

## Shire of Coolgardie

# WHAT ARE THE 4C'S OF FOOD SAFETY ?

As a food business, understanding these can help to ensure good standards of food safety and a top food hygiene rating.

Let's take a closer look at each one...

### ➤ 1. CROSS-CONTAMINATION

Store raw and cooked/ready-to-eat foods separately

Use separate equipment and utensils

Wash fruits, vegetables, and salad items thoroughly

Food handlers must follow good hygiene practices and wash their hands regularly

### ➤ 2. CLEANING

Clean as you go

Disinfect surfaces, equipment, and utensils between tasks

Disinfectants or sanitisers must be food-safe and meet either BS EN 1276 or BS EN 13697

Follow a cleaning schedule

Use disposable cloths or wash reusable ones after each use in hot water

### ➤ 3. CHILLING

Keep chilled food below 8°C (ideally between 1°C and 5°C)

Store frozen food immediately and keep it frozen

Defrost food fully in the fridge before cooking (unless the manufacturer's instructions say you can cook from frozen)

Cool hot food quickly and safely (ideally within 90 mins)

Never put hot food straight into the fridge/freezer

### ➤ 4. COOKING

Reheat until steaming hot

Stir microwaved food and let it stand to avoid any cold spots

Use clean thermometer to check internal temperatures

Hot hold food above 63°C or follow the '4 hour rule'

Should you have any further questions, please contact Shire's Environmental Health Officer, via email [health@coolgardie.wa.gov.au](mailto:health@coolgardie.wa.gov.au).