

# HEALTH AND FOOD SAFETY IS OUR PRIORITY!

## FOOD PREPARATION AND SERVICE

- Wash your hands when you arrive and when necessary.
- Always wear a hair net that completely covers your hair when preparing, serving food and cleaning up.



- Remove all visible jewellery (rings, watches, earrings, etc.) or make sure they are completely covered by your apron or hair net.
- Wash or change knives and cutting boards when preparing different foods.
- When serving, use different tongs for each food choice.



- Always wear a clean apron when preparing and serving food.
- Do not eat when preparing or serving food. Touching your mouth with your hands increases the risk of contamination.
- Change water in the warming pan every week.
- Leave fresh food in the refrigerator until just before serving breakfast.

## FOOD



- Respect food expiration dates.
- Make sure food is properly rotated.
- Rinse all fruit before cutting up and serving.
- Wash hands after touching eggshells. **Significant risk of contamination.**
- Verify appliance temperature regularly and keep daily log:
  - Refrigerator: keep between 0 °C and 4 °C
  - Freezer: keep at -18 °C

## FOOD ALLERGIES AND INTOLERANCES

- Be aware of cross contamination. Pay particular attention to utensils and equipment that have been used. Make sure that a system to identify allergies and intolerances is in place, clear and known by all.

## CLEANING AND SANITIZING



- Follow these steps when washing dishes:
  1. Pre-wash (to remove bits of food)
  2. Wash (in a basin of water and dish detergent)
  3. Rinse (in a basin of clean water)
  4. Sanitation (in a basin containing 2 ml of sanitizer / litre of water)
- Wear safety glasses when handling concentrated sanitizer.
- Use these steps for washing small pieces of equipment as well (warming pan holder, detachable toaster parts, etc.).

- Wash tables and work surfaces with diluted sanitizer before food preparation and after breakfast.
- Wash trays every day with diluted sanitizer. Wash them using the 4 dish-washing steps once a week.
- Dishcloths and dishtowels should be washed before being re-used for another morning.
- Make sure to keep the fridge, freezer, toaster and all other Club equipment clean and in good condition.

