



### FOOD PREPARATION GUIDELINES

- Ensure all work surfaces are clean
- Hands are thoroughly washed, re-wash after touching hair, skin etc.
- Avoid touching food – use tongs, fork etc.
- Use separate chopping boards for meat and vegetables.
- Wash dishes in hot soapy water, allow to drain – avoid tea towels.
- Cook eggs, meat, chicken and seafood well.
- When cooling hot food, cool slightly to room temperature and place in fridge.
- After thawing food consume within 12hours
- Keep fridge at 5°C and freezer –15°C or less
- Keep food covered
- Wear gloves if you have a cut or sore on you hands
- Never use tinned foods if can is damaged.
- Always use foods by their 'use by' or 'best before' date

### FOOD GUIDE

| ALLOWED  | NOT ALLOWED  |
|--|--|
| Freshly made meals<br>All freshly opened tinned food   | Pre-cooked take away meals   |
| <b>STARCHY FOODS</b><br>Bread, fresh crumpets<br>Pasta & rice<br>Breakfast cereals   | Pre-prepared sandwiches<br>Uncooked rice & Pasta<br>Breakfast cereals with dried fruit   |
| <b>FRUIT</b><br>All fresh fruits (perfect)<br>All tined fruits   | Dried fruits, grapes<br><b>AVOID ANY FRUIT WITH BLEMISH,<br/>BRUISE OR SOFT SPOT</b>   |
| <b>VEGETABLES</b><br>All cooked and canned vegetables<br>Soup simmered at least 10mins   | Raw vegetables except washed and peeled carrot, cucumber and capsicum  |
| <b>PROTEIN FOODS</b><br>Meat – well cooked<br>Mince – cooked at least 30mins<br><br>Sausage rolls, pies, pastries – well cooked only once<br>Tinned ham<br>Fish<br>Beans and lentils<br>Eggs – well cooked | Uncooked meat – rare steak<br>Small goods – polony, salami, pressed chicken, pate, cold sausages.<br><br>Sausage rolls etc heated away from home<br><br>Raw fish and shell fish<br><br>Soft boiled eggs, egg custard |



| ALLOWED   | NOT ALLOWED   |
|---|---|
| <b>DAIRY</b><br><br>All hard processed cheeses<br>Fresh cream, Philadelphia cheese,<br>cottage cheese, ricotta cheese.  | Soft cheese<br>Dairy products served in large<br>containers. Yoghurt, sour cream                          |
| <b>DESSERTS / BISCUITS &amp; CAKES</b><br><br>All fresh cakes and biscuits<br>Ice cream<br>Milk deserts – custard without egg, rice<br>pudding<br>Jellied fruit | Ice cream from commercial outlets   |
| <b>DRINKS</b><br><br>Boiled tap water, tea, coffee<br>Fresh milk<br>Soft drink, cordial   | Unboiled tap water, bottled water, non<br>carbonated water  |
| <b>SNACKS</b><br><br>Nuts, in baked products or roasted,<br>wrapped lollies and chocolate   | Raw nuts, unwrapped lollies   |
| <b>SAUCES, SPREADS</b><br><br>Spreads and sauces in smaller<br>individual containers  | Spreads and sauces used by another<br>person.   |
| <b>CONDIMENTS</b><br><br>Pepper, herbs & spices added before<br>cooking   | Uncooked  |
| <b>FAST FOODS / TAKEAWAY</b><br><br>Freshly cooked deep fried chips<br><br>Fresh fish deep fried served<br>immediately  | Pre prepared foods eg chicken rolls and<br>hamburgers<br>Deep fried shell fish<br>Kebabs, Chinese / Asian |