

Good Food Hygiene at Forest School

The purpose of this document is to provide guidance on food hygiene at Forest School sessions.

Other important factors to cover in the risk assessment are any food allergies, foods suitable for the age group & fire management if you're cooking.

Eating & drinking outdoors

Eating outdoors is beneficial for a number of reasons. Having a picnic is very enjoyable for people of all ages & encourages social interaction in a different context. It is also vital in giving participants an opportunity to refuel and take on board liquids to help maintain energy & hydration levels at a safe point in all weathers.

Sources of contamination

By following good food hygiene principles we are trying to avoid food becoming contaminated.

Here are some suggestions on how contamination can be avoided:

1. Food should be prepared by someone who has a Food Handling certificate.
2. Any cuts should be covered with plasters before preparing/ serving food.
3. Keep foodstuffs in containers only used for food (e.g. sandwich boxes).
4. Prepare foods as close to the time of eating as possible & store at the correct temperature. If you're taking out prepared foods (like sandwiches) ensure they are kept as close to fridge temperature as possible e.g. in a coolbag with an ice pack.
5. Keep any chemicals (e.g. hand gel) in original containers & store separately from food to avoid cross contamination.
6. Before serving food, the food handler should tie back hair & secure loose clothing. Remove any particularly dirty clothing that may come into contact with food.
7. Good hand hygiene is crucial to food safety. Ensure people distributing & receiving refreshments have cleaned their hands thoroughly. Hands should be washed with soap and water or dirt removed with wipes followed by alcohol hand gel to kill any harmful bacteria (remember: these are invisible and can't be seen & are always present on skin even if it looks clean).
8. Avoid food being contaminated by insects (e.g. flies) by keeping it covered until it is served.
9. Covered containers containing food can be placed on the ground as the container & lid will act as barriers preventing contamination.
10. Any food that comes into direct contact with the ground must not be eaten.
11. Store any rubbish separately to food.

Cooking at Forest School

If you're cooking at Forest School the above still apply but it is worth bearing in mind these additional points:

1. Avoid high risk foods (high fat/high protein foods such as meat or dairy products and cooked rice).
2. Eat cooked foods as soon as they are cool enough to do so.
3. Consider cooking foods that are not harmful if they are not cooked thoroughly through e.g. crumpets, bananas & chocolate.

If you have any questions/ comments, please contact the Forest School team on 01926 742231 or forestschool@warwickshire.gov.uk.