

BRITISH SWIMMING WORLD CLASS PROGRAMME

FACT SHEET

Immune Function Food Hygiene at Home

When travelling abroad for training or on holiday, we immediately question the food we eat. However, food hygiene is just as important at home to avoid unwanted infections. Figures suggest that 40% of food poisoning occurs in the home. Germs are brought into your home by people, pets and food. There are some simple steps you can take to prevent infections and maintain good hygiene standards at home.

Cleanliness

- Wash hands
 - Before handling food
 - After handling raw meat, loose vegetables
 - After touching pets/animals
- Wash worktops/ chopping boards
 - Before and after food preparation,
 - Dishwasher best option for plastic chopping boards if possible
 - Separate chopping board for meat
- Wash dishcloths and tea towels regularly
 - Damp dishcloths are a breeding ground for bacteria
 - Tea towels can spread infection through wiping hands, surfaces and drying dishes
 - Paper kitchen towels are more hygienic
- Kitchen sponges have the highest bacteria count
 - Porous and damp so make an ideal habitat for bacteria to grow
 - Replace frequently
- Regularly clean and disinfect kitchen sink
- Soiled shoes
 - Pick up dirt and spread around house
 - Leave shoes at the door
- Sports bottles
 - Carbohydrate drink residues promote growth of germs
 - Clean thoroughly after use. Wide-mouth bottles are the easiest

Chilling

- Fridge temperature 0-5°C
- Cool cooked foods at room temperature then put in the fridge/freezer
- Defrost frozen meat thoroughly before cooking
- Do not exceed use by date

Cooking

- Beef and lamb joints
 - Can be cooked rare as long as it's a single piece of meat (no rolled joints)
- Pork, poultry, minced meats
 - NO pink meat
 - Juices should be clear (not red/pink)

Cross contamination

- Separate chopping boards for raw meat and ready to eat foods
- Cover raw meat and store on the bottom shelf of the fridge
- Wash loose fruit and vegetables before preparation and eating

