



Food Health & Safety

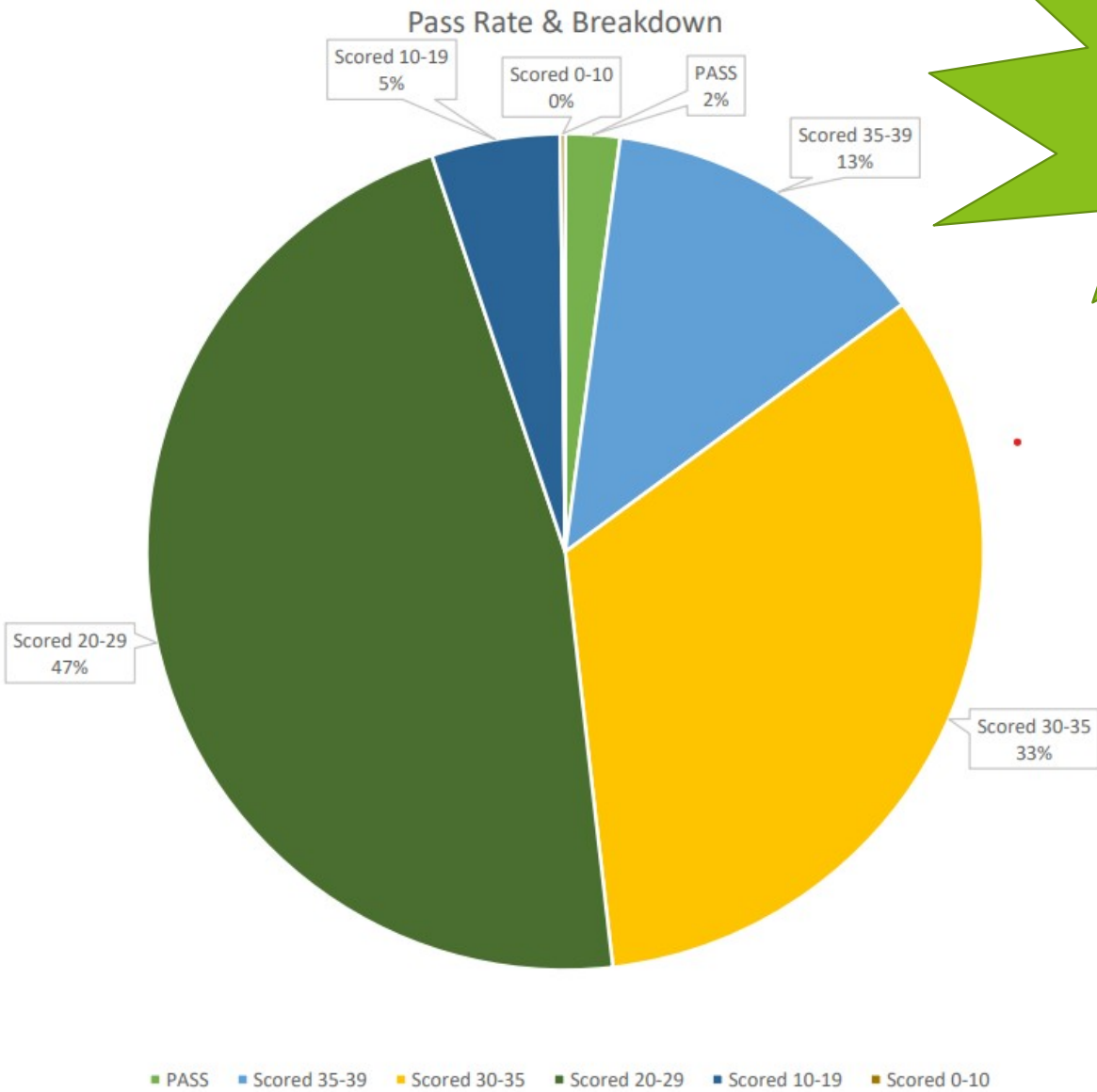
Training 2021



Pass Rate

47% scored under 30 (259)

Only 2% got 40/40 (11 People)



