



Great Veggie Cook-off

Food Safety & Hygiene Information

- I understand basic food and hygiene requirements in relation to:
 - Keeping **food** and work areas clean.
 - Cooking each food to its appropriate temperature.
 - Chilling and storing food safely.
 - Always washing hands with soap and warm water for 20 seconds before beginning food preparation, after handling food, or changing from one task to another and after using the bathroom.
 - Covering my hands with a bandage and a clean glove at all times if I have a cut or infection on my hands.
 - Good personal hygiene and that I need to wear clean clothes and an apron.
 - Restraining my hair with a hairnet, bandanas or other suitable covering.
 - Either removing nail polish and trim my fingernails or wearing gloves at all times.
- Wear comfortable closed-toe shoes for safety and sanitation reasons.
- I will not undertake the competition if I am sick with a contagious illness such as influenza (chest cold and fever), have a bad cold or symptoms of a stomach ailment (diarrhoea or vomiting), or if I have had diarrhoea or vomiting in the past 72 hours.