

Culinary event food safety guidelines

These guidelines facilitate judging of the food safety component in culinary events. Assessment of food safety performance will take into account the constraints of the event such as time pressure, confined space and provision of facilities, limiting judgement to the most obvious and common mistakes.

No person is permitted in food areas if suffering from vomiting/diarrhoea or communicable disease that presents a food safety risk.

PERSONAL HYGIENE	Allocated Marks	<i>Prevents food contamination via the food worker</i>
Personal/professional presentation	3	<ul style="list-style-type: none"> • Clean and pressed uniform with necktie and toque, and clean black shoes. • Long hair is off the collar and restrained. • No jewellery is visible except a plain wedding band. <i>Are they wearing watches or rings or any other thing that could prevent effective washing of hands and collects food particles that harbour and allow the growth of bacteria presenting a risk of food contamination? Wearing necklaces and earrings present a risk of physical contamination.</i> • Cloths secured to the waist side of the apron are not used as a general wiping tool. <i>Are the cloths secured appropriately or are they flanked over their shoulders, tucked into their underwear, or tucked at their rear?</i>
Hand washing routine	3	<ul style="list-style-type: none"> • Hands are scrupulously clean and fingernails short and vanish free. • Hands are washed and dried correctly (20/20 rule) on entering the kitchen and after unhygienic activities. <i>Hands cleaned after touching parts of the face, hair, body or any other activity that may cause contamination of food or food contact surfaces. Are they washing their hands frequently enough and wiping them on appropriate non-contaminated drying material? Hand drying is best accomplished with disposable paper towels.</i> NOTE: Where readily accessible hand washing facilities are not available competitors must use a suitable hand sanitizer. • Avoid unnecessary personal contact with food. <i>Food is handled only when necessary. Use tongs, ladles, and spoons where possible. Disposable food handling gloves are useful <u>but</u> must be changed as frequently as one would wash ones hands. The wearing of gloves does not negate the requirement that food handlers wash their hands. Bare hands may be used to handle food provided they are thoroughly clean.</i>
Personal practice	2	<p>Avoids unhygienic personal behaviour</p> <ul style="list-style-type: none"> • No eating, drinking (accept bottled non-alcoholic beverages for re-hydration), chewing gum or smoking in food preparation areas. • No coughing, sneezing or spitting on food and no mouth contact or breathing into any surface (e.g. equipment, utensils, packaging) that is to encounter food. <i>Are they blowing disposable piping bags by their mouth or over food to clear unwanted debris?</i> • Professional tasting carried out correctly using a 'use once only utensil' and protecting the remaining food from any dripping or putting the utensil back into the food. <i>Tasting food by licking fingers is not permissible nor is "double dipping" of contaminated tasting utensils – use the double spoon method.</i> • Skin conditions, cuts and burns are covered with waterproof dressings and disposable gloves where appropriate.

CLEANING AND SANITATION		<i>Prevents food contamination via work surfaces, equipment and between food (i.e. between raw and ready to eat food)</i>
Systematic, hygienic, and safe work practice	3	<ul style="list-style-type: none"> • Efficient workflow and work surfaces are clear of unnecessary equipment and debris. <i>Does the competitor work systematically, on one job at a time? Is the workspace and equipment organised? Are work surfaces clear of nonessentials (e.g. a mixer not needed for the next 30 minutes is removed), free from clutter, and debris?</i> • Appropriate use of designated or colour coded boards (e.g. raw chicken preparation = yellow board). <i>Are the correct colour boards used for the task? If colour coded boards are not available, then boards (and knives) used for a task representing a food safety risk need to be thoroughly cleaned and sanitised before being used for the next task.</i> • Safe work practises are employed. <i>Are the work floors kept clear, clean and free from spills? When spills occur, remove promptly with the use of paper towels. Knives are used safely (e.g. when walking around with knives are pointed downward, knives are sharp and appropriate for the tasks undertaken).</i>
Cleaning and sanitising procedures	4	<ul style="list-style-type: none"> • Work surfaces and cutting boards are scrupulously clean. <i>Are areas clean and sanitised before commencing work, between different tasks, particularly during fish to meat to vegetable or dairy transitions, and at the end of production?</i> • Work surfaces, tools and equipment are cleaned and sanitised correctly and as frequently as required to prevent food contamination. Cleaning and sanitation bottles are used and stored in such a way as to avoid chemical contamination of food. <i>Are the cleaning and sanitising dispensers labelled correctly? Are the chemicals used in accordance with the manufacturer instructions and material data sheets? Avoid chemicals contacting food. Remove dispensers from work surfaces and store away from food.</i> • No wiping cloths left on work surfaces. Cloths are used for specific requirements and not for all purposes. <i>Are towels used correctly or, for example, is a towel used to wipe debris off a table and then to wipe a knife or a plate. Is the wiping cloth used to handle hot plates for service? Is the apron used to wipe hands?</i> NOTE: Bring ample cloths and disposable paper towels to the competition.
Food storage	2	<ul style="list-style-type: none"> • Products, particularly high-risk foods, are handled and stored correctly to ensure food safety and prevent cross contamination. <i>Is the refrigerator well organised with food covered, labelled, dated and arranged to prevent contamination between raw and ready to eat items?</i>
Waste management	2	<ul style="list-style-type: none"> • Separate and store useable waste so that it can be utilised for different theoretical purposes. <i>Is useable waste stored correctly for future use? Example: when boning a chicken and only a part of the product is required, where and how is the usable waste, such as the carcass, stored?</i> • Remove waste and keep rubbish containers a safe distance away from the food preparation area. <i>Separate the waste into small basins and then take the basin to the appropriate rubbish container (e.g. organic/inorganic). Keep the rubbish containers lids closed at all times.</i>
TIME/TEMPERATURE CONTROL		<i>Eliminates bacteria or minimises the growth of bacteria through the use of time/temperature control</i>
Minimise time high risk food is held within the temperature danger zone	3	<ul style="list-style-type: none"> • Products, particularly high-risk foods, are handled and stored correctly to ensure food safety and maintain quality. <i>Minimise the time food is held at room temperature. Refrigerate cold food or products yet to be cooked. Serve hot food promptly or maintain hot food in accordance with food safety standards.</i>
Cooking – adhere to critical limits for high risk food, temperature taking	3	<ul style="list-style-type: none"> • Ensure high risk foods are cooked to the required temperature in accordance with food safety standards. <i>Sanitise temperature probe before and after testing each food item by placing probe in boiling water or using sanitary wipes. Determine the core temperature by inserting the probe into the centre or thickest part of the meat. Take corrective action by continuing to cook/heat until the acceptable temperature is reached.</i>