



# Fact Sheet (KCO 9)

## Cooking, Power and Food Handling

This fact sheet provides information on cooking and handling food at KCO

Please read other fact sheets (KCO 10 Duty of Care, Emergency Procedures and Privacy Act) to ensure health and safety issues at KCO are properly addressed.

### Cooking equipment

Due to safety and regularity requirements all cooking equipment (bar-b-ques, cooker tops, gas rings etc) will be supplied by KCO. Water boiling facilities will also be available.

We ask that groups do not bring cooking equipment, but use the cooking equipment set up adjacent to the tent area. A fire blanket will also be available, just in case!

### Cooks for congregation groups

Cooks need to provide all meals over the duration of the camp **with the exception of Saturday night dinner**. It is the responsibility of the cook to bring, or organise, all necessary utensils, pots and pans and cleaning equipment. The congregation group or their cooks must also bring or organise food for cooking.

### Access to water

All above ground taps within the school supply mains drinking water.

**Boiling water safety** Boiling Water provides a safety hazard, especially when it is carried from the cooking facility back to tents. To carry coffee and tea, please bring a safety cup to use. For carrying hot water for other uses, please use a billy or container with a lid.

### Power

There will be no power provided to camp tents. Groups are encouraged to use battery powered lighting

## Notes on Food Handling

### Personal Hygiene

*Cleanliness helps prevent bacteria spreading from a person to the food being prepared. People who are feeling unwell should not prepare food for others!*

Hands should be washed:

- before commencing or resuming work,
- after handling a handkerchief/tissue or touching hair, skin or clothing,
- after going to the toilet,
- after smoking, and/or
- after eating.

Five steps to clean hands:

1. Use soap and hot running water.
2. Rub hands vigorously for 10 - 15 seconds.
3. Wash all surfaces: back of hands, wrists, between fingers, under nails.
4. Rinse well.
5. Dry hands on a disposable paper towel.

Tips:

- Wear clean outer clothing whilst handling food.
- Keep hands clean and fingernails short.
- Wear a clean hair covering (hair net/kitchen hat) or tie long hair back.

Foods must not be touched with bare hands more than is absolutely necessary. Tongs, spatulas and other clean implements must be used as much as possible in food handling. Disposable gloves may be used to handle foods or to cover a dressed cut/abrasion on a person's hands.

However, gloves must be changed:

- whenever hands would normally be washed,
- whenever the type of food being handled changes, and
- at regular intervals or when the gloves become damaged.

Special Note:

- Cuts, abrasions, etc should be covered with brightly coloured Band-Aids – the colour will make the Band-Aid easy to spot if it comes off.
- If cuts, boils, etc are infected, food should not be handled under any circumstances.
- Jewellery should not be worn when handling food. If a wedding ring is worn then gloves should be used.

## Cross contamination

Cross contamination happens when bacteria is passed from one food stuff to another – usually from raw foods to cooked foods. Where possible, use separate utensils and equipment for the preparation/storage of raw and cooked foods. Alternatively, thoroughly clean and sanitise utensils and equipment between uses.

## Storage

Keep uncooked meat in a refrigerator or on ice in an esky until you are ready to cook it. This will help prevent meat getting contaminated by dust and flies, and the cool temperature will slow down the growth of bacteria. Once frozen meat has been thawed, it must never be refrozen – at the end of the day, any remaining thawed meat must be disposed of. Ingredients like mayonnaise, cheese, butter and other foods that would normally be stored in the refrigerator should be brought out and placed on the table only when they are being used. Do not leave these foods at room temperature for more than four hours. Keep other foods, such as bread and onions, protected from insects and dust by wrapping them up or placing them in sealed containers.

## Temperature Control

Temperature control is one of the most important aspects of food handling. Work quickly with potentially hazardous foods, and return them to the appropriate hot or cold storage as soon as possible. Thaw frozen foods in a refrigerator or microwave oven only – not at room temperature.

### **Above 60°C**

Most bacteria do not grow or multiply. However, some can form spores which are capable of surviving temperatures of up to 100°C for two hours.

### **5°C - 60°C**

This is the danger zone for perishable foods. Between 5°C - 45°C, most bacteria will multiply rapidly. Perishable foods should not be kept in this range for extended periods.

### **Below 5°C**

Most food poisoning bacteria won't grow at this temperature. However, some bacteria that cause foods to spoil can still grow at the higher end of this spectrum, and foods can still go 'off'. In freezers (operating around minus 18°C) no bacterial growth can occur.

## **Cooking**

Always thoroughly cook meat products, such as hamburger patties, sausages and kebabs, ensuring that the juices run clear. When cooking chicken, ensure that it is white in the middle and that there is no hint of pink. Food needs to be re-heated/heated to above 60°C to prevent the formation of spores that could cause food poisoning. To ensure that heat is spread evenly all the way through the dish, it will need to be stirred throughout the heating process.

## **Serving Food**

Food that is ready for consumption needs to be handled and served with appropriate utensils, minimising hand contact.

Temperature control is also an issue – once dishes are heated, they need to be monitored and should not be left sitting on a counter/table. Food needs to be watched and kept covered to prevent contamination by insects or dust. All campers should be reminded to wash their hands before collecting their meal.

## **Cleaning and sanitising**

Recommended procedure:

1. Clean utensils and crockery with detergent and warm water.
2. Rinse with clean water.
3. Sanitise (which kills any dangerous germs still present) using hot water (above 77°C) or a chemical sanitiser (such as a chlorine solution, e.g. bleach)
4. Rinse in clean water.
5. Air dry

