**Basics for Handling Food Safely**

* [**Shopping**](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/basics-for-handling-food-safely/ct_index/!ut/p/a1/jVJrT8MgFP017bcWuvqYJo0hjcvc3OY0utovhlJKqx1UoKv664WaLHOZDwgBzj2XC-cAUpCAlONNxbCuBMe13acnT3AJT4KzGE4WZ8EIXs0flotpHMPh3bEhPP5CmIf_zP-hIfhX_uQfBQZyFs8YSBusS6_ihQAJo9rDXHVUKpAUQuSewgXV716BifZUSak2AYt5fbTEPK8rzkCSYVURZVC5Bb3tAfU7SIh-qnhO38AKpN8vBwPTr-bh3dF4Mg_h4mifcEC9L8LP8pj3s1pkvVWPiGfh0DxU0oJKKv1WGrjUulHnDnRg13U-E4LV1CfCb18caAgXCkfalURHz-5r5FIlSaRcJVpJaNTRzCV5NHA3NI8gLu-nl93zOsxiyJubFSpXk_QBTce33inSw-WIsWaGLl1zatRXdYIQOcFgZIctXqhK-a3KsbnGpgctZzBqhNS4tivLsLMWjVG5R3bMoXlL-p9pAzsW7vN2TLShXRsPyVQKpUGyrw5o1vfJxzUaw-pmvRoq9AlW4JvQ/#1)
* [**Storage**](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/basics-for-handling-food-safely/ct_index/!ut/p/a1/jVJrT8MgFP017bcWuvqYJo0hjcvc3OY0utovhlJKqx1UoKv664WaLHOZDwgBzj2XC-cAUpCAlONNxbCuBMe13acnT3AJT4KzGE4WZ8EIXs0flotpHMPh3bEhPP5CmIf_zP-hIfhX_uQfBQZyFs8YSBusS6_ihQAJo9rDXHVUKpAUQuSewgXV716BifZUSak2AYt5fbTEPK8rzkCSYVURZVC5Bb3tAfU7SIh-qnhO38AKpN8vBwPTr-bh3dF4Mg_h4mifcEC9L8LP8pj3s1pkvVWPiGfh0DxU0oJKKv1WGrjUulHnDnRg13U-E4LV1CfCb18caAgXCkfalURHz-5r5FIlSaRcJVpJaNTRzCV5NHA3NI8gLu-nl93zOsxiyJubFSpXk_QBTce33inSw-WIsWaGLl1zatRXdYIQOcFgZIctXqhK-a3KsbnGpgctZzBqhNS4tivLsLMWjVG5R3bMoXlL-p9pAzsW7vN2TLShXRsPyVQKpUGyrw5o1vfJxzUaw-pmvRoq9AlW4JvQ/#2)
* [**Preparation**](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/basics-for-handling-food-safely/ct_index/!ut/p/a1/jVJrT8MgFP017bcWuvqYJo0hjcvc3OY0utovhlJKqx1UoKv664WaLHOZDwgBzj2XC-cAUpCAlONNxbCuBMe13acnT3AJT4KzGE4WZ8EIXs0flotpHMPh3bEhPP5CmIf_zP-hIfhX_uQfBQZyFs8YSBusS6_ihQAJo9rDXHVUKpAUQuSewgXV716BifZUSak2AYt5fbTEPK8rzkCSYVURZVC5Bb3tAfU7SIh-qnhO38AKpN8vBwPTr-bh3dF4Mg_h4mifcEC9L8LP8pj3s1pkvVWPiGfh0DxU0oJKKv1WGrjUulHnDnRg13U-E4LV1CfCb18caAgXCkfalURHz-5r5FIlSaRcJVpJaNTRzCV5NHA3NI8gLu-nl93zOsxiyJubFSpXk_QBTce33inSw-WIsWaGLl1zatRXdYIQOcFgZIctXqhK-a3KsbnGpgctZzBqhNS4tivLsLMWjVG5R3bMoXlL-p9pAzsW7vN2TLShXRsPyVQKpUGyrw5o1vfJxzUaw-pmvRoq9AlW4JvQ/#3)
* [**Serving**](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/basics-for-handling-food-safely/ct_index/!ut/p/a1/jVJrT8MgFP017bcWuvqYJo0hjcvc3OY0utovhlJKqx1UoKv664WaLHOZDwgBzj2XC-cAUpCAlONNxbCuBMe13acnT3AJT4KzGE4WZ8EIXs0flotpHMPh3bEhPP5CmIf_zP-hIfhX_uQfBQZyFs8YSBusS6_ihQAJo9rDXHVUKpAUQuSewgXV716BifZUSak2AYt5fbTEPK8rzkCSYVURZVC5Bb3tAfU7SIh-qnhO38AKpN8vBwPTr-bh3dF4Mg_h4mifcEC9L8LP8pj3s1pkvVWPiGfh0DxU0oJKKv1WGrjUulHnDnRg13U-E4LV1CfCb18caAgXCkfalURHz-5r5FIlSaRcJVpJaNTRzCV5NHA3NI8gLu-nl93zOsxiyJubFSpXk_QBTce33inSw-WIsWaGLl1zatRXdYIQOcFgZIctXqhK-a3KsbnGpgctZzBqhNS4tivLsLMWjVG5R3bMoXlL-p9pAzsW7vN2TLShXRsPyVQKpUGyrw5o1vfJxzUaw-pmvRoq9AlW4JvQ/#6)