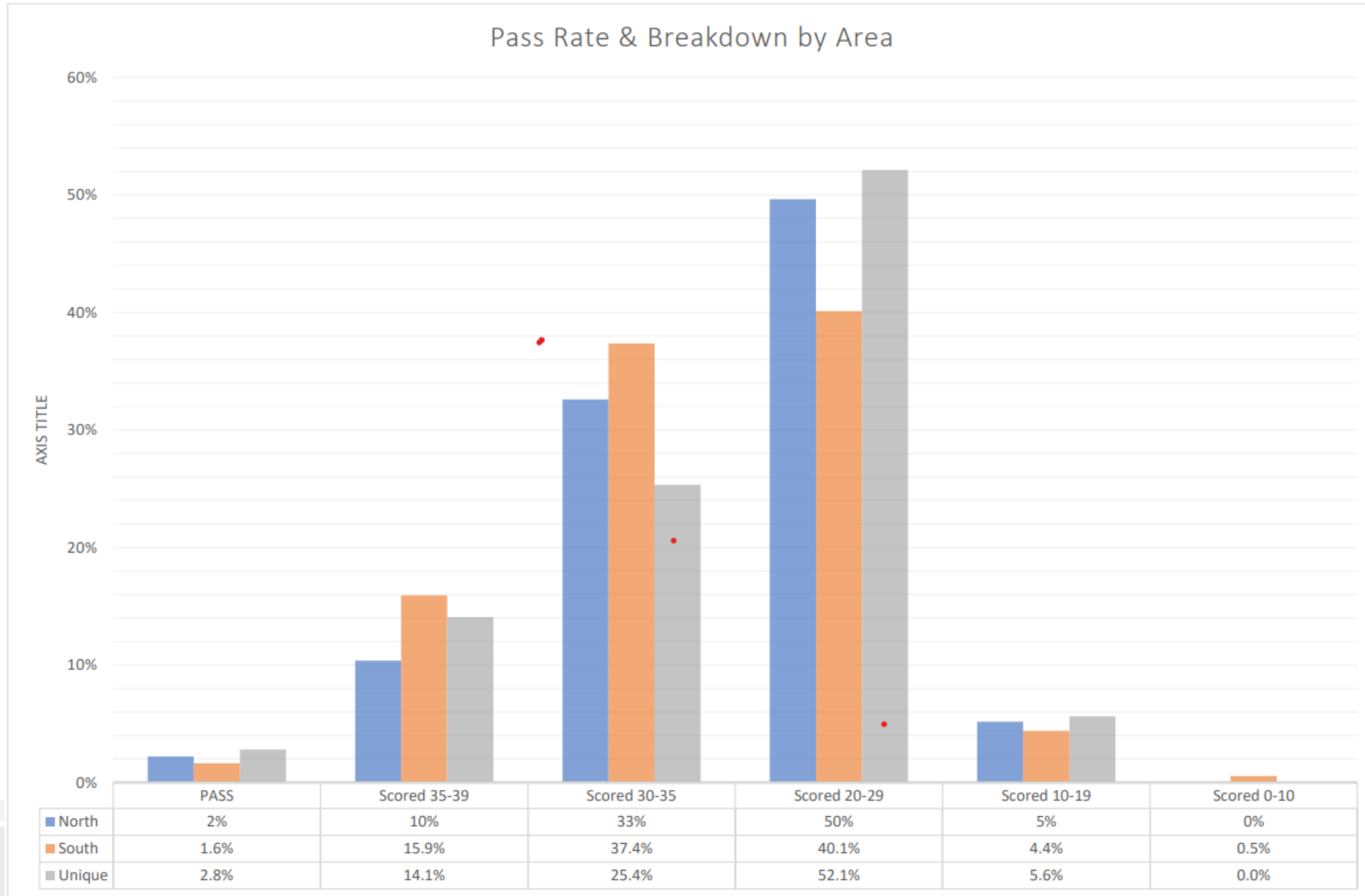
46% scored 30-39 (253)

We've now made a separate KP quiz



■ PASS ■ Scoring 35-39 ■ Scoring 30-35 ■ Scoring 20-29 ■ Scoring 10-19 ■ Scoring 0-10

Pass Rate By Region





COSHH, Personal Hygiene Health & Safety

Control of Substances
Hazardous to Health



46% of staff didn't
know the safe
temperature to drop
fryer oil



Cleaning Equipment Colour



Only Blue equipment should be used within the kitchens

Red for toilets and **Yellow** for FOH and **Green** for the bar

Hand washing time and type of soap

Hand washing should take 20 seconds (happy birthday twice)

Anti-Bacterial soap should be used

Hot water

Dry hands with blue roll

Wet your hands thoroughly and apply liquid soap*

Rub Steps

- 1 Rub palm to palm to make a lather.


