

A restaurant party suffered acute vomiting and diarrhoea within two to four hours of eating rice dishes. The rice had been boiled the evening before it was needed for flash frying.

**FAULT:** Storage of rice overnight without refrigeration and rice not thoroughly reheated

**ORGANISM CAUSING ILLNESS:**

*Bacillus Cereus*

A widespread outbreak of vomiting during warm weather two hours after the consumption of warm beef sandwiches resulted in hospitalisation of some of the sufferers.

**FAULT:** No hand washing by food handlers and inadequate reheating of beef

**ORGANISM CAUSING ILLNESS:**

*Staphylococcus aureus*



## Preparing Food in Advance

Food poisoning can ruin your business



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INVESTOR IN PEOPLE

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## Some food dishes can be prepared in advance but correct storage and reheating is vital to prevent food poisoning.

Lasagnes, pies and casseroles are classic dishes to be cooked, cooled, stored in refrigerators and then reheated by restaurants, pubs and takeaways.

Poor control of these processes can lead to poor food quality and the presence of food poisoning bacteria within the food. Food poisoning can lead to a drop in business as customers lack confidence in the food; prosecution by the local authority and in severe cases can lead to deaths.

## Simple guidelines to avoid food poisoning

- Make sure raw materials are bought from reputable suppliers.
- Make sure raw materials that require refrigeration are kept below 8°C - use a fridge thermometer to check.
- Store raw and cooked foods in separate fridges or make sure raw food is kept below cooked products.
- Keep food covered.
- Make sure the food is thoroughly cooked—buy a food probe thermometer to check the temperature is above 75°C.
- Cool food as quickly as possible - portion while hot using clean utensils to speed up the process to within 90 minutes of cooking.
- Do not cool foods in areas where raw food is prepared unless the area has been thoroughly cleaned and disinfected.

Store the cooled product below 8°C and monitor the

temperature regularly.

- Make sure the product is labelled with the date on which it was cooked to help with stock rotation.
- Freeze dishes for future use on day of production.
- Only store pre-prepared meals in freezer for one month.
- Defrost all dishes overnight on a tray in the refrigerator - use within two days.
- Use cooked produce within two to three days.
- Make sure the product is thoroughly reheated to above 75°C - if it is not served immediately it may be hot held at above 63°C.
- Make sure hand washing is carried out correctly at all stages.

## Don't be caught out like these businesses

A school canteen was responsible for a large outbreak of food poisoning - students complain of abdominal pain and acute diarrhoea within 9 to 12 hours of the food being eaten. They had eaten beef, salad and potatoes - but the beef had been left overnight in the kitchen.

**FAULT:** Long slow cooling of the beef and storage without refrigeration

**ORGANISM CAUSING ILLNESS:**

**Clostridium perfringens**