FOOD SAFETY GUIDANCE

grace community church

When preparing food events at Grace, please follow best practice food safety guidance as outlined below. Particular awareness should be given to the cooking and cooling of 'high risk' foods and labelling requirements.

- All high risk* food should be served cold (0-8oc)
- To ensure high risk food is delivered cold, please use ice packs and cool bags to transport.
- Remember bacteria in food multiplies in high risk and poorly prepared food given moisture, time and warmth.
- If cooking high risk food at home and then cooling to serve cold (i.e a rice salad or a ham quiche), please insure the food cools to 0-8oc (core temperature) within 2 hours.
- Rice can be particularly dangerous if not cooled correctly or quickly enough, so please stay clear if you are not familiar with guidance on this.
- Please can all food be labelled if it contains any of the 14 major allergens**. Please don't worry about using them, but please please just take the time to think through them. Even if it's only traces, that's fine, just stick a label on it (it is a legal requirement that we know if any of the 14 alleges are in the food. If you don't label the food, we cannot know).
- If you are not confident cooking and cooling high risk foods we would encourage using prepared ingredients in your dishes (ie. Breads, tinned or cooked and packed meats and fish, potato pasta, crisps etc.), or bring shop-made products.

*** High risk foods include:**

- cooked meat and fish
- gravy, stock, sauces and soup
- shellfish
- dairy products such as milk, cream and soya milk
- cooked rice

**** Major Allergens**

Consumers may be allergic or have intolerance to other ingredients, but only the 14 allergens are required to be declared as allergens by food law.

The 14 allergens are:

- celery
- cereals containing gluten *(such as wheat, barley and oats)*
- crustaceans (such *as prawns, crabs and lobsters)*
- eggs
- fish
- lupin
- milk
- molluscs *(such as mussels and oysters)*
- mustard
- peanuts
- sesame
- soybeans
- sulphur dioxide and sulphites *(if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million)*
- tree nuts *(such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).*

Please ask us if you are unsure or you would like any further guidance or information.

info@graceinthecommunity.com

THE BIG Sunday PICNIC

THE BIG Sunday LUNCH