

Blue Mountains Food Rescue

Checklist 1: Picking up rescued food

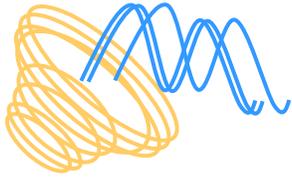
When picking up rescued food, make sure you:

- Understand what food your community organisation needs and/or what it can store.
- Know the location and time the food donor wants their food to be collected and be on time!
- Know what food you are collecting so you bring the correct storage equipment for transportation.
- Ensure that:
 - The food is from a regulated food provider (not home made).
 - The food is not considered an unacceptable high risk food (for example, alcohol or raw seafood).
 - The food is not past its expiry date.
 - The food has not gone off (has no signs of mould, staleness or decay).
 - The protective seal on food packaging is not broken.
 - You ask yourself 'would I eat this?' If the answer is NO then it should not be rescued.
- ALWAYS practice safe food handling principles at all times.

Checklist 2: Transporting rescued food

When transporting rescued food, make sure you:

- Correctly store it during transportation in clean equipment:
 - Refrigerated or frozen food:** get yourself an esky or a cooler bag with ice bricks.
 - Hot food:** Store in food grade containers and wrapped in blankets to keep heat in.
 - Fresh and packaged foods:** recycled bags and/or boxes.
- Have someone at your community organisation to receive the rescued food.
- Drop off the rescued food at your community organisation within **two hours** of pick-up.
- ALWAYS practice safe food handling principles at all times.

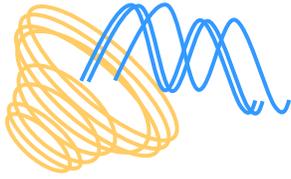


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Checklist 3: Receiving & distributing rescued food

Before distributing rescued food, make sure you:

- Ensure that:
 - The food is from a regulated food provider (not home made).
 - The food is not considered an unacceptable high risk food (for example, alcohol or raw seafood).
 - The food is not past its expiry date.
 - The food has not gone off (has no signs of mould, staleness or decay).
 - You ask yourself 'would I eat this?' If the answer is NO then it should not be distributed.
- Black out the barcodes on packaged foods to prevent resale.
- Store the food correctly:
 - Hot foods should stay hot, preferably over 60°C. Cold foods should be constantly stored in refrigerated conditions under 5°C. Hot and cold foods kept outside their respective temperature zones (called the Temperature Danger Zone) for **four hours or more** should not be distributed and/or consumed.
 - Frozen foods should remain frozen at -17°C.
 - Raw foods should be stored away from cooked foods.
 - Raw meat stored on the bottom of refrigerator away from all other foods. This is to prevent juices dripping on other food.
 - All food should be stored off the ground to prevent attracting pests.
- When cooking meals:
 - Thaw frozen foods correctly - that is, in the refrigerator.
 - Thoroughly cook meat and dairy products to prevent food borne illness.
 - Only reheat food once - after that it should be disposed.
- Dispose of waste responsibly. If rescued food is unsafe for consumption, try to find ways to sustainably dispose of it before adding it to landfill (for example, composting, worm farming, feeding animals).
- ALWAYS practice safe food handling principles at all times.



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Safe Food Handling Practices

Everyone handling rescued food at any time must ensure:

- They do not handle food if they are ill to prevent contamination (for example, vomiting, diarrhoea, fever).
- They wash hands with hot soapy water and dry with single use paper towel before handling ready-to-eat food and after handling raw foods. Utensils should also be cleaned in the same way.
- They wash hands after being in contact with a source of contamination (e.g. after going to the toilet, sneezing, coughing, eating, drinking or touching the hair, scalp or body).
- Wounds are covered with a waterproof bandage or dressing.
- All clothes and food preparation surfaces are clean.
- They do not eat, sneeze, blow, cough, spit or smoke around food.
- They turn away from food and others if you cough or sneeze, disposing tissues and washing hands after it occurs.
- If disposable gloves are used, they must be exchanged and discarded after handling raw food, going to the toilet, using tissue or handkerchief, touching body or if they are torn.

For food safety updates, please visit:

www.foodstandards.gov.au