

Hygiene in accommodation on trips

Group accommodation can be challenging, often with different levels of attention paid to hygiene and food preparation. (and on some occasions we may be sharing with other clubs). Sharing this guidance at the start of each trip will reassure everyone that we are all taking responsibility for the health and well-being of the group.

Hand-washing

- Wash your hands before cooking or handling food especially food such as bread or blocks of cheese
- Wash your hands on return from a walk/ climb, after going to the toilet, after emptying a bin
- Wash your hands *between* handling sensitive food like meat or eggs and other food such as vegetables / salad / cheese etc

Food preparation...and storage

- Always wash fresh fruit, salad and veg before peeling and consumption
- Wash utensils / knives after use on raw food to avoid cross-contamination
- If possible, use different chopping boards and utensils for raw meat, fish or poultry/fruit and veg/salads/cheese
- Designate separate fridge shelves for cooked/uncooked food to prevent bacteria like salmonella
- Raw flour can contain bacteria. Always clean up thoroughly after handling flour, eggs, or raw dough
- For animal products (dairy, meat and eggs) take note of the 'best before' date

Washing Up

- Clean dishes and cutlery in **hot** soapy water – don't just rinse
- Sponges, cloths and tea towels get very grubby – take extra
- Let things dry as far as possible rather than using T towels
- Use clean T towels – boil wash to clean them daily
- If there is a dishwasher, use it!

Other important issues

- .Some huts/cottages may have issues with drinking water – very occasionally you don't discover this until you arrive – there will be a notice – we recommend you act on this advice i.e. **don't ignore it**. Make sure everyone on the trip knows
- Mice, rats or insects – kitchens left unattended can attract mice, ants etc so wash everything before use and use antibacterial cleaner on countertops
- If someone is ill, or has a stomach upset – they should not handle group food.
- Half-used packets of flour/oats etc should not be saved for the next trip

Lastly

- Please don't be afraid to call it out if you see anyone doing something risky.

Sources: Govt Website HS10.2 Food Safety and Kitchen Hygiene (amongst others)