



# GRLC Food Preparation Rules

Thank you for your ministry of preparing food for a church or Life Care event. Hospitality and food play an important role in creating an environment in which people can fellowship and build relationships. We seek to serve food in as safe a manner as practical, to minimise of the risk from allergens and contamination from microbes or other material, as well as make sure that your food is accessible by the most people possible.

We ask that you follow these guidelines which have been drawn from the NSW standards.

## 1. Ingredients and Food Safe

- 1.1. Food is safest at <5C or > 60C otherwise bacteria can grow. Our aim should be to keep food within these temperatures.
- 1.2. Don't use food from broken or damage containers, or if it is out of date.
- 1.3. Only use ingredients in which you know the contents.
- 1.4. Transporting Pack food in an insulated container or a cooler bag.

## 2. Cleanliness

- 2.1. One of our most easily managed issues is to prevent food contamination. This includes:
  - 2.1.1. Personal cleanliness including thorough washing of hands ([hand-wash-community.pdf](#)) before and after contaminating them; and having clean, uncontaminated clothes.
  - 2.1.2. Don't prepare food if you are sick.
  - 2.1.3. Clean all utensils thoroughly before use and between preparation steps. The preference is cleaning in dishwashers as they use hotter water. The utensils need to free of all contaminates including allergens such as nuts.
  - 2.1.4. Use different utensils when preparing raw meat (particularly chicken) and allergens.
  - 2.1.5. Clean all surfaces, including boards. This includes cleaning thoroughly between tasks of surfaces that you have prepared raw meat or allergens.

## 3. Storage

- 3.1. Keep food in a temperature-controlled environment.
- 3.2. Keep the food covered or sealed.
- 3.3. Don't store together incompatible products like raw meat or batches of different ages.
- 3.4. Keep chemicals clear and away.

## 4. Food Preparation

- 4.1. Wash fruit and vegetables thoroughly in clean, drinking-quality water just before preparing.
- 4.2. Keep raw foods (e.g. raw meat, chicken, eggs) separate from cooked foods (e.g. frittata, cooked chicken) or ready-to-eat foods (e.g. sandwiches, cut fruit) to avoid spreading harmful bacteria through cross contamination.
- 4.3. Cook food thoroughly in accordance with the recipe.

## 5. Labelling

- 5.1. Label all food with:
  - 5.1.1. Name of food (and your name)
  - 5.1.2. When prepared
  - 5.1.3. Contents, particularly identifying, if possible, allergens.
  - 5.1.4. Any instructions for serving.