



# 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.