FOOD HYGIENE

# Cooking for others

Clean Hands
Food safety in your language

For food banks, community kitchens and volunteers.

## 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.
Ref CH-L2-EN-2611

食品卫生

# 为他人做饭

Clean Hands
用您的语言了解食品安全

面向食品银行、社区食堂和志愿者。

## 1 你



### 双手干净，衣着整洁

- 开始操作前、休息后以及处理生食后都要洗手。
- 把头发扎起来。摘下戒指。用蓝色创可贴贴住伤口。
- 生病还是腹泻？症状停止后48小时内请勿上班。

**为什么？** 你给每个人喂食时，都可能将病菌传染给他们。

## 2 温度



### 加热至75°C，保持在63°C

- 用探针式温度计检查食物中心部位的温度。
- 热食：63°C或更高。冷食：5°C或更低。
- 每次使用后都要清洁探头。

**为什么？** 细菌在8°C至63°C之间繁殖最快。

## 3 清洁



### 先清洁，再消毒

- 用热肥皂水洗去污垢和油渍。
- 然后进行消毒。按照标签上的说明保持消毒时间。
- 边做边清理。

**为什么？** 消毒剂无法穿透污垢发挥作用。

## 4 过敏原



### 14种过敏原：绝不凭空猜测

- 了解每道菜的成分。
- 将无过敏原的食物单独存放，并使用干净的餐具。
- 不确定？就直说。千万别猜。

**为什么？** 即使极少量也可能引发严重反应。

**USE BY** **此日期过后，切勿将此食品提供给任何人。**
请将冷藏捐赠品保持低温。

**BEST BEFORE** **此日期之后可以发放。**
如果包装没有损坏。



依据英国食品标准局和英国国民医疗服务体系（NHS）的建议。
可自由打印和分享。
Ref CH-L2-ZH-2611 · EN: Cooking for others · AI translation, may contain mistakes