

## CATERED MEALS FOOD SAFETY CONSIDERATIONS

Thank you for helping us provide an essential need for our youth that goes hand in hand with shelter: food. When providing food to Covenant House, please comply with good food hygiene and safety practices to reduce the risk of contamination. This document can provide guidance when choosing what foods/dishes you wish to bring.

### FOOD HAZARDS

There are four types of food hazards are contaminants that can enter food and potentially cause harm:



**Biological** - microorganisms that can cause foodborne illness, including food poisoning and intoxication. Examples include bacteria (Salmonella), fungi (yeast/mold), viruses (norovirus)



**Chemical** - occur when naturally occurring or human-made substances contaminate food. Examples include toxins produced by animals, unintentionally added chemicals (e.g. cleaning chemicals)



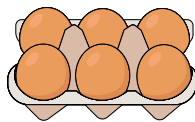
**Physical** - foreign material or objects that can enter during preparation and/or handling. Examples include fruit stones, bones in meat/fish, shells in nuts or human hair, fingernails, plastic glass, metal or wood



**Allergenic** - proteins that occur naturally in some foods but can contaminate other foods by cross-contact. Inform us if you will be providing any foods with these allergens. The top 8 allergens are:



milk



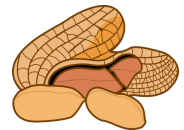
eggs



fish



shellfish



peanuts



tree nuts



wheat



soybeans

# 3 Cs FOR SAFETY

In order to prevent food hazards, the following simple rules cover essential food hygiene and safety practices.

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## CLEANING

Essential to stopping harmful pathogens and allergens from spreading, discourages pests and is a legal requirement. You should have effective cleaning procedures and schedules to ensure that storage, preparation, serving and eating areas are kept clean.



## COOKING

Foods must be cooked thoroughly before serving. Cooking things at the correct temperature for the appropriate time will kill any harmful bacteria. You must also hold hot food properly.



## CROSS-CONTAMINATION

The transfer of harmful bacteria between people, food, surfaces and equipment is known as cross-contamination. Cross-contamination can be prevented by

1. Good personal hygiene (washing hands thoroughly)
2. Using separate areas, equipment and utensils for different types of food, including for self-serving
3. Cleaning & disinfecting equipment, cleaning materials and utensils before use.
4. Storing food correctly
5. Covering open food, e.g. buffets
6. Preventing and controlling pests

## PERSONAL HYGIENE

1. Wash hands regularly and thoroughly - e.g. after using the bathroom, after handling raw meat and before handling and preparing food
2. Tie hair back and/or cover with a hat
3. Keep your fingernails short, no false fingernails
4. No jewelry or watches
5. No strong perfumes
6. Wear suitable, clean, protective clothing
7. No coughing/sneezing over food
8. No smoking around food
9. Discourage touching face/hair, spitting, chewing gum, picking teeth