- 2 Rub the palm of one hand along the back of the other hand and along the fingers. Then repeat with the other hand.


- 3 Rub palm to palm with fingers interlaced.


- 4 Rub the backs of the fingers with the opposite palm with the fingers interlocked. Then repeat with the other hand.


- 5 Clasp and rotate the thumb in the palm of the opposite hand. Then repeat with the other hand.


- 6 Rub backwards and forwards over the palm with clasped fingers. Then repeat with the other hand.



Rinse off the soap with clean water and dry your hands hygienically with a single use towel*. To ensure washed hands do not come into contact with the taps, use a clean single use towel to turn the taps off.



Hand washing with Gordon



Contact Time & Two Stage Cleaning



1. Remove food Debris, wash surface with hot soapy water and dry with blue roll

2. Disinfect surface with sanitiser and leave for **30 Secs**

3. Wipe away sanitiser with clean blue roll

We should clean down as frequently as needed and when chopping boards are dirty we should replace with fresh boards





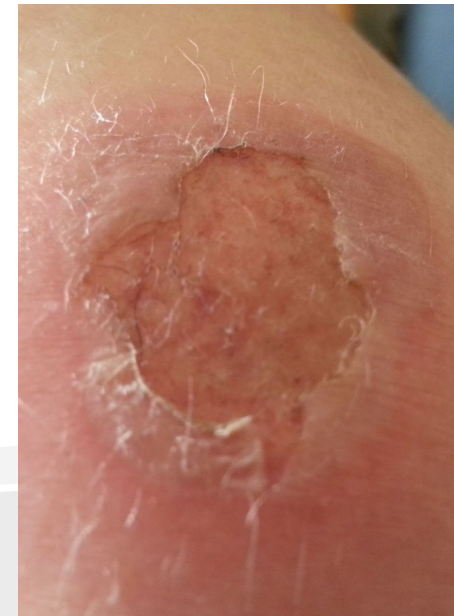
Fryer Cleaning Policy



Oil Temp **MUST** not be over 40c

Do **NOT** clean or wipe at end of shift

Do **NOT** drop the fryers whilst hot





 Jewellery



WEDDING RINGS



SLEEPER EARRINGS

Fitness To Work & Accidents

- All instances of diarrhoea and vomiting MUST be reported
- All skin conditions must be reported
- Any infectious disease or infection must be reported including eye infections
- A headache doesn't need to be reported unless accompanied with other symptoms
- All Accidents must be reported to line manager
- Then recorded on southalls



Why Do We Use Decarb & Decarb Safety

- Safety Goggles (Zenith)
- Red and Green Gauntlets (Email [Vaclensa](mailto:CustomerService@vaclensa.com))
- Heavy Duty Apron (Zenith)
- Training



The decarb is used to **remove carbon** not to remove SOP and grease from trays

If you don't have any of this equipment the decarb **MUST NOT BE USED**



Incorrect shoes being worn

Gloves ripped or hand put in decarb above safe level



Allergens

14

66% of staff failed to answer the allergy questions correctly

That's 363 people who could have caused a severe allergic reaction

Known Allergens & Checklist

Which ingredients can cause a problem?



Cereals containing gluten



Peanuts



Nuts



Milk



Soya



Mustard



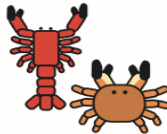
Lupin



Eggs



Fish



Crustaceans



Molluscs



Sesame seeds



Celery



Sulphur dioxide

When an allergen check comes on what should we do?

