

Summer Food Safety

The summertime is most commonly associated with food hazards because so many meals are enjoyed outdoors where the heat can allow bacteria to grow.

Even if you are cooking a meal indoors, you must be more aware of the dangers that come with warm weather. To avoid any safety concerns, be sure to follow proper precautions.



Keep Things Clean

Because you may cook many different foods and then take them outdoors to enjoy, sanitation becomes extremely important.

You need to keep everything clean from the time you start cooking until you put away the leftovers.

- Wash your hands thoroughly and often
- Wash all utensils you used for cooking before you use them to serve foods
- Place foods in washed, airtight containers before transporting them
- Always wash fruits and vegetables before serving them raw

When you take foods outdoors, ensure that all serving products, including plates and utensils, have been properly washed. Ensure eating surfaces such as picnic tables have been cleaned as well.





Watch the Temperatures

Taking food outdoors can cause problems with temperature. When food reaches the danger zone, it can harbour bacteria.

If you will be eating outdoors, follow these important guidelines:

- Always keep foods cold. That may mean using a cooler full of ice to store the food before and after eating
- Food should never be left out for more than two hours before refrigerating
- Always throw out any foods that have been left out for more than that two-hour span

When you go grocery shopping, you also have to keep the outdoor temperatures in mind. It is best to use a cooler bag when you go shopping. This will keep the items cool and safe while you shop and then while you get home. Promptly refrigerate the foods as soon as you get home.

Temperature Danger Zone

Keep hot foods hot and cold foods cold

The temperature range between 5°C and 60°C is known as Temperature Danger Zone. This is because in this zone food poisoning bacteria can grow to unsafe levels that can make you sick.

Keep cooked food at 60°C or above

Don't keep your food in the Temperature Danger Zone 5°C to 60°C for more than 2 hours

Keep chilled food in the refrigerator at 5°C or below

Keep frozen food in the freezer at -15°C or below

The Food Safety Information Council is Australia's leading disseminator of consumer-targeted food safety information and a health promotion charity. For more information see www.foodsafety.asn.au

Resource: <https://www.foodsafety.com.au/blog/summer-food-safety>



OSCAR Hospitality Food Safety Supervisor Training

<http://www.oscarhospitality.com.au/training>

Email or Call OSCAR Hospitality to book your training today!