

Food Safety

If you're planning a bake sale or other event where you'll be serving food for a large number of people, it's important to keep food safe. Below are a few tips:

- Plan ahead - if you can, prepare food in advance and freeze it; this should make things easier later but do ensure it is properly defrosted when you come to use it.
- Wash your hands regularly with soap and water, using hand sanitisers if hand washing facilities are not available. You could also wear gloves when preparing the food and serving it but be sure to check if anyone has a latex allergy or use non-latex gloves.
- Always wash fresh fruit and vegetables.
- Keep raw and ready-to-eat foods apart.
- Do not use food past its 'use by' date.
- Keep food out of the fridge for the shortest time possible.
- Always read any cooking instructions and make sure food is properly cooked before you serve it. Even if people are waiting to eat, don't reduce cooking times.
- Ensure that food preparation areas are suitably cleaned and sanitised after use and wash any equipment you are using in hot soapy water.
- Clearly label any food that contains nuts and other allergens. It is also helpful to label any items which are vegetarian, vegan and gluten free so that people with specific dietary requirements can easily identify what they can eat.
- If food is being prepared at home, transport it to your event in a clean, well-sealed container.
- If you are going to be serving the food (rather than guests helping themselves) avoid touching the food with your hands by having suitable serving utensils eg. a cake slice at a bake sale.

For more information, visit <https://www.food.gov.uk>