- Wash hands for 20 seconds
- Check allergen matrix
- Use fresh utensils and boards
- Clean down and sanitise area
- Make sure the whole team is aware of the allergen
- Keep allergen dish separate throughout the cooking process
- Call manager once food is ready

What is the difference between an allergen and intolerance

- A true allergy triggers an immune response which affects multiple organs, which can be life threatening
- An example being Anaphylaxis shock, which causes swelling and tightness in the throat, chest pain and the need to carry an epi pen
- It can take 5-30 mins for the symptoms to present themselves



- A food intolerance is generally less serious and often limited to digestion problems
- An example being nausea, stomach pain, gas, heart burn and diarrhoea

Failing to comply with allergy procedure could result in an unlimited fine for the individual involved

You could also face a man slaughter prison sentence

Averaging
£20k



Allergens

Below are the 14 allergens and common places they are found, but be sure you check the allergy matrix for every allergen check



Gluten

- **What is it**

Is a protein found in most grains

- **Where is it found**

Flour, Bread, Baked goods and beer

- **Where can it be found on our menu**

A few examples are baked camembert, calamari, fish & chips, burger buns ,bread and butter pudding, brownie

<https://www.theguardian.com/world/2010/aug/18/italian-restaurant-death-gluten-ice-cream>

“Child dies from anaphylactic shock after eating ice cream containing biscuits”



Milk & Dairy

- **What is it**

The allergy is caused when the body lacks the enzyme and ability to break down proteins found in cows milk, lactose and casein

- **Where is it found**

Butter, cream, milk, cheese, ice cream, yoghurt

- **Where can it be found on our menu**

A few examples are onion petals, scotch egg, buttermilk chicken burger, hot board, cookie dough, lemon tart

<https://www.bbc.co.uk/news/uk-england-49675943>

“18 yr old dies after eating ‘grilled chicken’ burger. There was no mention of the dairy marinade”



Peanuts (monkey nut)

- **What is it**

Are legumes that grow underground

- **Where is it found**

Pesto, cereal, baked goods, some medications

- **Where can it be found on our menu**

A few examples are peanut butter cup and kids banana split

<https://www.independent.co.uk/news/uk/crime/indian-restaurant-owner-mohammed-zaman-jailed-six-years-killing-customer-curry-a7043596.html>



“Restaurant owner
jailed for 6 years,
after killing some by
serving a curry
which contained nut
paste ”

Nuts

- **What is it**

Grows in a hard shell on trees including:

Walnuts, pistachios, pecans, macadamia, brazil nuts, cashew, almonds

- **Where is it found**

Baked goods, alcohol, salad dressings and veggie substitutes

- **Where can it be found on our menu**

A few examples are tenderstem broccoli (almonds) , bread and butter pudding (hazelnuts), pistachio ice cream. (a large part of our menu has may contain nuts on allergy matrix be sure to check)



Soya

- **What is it**

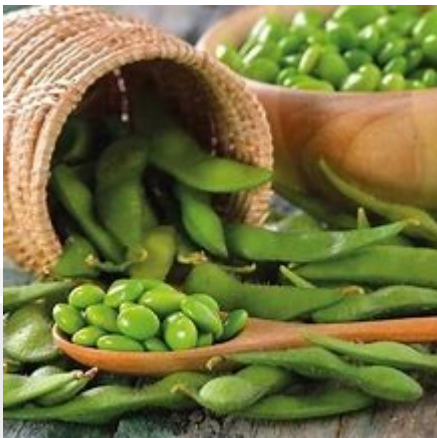
A product of soya beans, which is legume native to East Asia

- **Where is it found**

Soya Beans, energy bars, miso, tofu, canned tuna, some breads

- **Where can it be found on our menu**

A few examples are celeriac soup, cheesy garlic bread, seabass, steak pie, mac n cheese, all our kebabs and sweet chilli chips



Lupin

- **What is it**

A plant or legume which belongs to same family as a peanut

- **Where is it found**

Some shop bought Pasta, houmous, biscuits and also olives, some ice creams

- **Where can it be found on our menu**

Currently not found on our menu



Crustacean

- **What is it**

An aquatic arthropod which has a hard shell with legs, the allergy is caused by a protein call tropomyosin

- **Where is it found**

Prawns, crab, lobster, langoustine

- **Where can it be found on our menu**

A few examples are garlic deli prawns, kids scampi



Mollusc

- **What is it**

An animal which has a soft body and no shell with no legs but some have tentacles

- **Where is it found**

Oysters, snails, mussels, clams, cuttlefish, octopus

- **Where can it be found on our menu**

Calamari



Celery

- **What is it**

Long fibrous stalks and bulbous root vegetable native to the Mediterranean

- **Where is it found**

Celery, celeriac, juices, celery salt, Heinz ketchup, bbq sauce

- **Where can it be found on our menu**

A few examples are celeriac soup, vegan gravy, steak pie



Sesame

- **What is it**

A flowering plant cultivated for its seeds native to Africa

- **Where is it found**

Asian dishes, cereals, burger buns, bagels, bread sticks, sesame oil, sesame seeds, tahini

