



**Chilling food properly can stop harmful bacteria from growing,**

**WHICH FOODS SHOULD BE PUT IN THE FRIDGE?**

- Foods that say 'keep refrigerated'
- Foods which have a 'use by date'
- Foods that have been cooked but will not be eaten straight away
- Ready to eat foods such as cooked meat and salad



**WHAT TEMPERATURE SHOULD MY FOOD BE STORED AT?**

The law (UK) requires that fridges have a temperature of 8°C or below. To ensure that your fridge is running at this temperature we recommend you set it to run at 5°C, this ensures that temperatures remain below 8°C after opening and closing.

**HOW DO I KNOW MY FRIDGE IS AT THE RIGHT TEMPERATURE?**

You should check the temperature of your fridge at least once per day by using a thermometer. You can do this by using the digital display or a thermometer. If you use the digital display you must ensure that this is accurate by checking it with a thermometer.



**WHAT IF MY FRIDGE IS OVER 8°C?**

If your fridge is not working at the correct temperature try and adjust the setting on the fridge and re-check it after a period of time to see if this has worked. If this has not worked, remove the food and place it in a working fridge. If the food has been stored above 8°C for more than 4 hours it should be thrown away.



**COOLING**

It is important to cool food as soon as possible after cooking. If food is allowed to cool over a long period of time, bacteria may begin to grow.



**FREEZING**

Frozen food must be looked after properly otherwise bacteria may start to grow. It is recommended that freezers operate at a temperature of -18°C or below. Food which has started to defrost should be thoroughly cooked and re frozen/chilled or thrown away. Food which shows signs of spoilage should be thrown away.

**DEFROSTING**

It is important to cool food as soon as possible after cooking. If food is allowed to cool over a long period of time, bacteria may begin to grow.



RISK	HOW DO I CONTROL THIS RISK?	WHAT IF THINGS GO WRONG?
Growth of bacteria on ready to eat food due to food being stored at the wrong temperature.	Chilled food is stored at 8°C or below. The temperature of fridges is checked using a thermometer at least once per day to make sure the temperature is correct. The temperature of the fridges is checked using the digital display at least once per day. The temperature on the digital display is checked using a thermometer on a regular basis. Chilled food is removed from the fridge for a maximum of 4 hours before being either used/eaten or placed back in the fridge.	If ready to eat food has been above 8°C for more than 4 hours throw it away. If raw food has been held at above 8°C cook it thoroughly and use it or chill/freeze it Or throw it away.
Growth of bacteria caused by hot food being allowed to cool too slowly.	Hot food is cooled down as quickly as possible to prevent the growth of bacteria. Food is split into smaller portions to allow it cool quickly. Hot food is covered and placed in a cooler area i.e. the cool room to allow it to cool quickly. Pans of hot food are covered and the pan is placed in cold water to allow food to cool quickly. Hot food is stirred regularly to allow it to cool.	Re cook food thoroughly Or Throw it away.
Growth of bacteria in food that is not defrosted properly.	Food that needs defrosting is allowed to defrost thoroughly before being cooked. Food is defrosted at a safe temperature within the fridge. Food is defrosted at a safe temperature within the cool room. Food is defrosted in a sealed container under cold running water. Food is defrosted at room temperature and is then placed in the fridge until ready to be cooked Food is checked to ensure that it is fully defrosted before it is cooked.	Continue to defrost food until it is fully defrosted Speed up defrosting by using the defrost function on the microwave or using running water. Or If you do not have time to allow the food to fully defrost use another item of food (non frozen or fully defrosted).
Growth of bacteria due to food being allowed to defrost.	Frozen food is placed directly in the freezer when delivered to the ship. Food prepared on board is frozen as soon as it is cool enough.	Food that is still frozen (hard and icy) should be moved into another freezer. If this is not possible the food should be defrosted thoroughly and cooked. Food that has started to defrost should be allowed to safely defrost. Food that is fully defrosted should be cooked thoroughly then placed in the fridge or a working freezer as soon as it is chilled Or Thrown away if this is not possible. Fully defrosted foods which cannot be cooked should be thrown away (i.e. ice cream).