

# Food Safety Poster Pack

Print these posters out and display them in your food business kitchen to help yourself and your colleagues remain compliant, and your customers safe.

# The 14 Food Allergens

Below is a list of the Food Standard Agency's (FSA) 14 major allergens:



GLUTEN

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



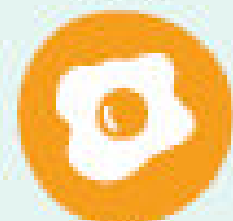
SESAME

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



NUTS

Not to be mistaken with peanuts (which are a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



CRUSTACEAN

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and South-East Asian curries or salads, is an ingredient to look out for.



PEANUTS

Peanuts are actually a legume, and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



MILK

Milk is a common ingredient in butter, cheese, cream, milk powders & yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups & sauces.



CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



SULPHITE

Sulphur dioxide (sometimes known as sulphites) is a food additive often used in dried fruits like raisins, dried apricots, and prunes. It can also be found in meat products, soft drinks, vegetables, wine, and beer. If you have asthma, you are at a higher risk of developing a reaction to sulphur dioxide.



LUPINS

Lupin is a flower, but it is also found in flour, and can be used in some types of bread, pastries, and pasta. If you have a lupin allergy, it is important to check food labels and avoid these foods.



SHELLFISH

A type of seafood to be aware of Molluscs include mussels, land snails, squid, and whelks. They can also be found in dishes like oyster sauce or as an ingredient in fish stews.



SOYA

Soya, also known as soybeans, is a versatile ingredient found in many food products. It can be commonly found in bean curd, edamame beans, miso paste, textured soya protein, soya flour, and tofu. Soya is a staple in oriental cuisine, and it can also be found in desserts, ice cream, meat products, sauces, and vegetarian products.

# Food Safety: Personal Hygiene Checklist



Safe food starts with good hygiene

# Safe Handwashing Steps

Proper handwashing is one of the most effective ways to prevent the spread of germs and reduce the risk of getting sick. Here are the steps to safe handwashing:



**1** Wet your hands with clean, running water (warm or cold), and apply soap



**2** Rub your hands together to create a lather. Scrub your hands for at least 40 seconds., which is about the same amount of time it takes to sing "Happy Birthday" twice.



**3** To clean between your fingers, use one hand to rub the back of the other hand while paying special attention to the spaces between your fingers.



**4** Rub your hands together and clean between your fingers



**5** Place the fingers of each hand together with the backs of your fingers against the opposite palm. Rub your fingertips together and then rub the back of your fingers against your palms to clean them.



**6** Clean one thumb by rubbing it with your other hand, and then repeat the process for the other thumb.



**7** Rub the tips of your fingers against the palm of your opposite hand, and repeat the process with the other hand.



**8** Clean one wrist by rubbing it with the other hand. Repeat with the other wrist.



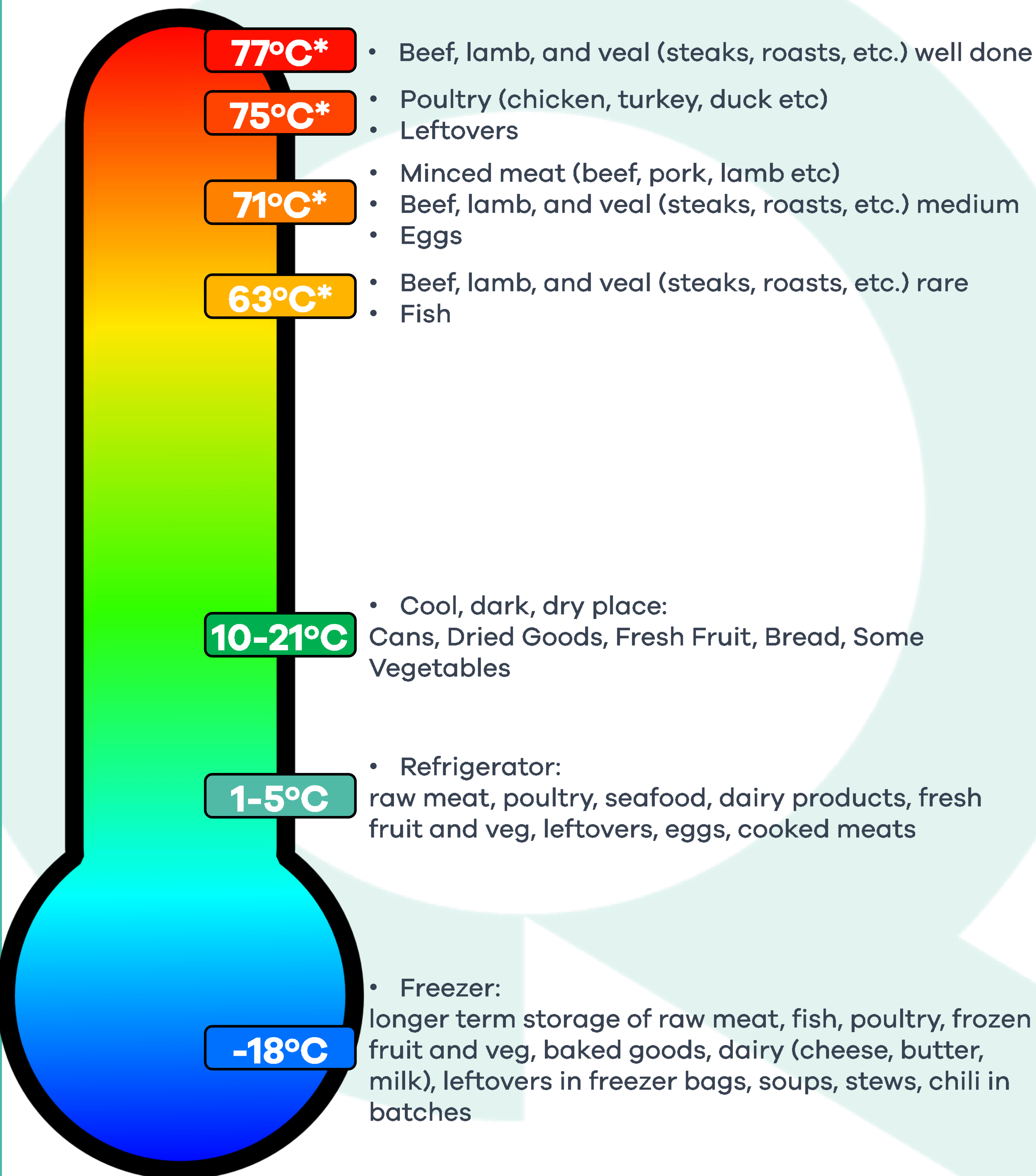
**9** Use clean, running water to rinse your hands thoroughly.



