

Food Preparation Procedure

This procedure should be read in conjunction with the 'Health Practices Policy'

How to prepare food safely (as per NSW Food Authority)

1. Have separate preparation areas for raw foods (eg raw meat, chicken, fish and eggs) and cooked or ready-to-eat foods. If raw food comes into contact with cooked or ready-to-eat food, throw the cooked or ready-to-eat food away.
2. Where possible minimise contact with ready-to-eat foods using utensils such as tongs, serving spoons and egg lifters.
3. Separate utensils such as knives, chopping boards or other equipment should be used for raw and ready-to-eat products. Otherwise, all equipment used for raw foods should be thoroughly washed and sanitised before they are used for cooked foods.
4. Inspect all fresh produce (fruits, vegetables and salads) prior to use and remove dirty, cut, mouldy and bruised stock.
5. Wash all fruit and vegetables under running water prior to consumption.

How to cook food safely (as per NSW Food Authority)

1. Turn foods during cooking to help it cook more evenly.
2. Boil or simmer liquid dishes until they are bubbling rapidly and steaming. Stir frequently to make sure food is the same temperature all the way through with no cold spots.
3. Keep cooked foods separate from raw foods to prevent harmful bacteria from spreading to the cooked food and making it unsafe to eat.
4. Cook meat dishes (eg meatballs, bolognaise, shepherd's pie, meatloaf, sausages) all the way through, until they are very hot with no pink in the centre.
5. Cook chicken dishes so that juices in the thickest part or the largest piece run clear.
6. Cook fish all the way through, until the flakes separate easily with a fork.
7. Cook eggs until there are no runny whites and the yolk has started to thicken.
8. Cook egg dishes (quiche, pikelets, baked custard) all the way through, until they are firm or set in the middle.
9. Hot food should reach a core temperature of 75°C or more during cooking.

PROCEDURE VERSION AND REVISION INFORMATION



Authorised by GENERAL MANAGER

Current version

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Last review

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