Where can it be found on our menu

A few examples are pork crackling, houmous, winter kale salad, all burgers, sweet chilli chips



Sulphites

- **What is it**

Naturally occurring chemical compounds found in all types of wine. Added to food for food enhancement and preservatives

- **Where is it found**

Wine, vinegar, dried fruit and sauerkraut

- **Where can it be found on our menu**

A few examples are cauliflower wings, salt and pepper wings, fish and chips, curry, house salad



Fish

- **What is it**

Caused by an allergic reaction to the specific proteins found in the fish flesh called parvalbumin, more prominent in muscle tissue of white fish

- **Where is it found**

Fish, Worcestershire sauce, Caesar salad dressing

- **Where can it be found on our menu**

A few examples are calamari, fish and chips, seabass



Eggs

- **What is it**

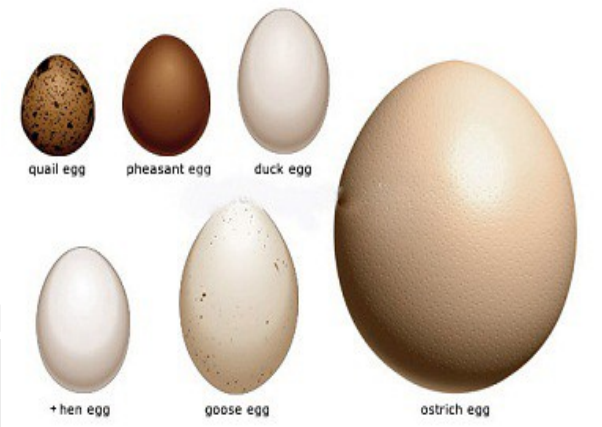
The allergy is caused by an immune hypersensitivity to proteins found within the egg whites called ovalbumin

- **Where is it found**

Eggs, mayonnaise, meringue, eggnog, baked goods, desserts

- **Where can it be found on our menu**

A few examples are breakfast, scotch egg, fish and chips, lemon tart and cookie dough



Mustard

- **What is it**

A condiment made from the seed of a mustard plant, the allergy is caused by an enzyme that cannot break down in digestive tract

- **Where is it found**

Mustard, mayonnaise, bbq sauce, ketchup, piccalilli

- **Where can it be found on our menu**

A few examples are halloumi burger, mac n cheese, red cabbage slaw





Ice Cream Scoops

Dairy



Non-Dairy



We **Must** have two scoops stored separately, labelled in clean hot water

This is to avoid cross contamination between dairy and non dairy products

We should always wash the utensils if we have an allergen check

Within 4 months we have had 2 incidents within our sites where the incorrect ice cream has been served

“Boy died of violent allergic reaction after waiter served wrong type of ice cream”

These are both caused by lack of training and understanding

NON DAIRY ICE CREAM





33% of staff
didn't know the
danger zone



44% of staff
don't know how
to store tongs
safely



Food Safety



36% of staff don't
know where to
store eggs



33% of staff don't
understand grill
mapping

Chopping Board Guide & Storage

- Chopping boards **MUST** be stored in a rack allowing space between them
- **Red** and **Blue** boards must be stored separately in the raw prep area to avoid cross contamination



RED

RAW MEAT



BLUE

RAW FISH



YELLOW

COOKED MEAT



GREEN

**SALAD & FRUIT
& VEG**



WHITE

BAKERY & DAIRY

Food Storage, cured meat, fish and eggs



Cooked ready to eat products
Bread, Dairy, Cooked Meats, Cooked Fish

Vegetables

Vegetables and salads, dirty root veg below or separate to salad items

Raw Meat, Raw Fish, Eggs

Bottom shelf should be reserved for raw proteins

**NO FOOD PRODUCTS TO BE STORED
ON FLOOR EVEN IN DRY STORE**



Food Storage



FIFO & Deliveries



FIFO helps to ensure stock is correctly rotated and reduces waste

All deliveries should be put in the designated drop zone

This should be labelled with this poster

Deliveries should be put away within **15** minutes and recorded on trail



PLEASE DO NOT PUT FOOD ON THE FLOOR

Tongs Storage

Tongs should be stored in **clean HOT water**.