Safe steps in food handling, cooking, and storage are essential to prevent foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four steps of the Food Safe Families campaign to keep food safe:

* Clean — wash hands and surfaces often
* Separate — don't cross-contaminate
* Cook — cook to the right temperature
* Chill — refrigerate promptly

**Shopping**

* Purchase refrigerated or frozen items after selecting your non-perishables.
* Never choose meat or poultry in packaging that is torn or leaking.
* Do not buy food past "Sell-By," "Use-By," or other expiration dates.

**Storage**

* Always refrigerate perishable food within 2 hours—1 hour when the ambient temperature is above 90 °F (32.2 ºC).
* Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40 °F (4.4 ºC) or below and the freezer at 0 °F (-17.7 ºC) or below.
* Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.

**Preparation**

* Always wash hands with warm water and soap for 20 seconds before and after handling food.
* Don't cross-contaminate. Keep raw food (including unwashed fruit and vegetables, meat, poultry, fish, and their juices) away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.
* Cutting boards, utensils, and countertops can be sanitized by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water. You can also use a proprietary spray sanitiser but use it according to the instructions. If possible, use a sanitiser that’s passed the “BS1276 test”. Look on the label.
* Marinate meat and poultry in a covered dish in the refrigerator.

**Serving**

* Cold food should be held at 40 °F (4.4 ºC) or colder

**EXAMPLE HOCKEY TEA MENU**

A hockey tea needs to feed 22 players and 2 umpires as a minimum.

* Bread (loaves, rolls, French stick x4)
* Butter/Spread
* Ham/Chicken Slices
* Cheese
* Pickle/Tomato
* Sausage Rolls/Scotch Eggs (store bought)
* Cheese & Onion rolls (store bought)
* Crisps (multi-pack selection)
* Quiche (cut in to portions or mini)
* Pizza bites
* Mini Cakes / Cup Cakes (e.g. Mr Kipling)
* Sweet bites (e.g. flapjack/brownie)

The menu is provided to ensure there is a level of consistency and quality to the teas we are providing. Please note this is an **example menu** so please feel free to make substitutions as you wish.

If you prefer to make up your own sandwiches/cakes please do this within a short timeframe of the match to ensure maximum freshness.

The best choice if you prefer not to make up sandwiches would be the French stick so people can make their own on the day.

Please make your purchases as close to the match time as possible and ensure the best before or use by dates on products are adhered to.

In due course, there will be fridge storage provided in our One Leisure store room to store products in advance of serving them. The store cupboard will also contain paper plates and napkins for you to make use of.

The budget per game is a maximum of **£30.00** and you will need to e-mail a photograph of your receipt to [**treasurer@stiveshockeyclub.co.uk**](mailto:treasurer@stiveshockeyclub.co.uk) in order for the reimbursement to be made to your online account.

*Teams are responsible for clearing away their own teas and tidying the area, this must be done before the next teas are due to be served. Leftover food must be disposed of appropriately.*