

Food Hygiene for FSW Events

If you're running a fundraising event that includes food, you do not need a food hygiene certificate. However, it's important to follow food hygiene guidelines to ensure your event is safe.

The guidelines below are for all volunteers who may cook or prepare food to serve or sell at an FSW fundraising event.

General guidelines

- If you are preparing food in advance and freezing it, ensure the food is properly defrosted before you use it.
- Wash your hands regularly with soap and water. Use hand sanitisers if hand washing facilities are not available.
- Ensure that food preparation areas are suitably cleaned and sanitised after use and wash any equipment you are using in hot soapy water.
- Always wash fresh fruit and vegetables.
- Keep raw and ready-to-eat foods apart.
- Do not use food past its 'use by' date.
- Keep food out of the fridge for the shortest time possible.
- Always read any cooking instructions and make sure food is properly cooked before you serve it.
- Even if people are waiting to eat, don't reduce cooking times.
- If you are preparing a buffet, food should be left out of the fridge for the shortest time possible and not more than four hours. After this time, any remaining food should be thrown away or put in the fridge but if you do put the food in the fridge don't let it stand around at room temperature if you serve it again.
- Don't use raw eggs in anything that won't be thoroughly cooked, such as icing or mousse.

- Keep cheesecakes and any cakes or desserts containing fresh cream in the fridge.
- Store cakes in a clean, sealable container, away from raw foods.
- When serving food, use tongs, serving spoons, cake slices etc and avoid touching the food with your hands.
- It is safe to re-use glass jam jars occasionally to supply food as long as they are properly washed. This means it is safe to sell home-made jam or chutney in re-used jam jars. The jars should be free from chips and cracks, and should be sterilised prior to each use. Well-fitting lids will also minimise any hygiene risks to the food in the jars.

Vulnerable people

Some people are at a higher risk of food poisoning. These are people over 65 years of age, pregnant women, children under 5 and those with certain long-term medical conditions. You may want to consider the type of foods you serve if these groups will be at your event.

Some foods such as raw milk, raw shellfish, soft cheeses, pâté, foods containing raw egg and cooked sliced meats are more likely to cause food poisoning than others.

Allergens

You don't legally have to provide information about allergens in the food unless you are a registered food business. However, it is good practice to consider the risks and to provide ingredients lists or notices for foods that contain allergens.

Common allergens are: celery, shellfish, mustard, cereals containing gluten, nuts, eggs, peanuts and other nuts, fish, sesame seeds, lupin, soya, milk and sulphur dioxide.

Enjoy running your event & thank you from all of us at FSW!