FOOD HYGIENE · LEVEL 2

Cooking for others

For food banks, community kitchens and volunteers.

Clean Hands
Food safety in your language

1 YOU



Clean hands, clean clothes

- Wash hands before you start, after breaks and after raw food.
- Tie hair back. Remove rings. Cover cuts with a blue plaster.
- Sickness or diarrhoea? Stay away for 48 hours after it stops.

Why? You can pass germs to everyone you feed.

2 TEMPERATURE



Hot 75°C Keep hot 63°C

- Check the middle of food with a probe thermometer.
- Hot food 63°C or hotter. Cold food 5°C or colder.
- Clean the probe after every use.

Why? Germs grow fastest between 8°C and 63°C.

3 CLEANING



Clean, then disinfect

- Wash off dirt and grease with hot soapy water.
- Then disinfect. Leave it on as long as the label says.
- Clean as you go.

Why? Disinfectant can't work through dirt.

4 ALLERGENS



14 allergens never guess

- Know what is in every dish.
- Keep allergen-free food apart, with clean utensils.
- Not sure? Say so. Never guess.

Why? A tiny amount can cause a serious reaction.

USE BY — **Never give out after this date.** Keep chilled donations cold.

BEST BEFORE — **Can be given out after this date.** If the packaging is not damaged.

Based on Food Standards Agency and NHS advice.
Free to print and share.
EN · Level 2 · draft 1