

HUDSON YACHT CLUB

STANDARD RULES OF HYGIENE AND COOKING

Before touching food

- Cover your hair (a baseball hat will do)
- Wash your hands for 20 seconds! Poor hygiene, such as not washing hands after touching raw foods, using the toilet, smoking, coughing or touching any contaminated surfaces, is a leading cause of foodborne illness. Virtually all soaps are "anti-bacterial" - it is friction from scrubbing than actually cleans.
- If you have any open cuts or sores on your hands, please wear gloves when handling food.

Equipment:

- Use different cutting boards for raw foods. Any surface touched by raw animal foods can transfer deadly bacteria, parasites and viruses. Use a separate cutting board only for raw animal foods to avoid cross contamination.
- Use containers marked "Food" ONLY for food.

Food storage.

- Store all raw animal foods on the bottom of the refrigerator. Raw meat, fish, eggs and poultry can drip onto ready-to-eat foods causing potentially fatal foodborne illness.
- No food is to be stored on the floor in the Cold room. Food must be covered at all times.
- Cold room door must be kept closed at all times

Food Prep

- Cool foods quickly. Don't let hot foods cool at room temperature ... use a shallow pan on the top rack of the refrigerator. Hot foods should be cooled to 40° F within 2 hours.
- Don't thaw frozen foods at room temperature. Always thaw frozen foods on the bottom shelf in the refrigerator, in the microwave or under cold, running water in less than an hour.
- Keep it hot, keep it cold .., or don't keep it at all. Meats, fish, poultry, eggs, sliced melons, rice, beans, tofu and sprouts are all very susceptible to rapid bacteria growth before and after cooking. Food should be kept below 40°F or above 140°F. Also: Don't keep food in the refrigerator longer than 7 days.
- Cook all food thoroughly. All animal foods should be cooked to at least 170 ° F to kill bacteria, parasites and viruses which cause foodborne illness. Use a thermometer with a metal stem to check the temperature immediately after cooking.
- Buy and eat food at only approved *sources*. If you buy bargain food from the "back of a truck" or from non-licensed establishments, you're asking for trouble.
- Do not microwave food in plastic containers or plastic bowls.
- **Lastly: When in doubt, throw it out! If you have any suspicion that a food might be spoiled --- including an uncharacteristic odor or colour or damaged packaging - throw it out. It simply isn't worth the risk.**