They **shouldn't** be stored in sanitizer to avoid cross contamination to food

Separate tongs should be used for RAW, COOKED & PLATING



**BETTER TRY A FEW TEST CLICKS
FIRST TO MAKE SURE THEY WORK**

Veg Preparation For Kebabs



Veg For kebabs should be washed
in FOOD PREP SINK

And then prepared in a clean prep
area on a clean **green chopping
board** using a **green knife**

**DO NOT PREPARE IN RAW
MEAT AND FISH SECTION**

Defrost Policy



EMERGENCY Frozen calamari and prawns can be defrosted in prep sink under **RUNNING COLD** water for maximum of **2 hours**

Best Practice:

Defrosting of a frozen food product should take place in high sided container

In a fridge overnight and defrost temp recorded on trail when fully defrosted

Ensure item is labelled when removed from the freezer

Food Safety Temperatures

Danger Zone 5c-63c

---- Between these temperatures it is the prime temperature for bacterial growth

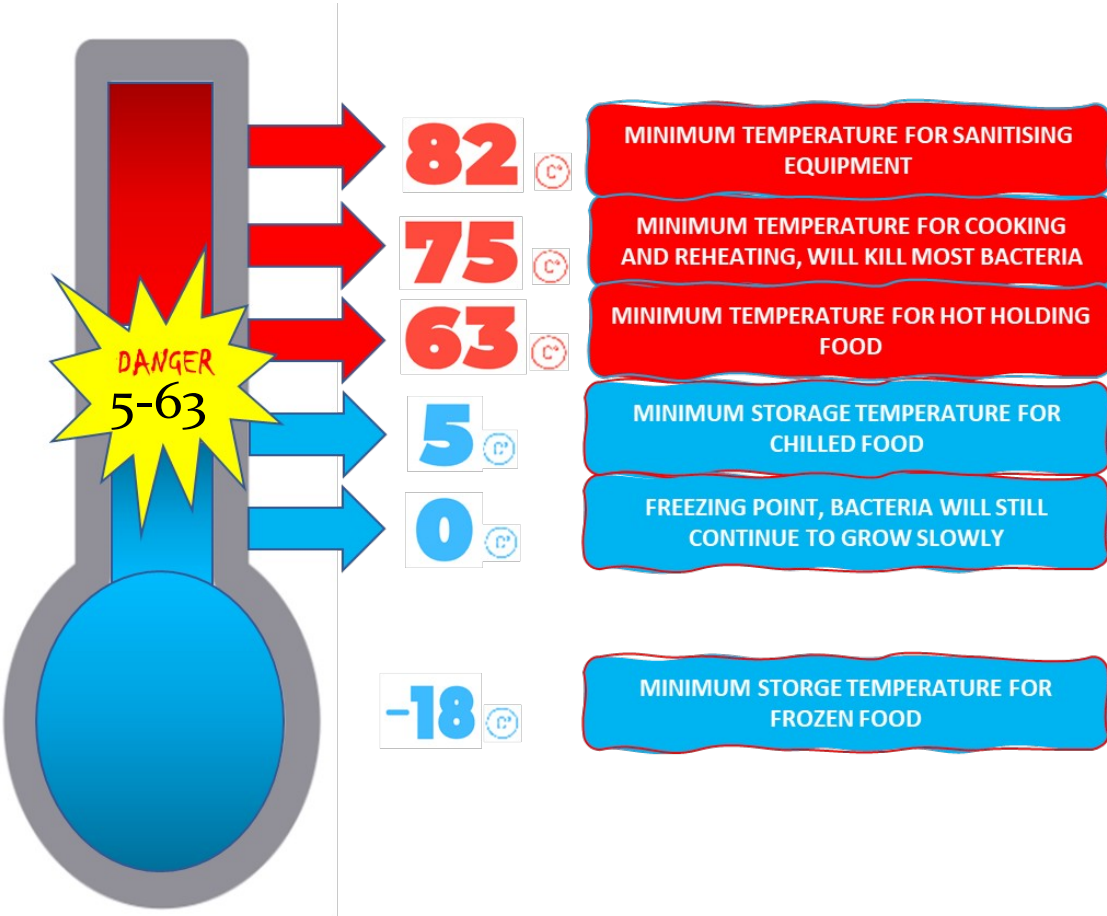
Minimum Cooking and Reheating temperature



