

Food Hygiene

1 Basics

For diseases that have their cause in prepared food, you can be held **responsible by the law**. That is why it is very important to know how to **practice good hygiene** and how to realize it in everyday life. According the **Food Hygiene Regulation (EC) No 852/2004**, employees have to be trained concerning to their activities in their job about proper hygiene. The **training must take place before starting work**, and then be repeated **every second year** by a trained staff member. The Food Regulation deals with products of animal origin for human consumption, see www.eur-lex.europa.eu.

2 Cooling and processing

Extremely critical is the use of **egg-and milk-based products**. Poultry, fish, ice cream, mayonnaise, cream provide a good breeding ground for germs. It is important to **keep the temperature as well the humidity low**, to avoid a quick bacterial growth. The preparation of raw material has stricter rules than just the warm-up of prefabricated products, because that is more critical. Food, that is permanently kept warm, such as sauces, must be boiled before serving. **Frozen food** should be stored at temperatures of **-12 ° to -18 ° C**. **Refrigerated** food should be stored at **up to +4 ° C** (just before delivery up to +7 ° C).

Perishable food must not reach more than + 7 ° C at any time.

In the **fridge** there has to be a **thermometer** so that the correct temperature can be controlled on each working day. This has to be recorded in a list, which has to be kept for two years. Cooling down hot food from 65°C to 10°C should happen within 3 h to avoid an increase of germs.

Open food packs have to be provided with the **date of the opening**.

Juices should be kept after opening in **transparent vessels**, so that turbidity and mold growth can be seen early.

Examination by the Public Health Office

a) review of the information to the food chain; b) design and maintenance of premises and facilities; (c) hygiene before, during and after implementation of the activities; (d) personal hygiene; (e) training in hygiene and in work procedures; (f) pest control; (g) water quality; h) temperature control; (i) checking incoming and outgoing shipments of food and the accompanying documents.

3 Risk analysis, HACCP

In commercial **production and trade** of food a HACCP concept is required. Therefore the amount of the price for the delivery of the food does not matter. (HACCP is the abbreviation of hazard analysis critical control points.) The HACCP concept involves a control carried out by the food industry. These can be adjusted as needed. It gives a preventive system that should ensure the **safety of food and consumers**. A **hazard analysis** and **critical control points** must be determined as needed. Please refer also to our Info "[Hygiene for kitchen staff](#)" and "[Hygienic kitchen equipment](#)", which you find at our Website (use the Links).

Your manager for occupational health and safety

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