

The 4Cs of Food Hygiene Safety

There are four core components to think about with food hygiene safety, known as the 4C's:



Cleaning

- Clean and sanitise all surfaces, countertops, and utensils with hot, soapy water.
- Use separate cleaning cloths for different areas.
- Regularly clean kitchen appliances, following the manufacturer's guidelines.



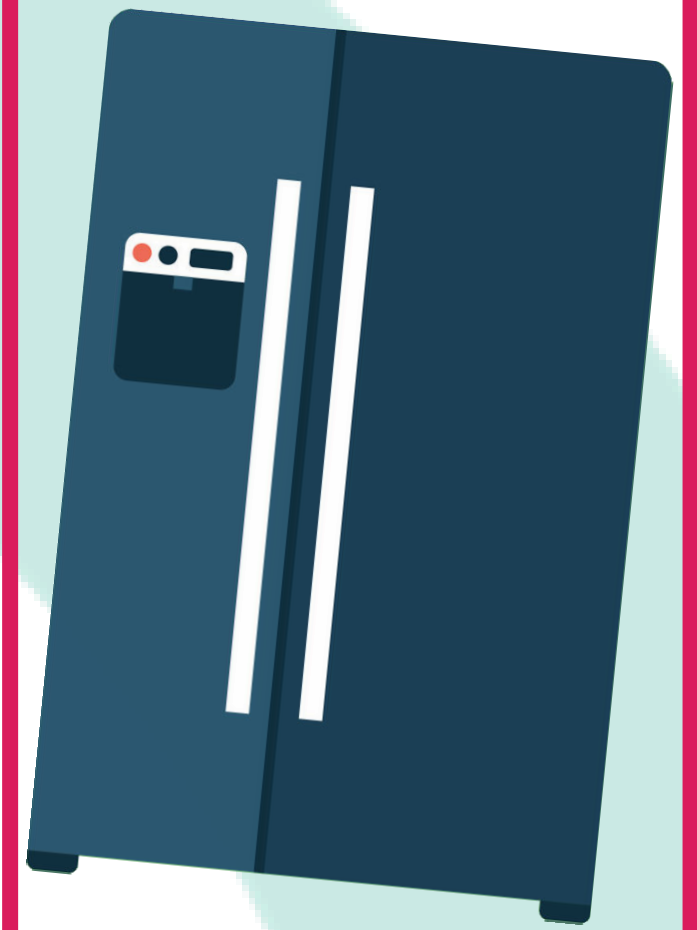
Cooking

- Use a food thermometer to ensure food reaches the appropriate minimum temperature.
- Follow specific cooking instructions and recommended cooking times for different foods.
- Avoid overcrowding the cooking space.



Cross-Contamination

- Use designated work areas and separate utensils for handling raw and cooked foods.
- Wash hands regularly, especially after handling raw ingredients.
- Implement a rigorous cleaning and sanitising routine for utensils, cutting boards, and surfaces.



Chilling

- Place leftover food into wide, shallow containers to promote rapid, even cooling.
- Cool food in a cold water / ice bath before transferring to the fridge or freezer.
- Store chilled food at the appropriate temperature (below 5°C) in the fridge or freezer.

Regularly complete food hygiene courses to stay updated on best practices