

WACS CULINARY COMPETITIONS HYGIENE & FOOD SAFETY GUIDELINES

Compiled by: WACS Culinary Competition Committee December 2012

The following information is to be read in conjunction with the WACS Competition Guidelines. Performance is to be judged as part of the scoring under mise en place.

DRESS STANDARDS

1. Chef's jacket – the chef or team should enter the competition arena wearing a clean white chef's jacket that has been pressed.
2. Chef's hat – normal chef's hat is required, baseball cap style will not be accepted.
3. Apron – apron length can be determined by the team, and butcher stripe apron can be used, teams must change aprons prior to service.
4. Shoes – a safety style shoe that is non-slip is to be worn.
5. Neckties – are optional.
6. No visible jewelry is to be worn except for a wedding band, ear stud or sleeper.

PERSONAL HYGIENE

1. Male chefs should be clean shaven.
2. Chefs with beards must wear a beard net.
3. Sleeves of chef's jackets must not be rolled up past the elbow.
4. Chefs should be clean and showered with good personal hygiene.
5. After shave and perfumes must not be overpowering.

FOOD & DRINK DURING COMPETITION

1. Industrially bottled and packaged beverages can be consumed in the competition kitchen.
2. Industrially produced and packaged nutrition, like energy bars or gels, can be consumed in the competition kitchen.
3. Prepared and cooked foods, like sandwiches or salads, can only be consumed during breaks and outside the kitchen.

FOOD HANDLING REQUIREMENTS

1. Basic principles of Hazard Analysis Critical Control Points (HACCP) adopted for restaurants, must be adhered to.
2. Temperature recording of perishable food items must be recorded when leaving preparation kitchen.
3. Temperature recording of perishable food items must be recorded when entering competition kitchen.
4. Food items to be stored correctly between -18°C to $+4^{\circ}\text{C}$.
5. Chefs and teams must wash their hands prior to starting in a competition.
6. Chefs and teams must wash their hands when they change tasks.
7. Chefs must wash their hands on return to kitchen if they are required to leave the competition kitchen for any reason.
8. Food items should be held at 65°C for no longer than 2 hours.
9. Tasting of food must be carried out with disposable single use utensils or utensils that are washed after each tasting.
10. Double dipping into sauces or food items with the same spoon is not acceptable.
11. Food items in transport and stored must be covered with clear plastic or a lid.
12. Gloves can be worn if working with dirty items or items that stain, for example beetroot, etc.
13. **Ready To Eat** food (RTE) that is not at 65°C should not be handled with bare hands. Should be from a plate, tongs, chop sticks, tweezers or with hands covered with gloves.
14. Gloves do not give an automatic exemption to proper food handling techniques. Once you change the food item, you must change your gloves.
15. Basic spills should be cleaned up immediately.
16. Ensure that knives are kept clean at all times.

STORAGE OF FOOD ITEMS

1. Food items should be on trays or in containers and covered.
2. When setting up your chiller/refrigeration, ensure items do not drip on items stored below.
3. Food trimmings from your mise en place should be kept separate and not mixed together if they are to be used later.
4. Food trimmings should be identified and labeled as well as covered to avoid cross-contamination.
5. Do not store raw food with cooked food items.

SANITATATION

1. Hands to be washed frequently.
2. Hand paper towels to be used for bench wiping and hands.
3. Cloth towels only to be used for hot items.
4. Benches should be sanitized prior to commencing the competition, after each task is completed and at the end of the competition.
5. Cutting boards in PEHD material are preferred and should be clean and have the appropriate color used for each task. The basic color usage is; green for vegetable, red for meat, blue for fish and brown for cook meats. Otherwise, white is acceptable as a neutral colour for all tasks, cutting boards should not be made of wood.
6. Work areas should always be clear of unnecessary items.

These guidelines are an overview of critical points that must be adhered to, breaching hygiene can reflect badly on our professionalism as most competitions are under the watchful eye of the public and media.