**10** After rinsing your hands, dry them completely with a disposable towel. Use the same towel to turn off the tap, if possible, to prevent re-contamination of your hands.

# Key Kitchen Temperatures

Store and cook foods at the right temperatures to prevent harmful bacteria and foodborne disease



\*internal temperature – measure with a food thermometer

Note: Refer to Food Standards Agency (FSA) guidelines for detailed acceptable temperatures

# Checklist for School Lunches

Include one type of food from each green food group to provide a balanced meal.

## Fruits

E.g.: Apple slices, Berries (strawberries, blueberries, raspberries), Grapes, Orange segments, Kiwi slices, Pineapple chunks



## Vegetables

E.g.: Carrot sticks, Celery sticks, Cherry tomatoes, Cucumber slices, Red or green pepper slices, Snap peas



## Dairy

E.g.: Milk, Yogurt, Cheese slices or string cheese, Cottage cheese, Soy milk or almond milk



## Grains

E.g.: Whole grain bread, Whole grain crackers, Brown rice, Quinoa, Whole wheat pasta, Oatmeal



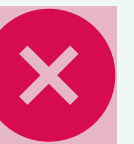
## Protein

E.g.: Chicken or turkey slices, Hard boiled eggs, Hummus, Peanut butter, Beans (black beans, chickpeas, kidney beans), Cheese cubes or string cheese



## Snacks

E.g.: Sweets, Chocolate, Crisps, Packaged cookies and cakes, Processed snack bars, Sugary yoghurts, cereals or drinks



# Keep Your Kitchen Clean

Follow these simple guidelines to keep your kitchen safe and hygienic

Ensure all equipment is powered down and disconnected from their power sources. If necessary, utilize locks and tags to secure the equipment.



Thoroughly clean and clear away any food particles and dirt found underneath and around the equipment.



Carefully detach any small parts that may come off and proceed to clean and sanitize them according to established standard procedures.



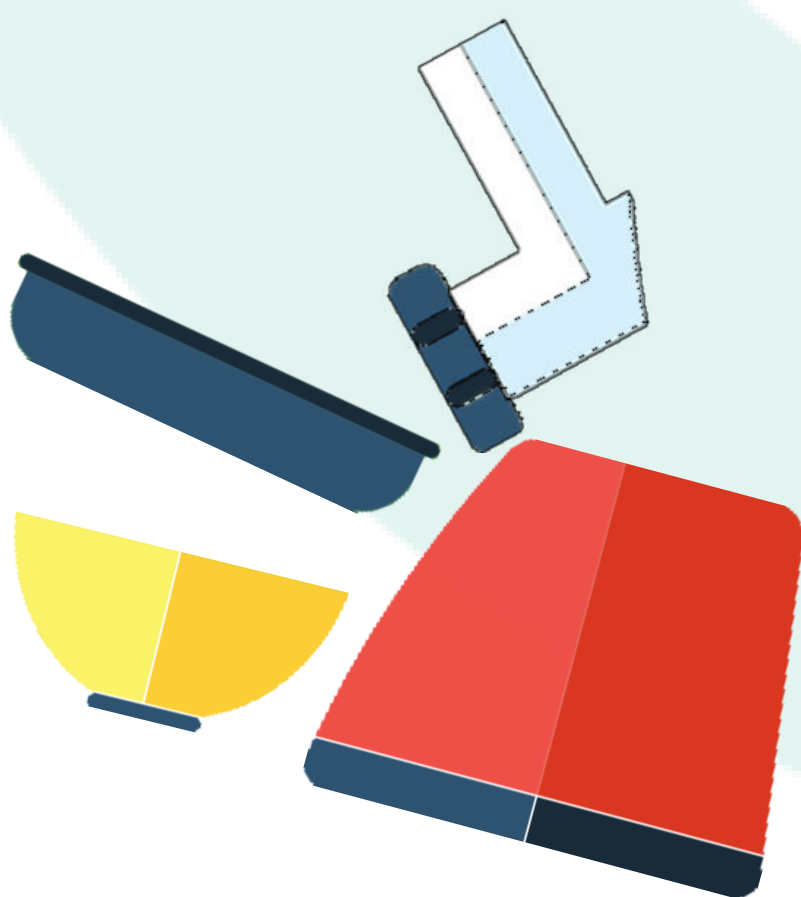
Thoroughly wash and rinse all surfaces that are not removable.



