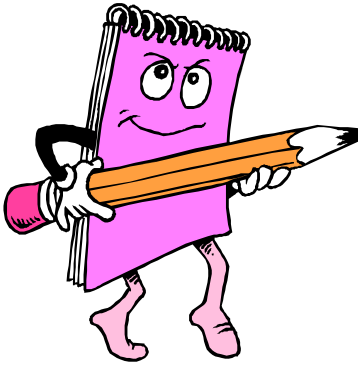


# 1 Getting started

By Margaret Miller

## Safe Food Handling Outdoors

- 🍏 Guides do need to comply with the food safety standards—but do not need to be licensed by local councils when we go camping.
- 🍏 Invest in an accurate temperature probe thermometer and get into the habit of checking temperatures—AND recording the results. Know critical temperatures and storage times for potentially hazardous foods
- 🍏 Invest in sufficient colour coded chopping boards, clean food preparation surfaces (tables), serving bowls and utensils to ensure that food can be transported, stored, prepared and served to minimise the risks of both contamination and cross-contamination.
- 🍏 Make sure that food handlers have the appropriate knowledge in food safety including handling and hygiene issues. All food handlers have a responsibility to ensure that food is handled safely and is not contaminated by their actions. Girls need to be properly trained so that they know what NOT to do. **Food Safety Matters (A student guide)** available from Qld Health [www.foodsafetymatters.gov.au](http://www.foodsafetymatters.gov.au) is a good, inexpensive resource.
- 🍏 Develop good washing up routines
- 🍏 Introduce a sanitizing step for washing up— either use a mild bleach solution or boiling water
- 🍏 Air drying is preferable BUT tea towels can be used IF they are clean. Consider having a clean set for each washing up event.
- 🍏 Develop good hand washing routines
- 🍏 Running water is essential (use large containers with taps) and remember to catch the water in a bucket rather than allow it to run directly onto the ground
- 🍏 Use pump soaps and paper towels—not ideal from an environmental perspective—but a necessary compromise.



## 2 Before Camp

By Margaret Miller

### Safe Food Handling Outdoors

- 🍏 Plan ahead to minimize the risks to temperature sensitive foods during purchasing and traveling to camp.
- 🍏 Where possible select shelf stable food i.e long life milk, baked items when planning menus.
- 🍏 Be aware that some foods contain allergens—and some girls (and Leaders) have allergic reactions to those foods—peanuts are of particular concern—check health information on both membership and WACO forms.
- 🍏 Buy food from reputable suppliers
- 🍏 Have enough eskys (insulated containers) to store cold items so that potentially hazardous foods are kept separately to minimise the risks of cross contamination—particularly of foods that are eaten uncooked.
- 🍏 Use a food probe thermometer to monitor the temperature of potentially hazardous foods during transportation (meats, dairy, cooked rice & pasta) - keeps records of the temperatures!
- 🍏 Ensure that you have enough sealed containers to ensure that food is properly covered and protected from contamination and/or cross contamination.
- 🍏 Ensure that all food handlers know about safe and hygienic food handling practices.



# 3 Food Preparation

By Margaret Miller

## Safe Food Handling Outdoors

- 🍏 Ensure that all food preparation surfaces are clean
- 🍏 Thoroughly wash all food that will be eaten raw such as fruit and salad items
- 🍏 Ensure that foods that will be eaten raw are not contaminated by contact with anything that has been used for preparation of meat and other potentially hazardous food - this includes all boards and utensils, plates AND hands
- 🍏 Hands **do** need to be washed after contact with raw meats—if gloves are used they need to be discarded after handling raw meat and if they come in contact with contaminated surfaces—never wash gloves—throw them out!
- 🍏 Use tongs to serve foods that are consumed raw
- 🍏 Ensure that meats, especially chicken and minced meats are properly cooked. An internal temperature of 70°C is required—check using a probe thermometer
- 🍏 Cover food to exclude flies and dust
- 🍏 Thaw frozen food in an esky or fridge
- 🍏 Know safe keeping times for hot and cold food.
- 🍏 The four-hour/two-hour guide applies to ready to eat potentially hazardous food. It provides the absolute maximum periods this food can be held safely at temperatures between 5°C and 60°C.
  - 🍏 less than 2 hours - must be refrigerated or used immediately
  - 🍏 between 2 and 4 hours - must be used immediately
  - 🍏 4 hours or longer - must be thrown out.



# Safe Food Handling Outdoors

## 4 Hygiene

By Margaret Miller

- ✎ a person **must not** handle food if they are ill or have an infection
- ✎ they must cover any open sores on their hands, arm & face
- ✎ A food handler must:
  - ✎ avoid hand contact with ready-to-eat food. Always use clean tongs or other implements
  - ✎ not taste test food with the same utensil as is used to prepare or serve the food - or use their fingers to taste test
  - ✎ wear clean clothing
  - ✎ make sure any bandages and dressings are enclosed with water-proof coverings
  - ✎ nor eat over uncovered food or equipment
  - ✎ not sneeze, blow or cough over uncovered food or equipment and utensils
  - ✎ wash their hands whenever it is necessary
- ✎ All food handlers must wash their hands:
  - ✎ Before handling food
  - ✎ In between handling raw food and food that is cooked or ready-to-eat
  - ✎ After using the toilet
  - ✎ After smoking, coughing, sneezing, blowing nose, eating, drinking
  - ✎ After touching their hair, scalp, mouth, nose or ear canal or other body opening
  - ✎ After touching another person, including shaking hands
  - ✎ After handling garbage, other waste or non-food substance not known to be clean and sanitary