Minimum Hot Hold Temperature 63c

Fridge Temp Range between 1c-5c
Freezer Storage below -18

If units are not running between these temps please call an engineer, and move food if not spoilt to other unit



Grill Mapping & Vegan Products



RAW → **COOKED**

To avoid cross contamination
Raw meat should be placed on the left hand side of the grill and moved to the right during cooking

Unless doing prep on clean a grill

Vegan Items should **NEVER** be cooked on the chargrill



What is Best Practice for Chilling Prepared Food?



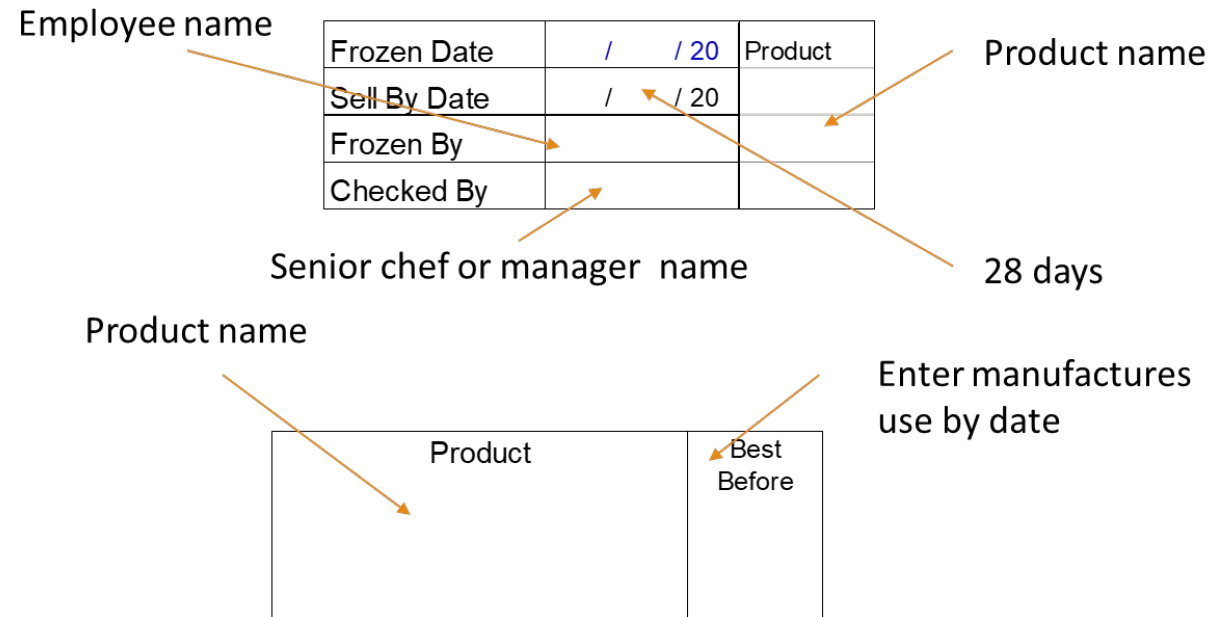
BREAK BIG BATCHES
DOWN INTO
SMALLER TUBS TO
COOL QUICKER

- Break down large batches into smaller containers
- Using large gastro fill with ice water and submerge containers
- Must be chilled to below **8c** within **90 minutes**
- **Food can be placed into fridge once at ambient temperature below (20c)**
- Record item on trail
- Blast Chiller to be used in sites where applicable



Freezer and dry store labelling policy

- All frozen items to be labelled 1 month and signed off by head chef
- Dry Store items should be stored and labelled following manufactures guidelines



 You Have Now Received Health & Safety Training



 You can find the test on our new portal

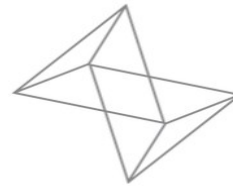
<https://www.newworldchefs.online/academy>

TESTS & TRAININGS



CHEF

[Food safety refresher test for all chefs.](#)



KITCHEN PORTER

[Food safety test for kitchen porters.](#)

GOOD LUCK!!