature for fridges is 4°C, freezers should be kept at -18°C.

Thawing

Frozen food can be thawed:

- in the fridge overnight
- under running cold water
- in the microwave.

Thaw food in a container large enough to collect all liquid.

Defrosted food shouldn't be refrozen. Do not thaw food at room temperature.

