



Hay, Brecon & Talgarth Sanctuary for Refugees

Food Handling at Welcome days

You do not need a food hygiene certificate to make food for charity events. However, you need to make sure that you handle food safely.

Keeping food safe

Following the 4Cs of food hygiene, cleaning*, chilling, cooking and avoiding cross-contamination will help you prepare, make and store food safely.

Here are some general practical tips for when you're making food for large numbers of people:

- prepare food in advance and freeze it, if you can, but ensure the food is properly defrosted before you use it
- wash your hands regularly with soap and water, using hand sanitisers if hand washing facilities are not available
- always wash fresh fruit and vegetables
- keep raw and ready-to-eat foods apart
- do not use food past its use-by date
- always read any cooking instructions and make sure food is properly cooked before you serve it
- ensure that food preparation areas are suitably cleaned and sanitised after use and wash any equipment you are using in hot soapy water
- keep food out of the fridge for the shortest time possible [And no more than 4 hours]

Foods that need extra care - Avoid.

Some foods are more likely to cause food poisoning than others. These include:

- raw milk. raw shellfish. soft cheeses. pâté. foods containing raw egg. cooked sliced meats.

Cakes

You can serve home-made cakes at community events. They should be safe to eat if:

- a recipe from a reputable source is used
- the people who make them follow good food hygiene advice- ie hand washing and clean equipment.
- the cakes are stored and transported safely a clean, sealable container and away from raw foods
- make sure that cheesecake and any cakes or desserts containing fresh cream are left out of

the fridge for the shortest time possible, ideally not longer than 4 hours

- when handling cakes use tongs or a cake slice

***Cleaning**

Wash hands before you prepare, cook or eat food, where possible with warm soapy water.

Wash or change dish cloths, tea towels, sponges and oven gloves regularly

Taken from. [https://www.food.gov.uk/safety-hygiene/providing-food-at-community-and-charity-](https://www.food.gov.uk/safety-hygiene/providing-food-at-community-and-charity-events) events

Ask food donors to provide a brief list of ingredients so that the food servers are aware of ingredients and potential allergens.

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