Carefully wipe or spray the surfaces with a sanitizing solution, ensuring that it is at the appropriate concentration.



Allow all parts to air dry completely.



Reassemble the equipment and re-sanitize any surfaces that were touched during the process.



# ! Don't Wash Raw Chicken! !

- Washing chicken can spread harmful bacteria!
- Washing chicken does not remove bacteria!
- Washing chicken can create a mess!

The only way to ensure that harmful bacteria are eliminated is by cooking chicken to the proper temperature



# 5 Types of Food Contamination

Physical



1

- Hair or fur
- Dirt
- Metal
- Glass
- Plastic
- Bones
- Wood splinters
- Jewelry
- Fingernails
- Body parts
- Insects
- Small animals

Chemical



2

- Pesticides
- Insecticides
- Cleaning products
- Plastics
- Contaminated water
- Additives
- Preservatives
- Mercury / Lead
- Poisons
- Drugs

Biological



3

- Bacteria
- Viruses
- Parasites
- Mold/fungi
- Yeast
- Algae
- Prions
- Microorganisms

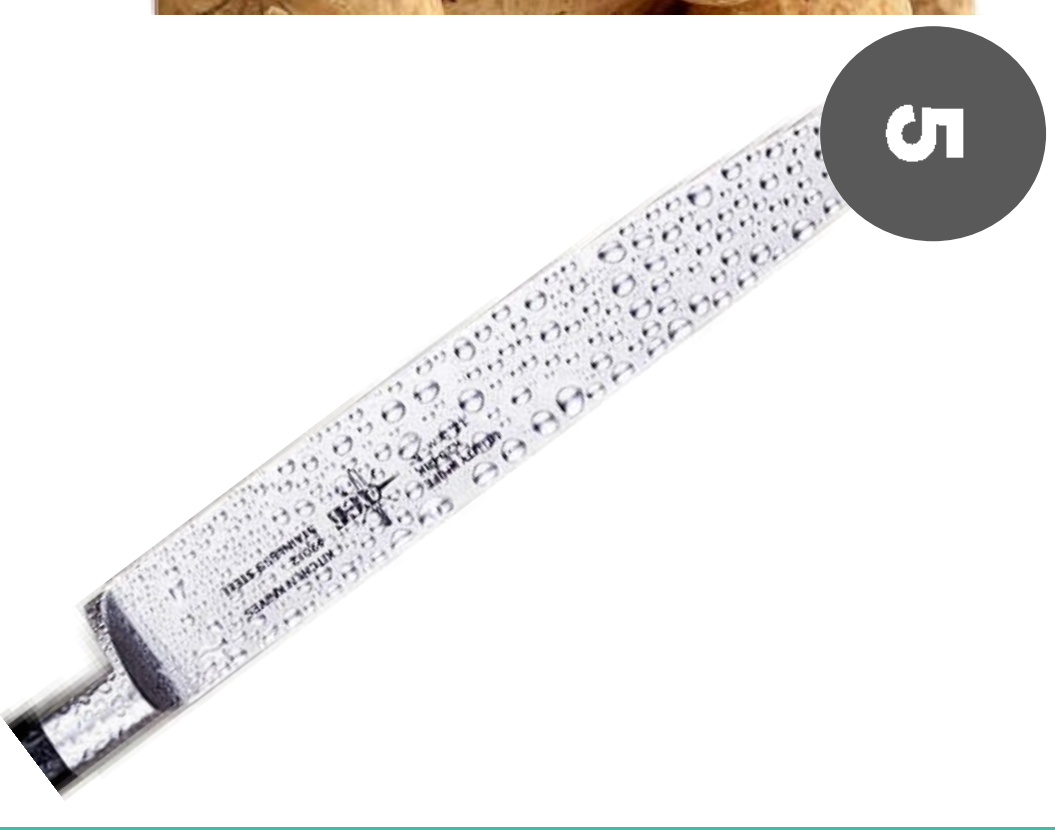
Allergenic



4

- Peanuts
- Dairy
- Soy
- Wheat
- Shellfish
- Egg
- Sesame seeds
- Mustard
- Sulfites

Cross



5

- Equipment
- Touching
- Utensils
- Raw meat
- Cleaning
- Pests
- Illness