



## Food safety tips for selling food at occasional events



*Te Pou Oranga Kai o Aotearoa*

## Goal

To safely prepare, transport, display and sell food at occasional events (such as school galas, food fairs, festivals etc).



- Some foods (especially those that contain poultry, meat, fish, seafood and dairy products) can contain harmful microbes and, if they're not cooked thoroughly, they can make people ill.
- Food held in the 'temperature danger zone' (4°C to 60°C) for even a short time can encourage the growth of harmful microbes.
- Dirty hands, the environment, other food, utensils and equipment can contaminate food.

## Here's how it's done

### Personal hygiene

*Safe food starts with healthy and clean food handlers.*

People who have cold or flu symptoms or have had sickness or diarrhoea within 48 hours of the event, or anyone with sores/lesions on their hands, neck or head should not help with food for the event.

- Always wash and dry your hands thoroughly before touching food, especially after going to the toilet, handling rubbish or touching pets etc. Hand wipes are useful for cleaning hands if soap, water and towels are not available.
- Disposable gloves don't stay clean so if you are using them change them between activities, eg, after handling raw food and before handling cooked food.

### Transporting and storing food

*To prevent the spread and growth of harmful microbes keep food covered and keep cold food cold and hot food hot (ie, out of the temperature danger zone).*

- Keep raw and uncooked foods apart from cooked or ready-to-eat foods.
- Cover or wrap food and store it in clean, closed containers during transportation.
- Transport cold foods containing meat, dairy products or seafood in a chilly bin with ice packs. When you get to your destination, store them at or below 4°C in a fridge or cold chilly bin until use.
- Make sure that the part of the vehicle where the food is carried is clean and free from things such as chemicals or equipment that could contaminate the food.

## Preparing food

*Preparing food hygienically will help stop the growth and spread of harmful microbes.*

- Buy fresh food and prepare it as close to the time of your event as possible. It is illegal to sell food that has been caught for recreation or home-killed.
- Wash hands thoroughly after touching raw foods and before touching other food.
- Thoroughly clean equipment and surfaces before preparing food and between activities.
- Use separate utensils (eg, knives), when preparing raw and cooked foods.
- Keep food wrapped or in clean, sealed containers when it's not being prepared or cooked.

## Cook food thoroughly

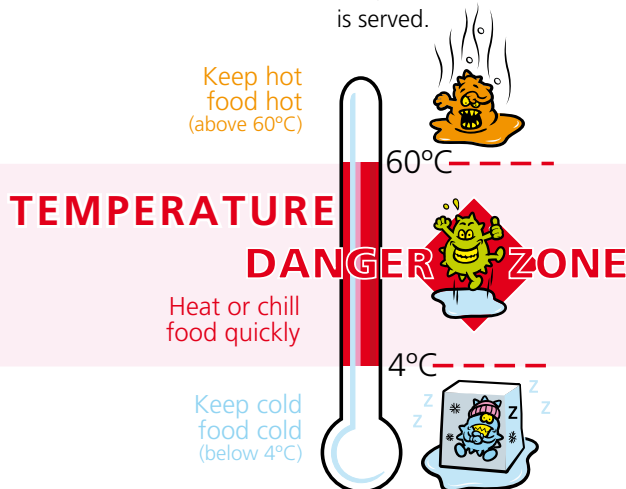
*Proper cooking kills harmful microbes that can be present in foods containing poultry, meat, fish, shellfish and dairy products.*

- Cook foods so that the centre of the thickest part is 'done' – processed meat such as mince patties and sausages should not be pink in the middle and any juices should run clear. Use a meat thermometer to ensure poultry meat is cooked to at least 75°C.

## Cooling and reheating food

*To prevent the growth of harmful microbes, cool hot foods quickly and thoroughly reheat foods all the way through.*

- Put cooling food into the fridge within two hours.
- Speed up cooling by dividing food into smaller portions.
- Reheat food until it's steaming hot all the way through.
- Keep hot food hot (above 60°C) until it is served.



## Displaying food

*Keep hot food hot and cold food cold (ie, out of the temperature danger zone). Cover food and use separate equipment for different food to prevent the growth and spread of harmful microbes.*

- Cover displayed and stored food and keep it off the ground and away from animals, flies and insects.
- Serve customers using clean tongs or equipment, rather than let them handle your food.
- Use different utensils (eg, tongs) when handling raw foods and cooked or ready-to-eat foods.
- Thoroughly clean dishes before refilling them with food for display.
- Make sure the person handling money doesn't touch any food.
- At the end of the day throw away any food on display that hasn't been sold.

## Know your ingredients and labels

*Customers who have a food allergy need to know whether a particular ingredient is in your food. There are requirements for providing information which will depend on whether food is being sold for fundraising or personal profit.*

- Know what is in your food, or what it may have come into contact with, especially the most common allergens – nuts, gluten, shellfish, seafood, eggs, dairy, and bee products.
- When you're fundraising, you need to be able to tell a customer, if asked, what ingredients are in the food you're serving. You can find this out from packaging labels or from the person who supplied the food.
- If the food you're selling isn't for fundraising purposes, information needs to be displayed near the food, or packages should be labelled with appropriate information about their contents.

A Food Officer at your regional Public Health Unit or local council will be able to provide advice on food labelling.

## Your local council

*An Environmental Health Officer at your local council will be able to provide advice on any food safety laws that might apply to you when you're selling food, along with any other conditions for holding the event.*



# Handy hints for selling food at occasional events

## Remember to:

- check with your local council before your event to find out about any requirements they might have
- organise to collect and prepare food as close to the event as possible
- arrange to transport food safely to the event site
- check helpers preparing and serving food are not ill
- appoint a cash handler who won't handle the food
- ensure people handling food know how to do things safely.

## Have equipment available to:

- keep cold food cold
- keep hot food hot
- store food so it's kept clean and protected from contamination
- allow for any utensils that could get dirty or soiled (eg, dropped on the ground) during the event
- serve customers with single-serve serviettes or plates
- clean hands (and replace gloves if used) often during the event



## For more information:

Contact your local council or check out [www.nzfsa.govt.nz](http://www.nzfsa.govt.nz)

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