

RISK MANAGEMENT



FOOD SAFETY

Factsheet: Food safety on tours

FOOD SAFETY ON TOURS

When preparing food outdoors, food safety needs to be of high concern. Taking food out of its regular environment such as a clean kitchen, the fridge or a freezer, can mean a greater risk of contamination as

- Bacteria grow more easily when food is stored in the 'temperature danger zone' of between 5 °C – 60 °C. If the outdoor temperature is above 32 °C, food can become dangerous after only one hour.
- Facilities for cleaning and hand washing may be inadequate, and clean water is not always available
- Food can be exposed to contamination from insects, pests, animals and dust.

Food safety on any tour starts with your meal-choices as bacteria grow more easily on some foods than others. The following is a list on high risk foods which you should avoid when deciding on the meals. These high-risk foods include:



Raw and cooked meat, and foods containing these



Dairy products, eggs and egg salads



Seafood and stews, stocks and salads containing these



Cooked rice and pasta



Prepared salads



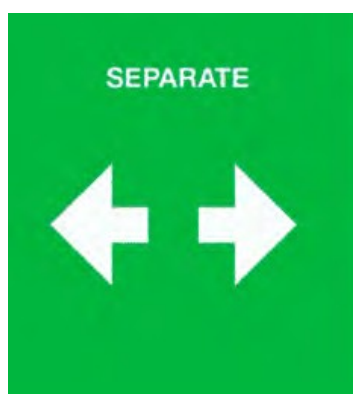
Ready to eat foods that contain any of the foods above

A general rule: Take dry, ultra-high temperature processed and canned products and avoid perishable foods (meat, dairy products, eggs).

The following **food safety rules** will keep the food safe to eat and your group healthy throughout the tour:



- Ensure there is enough suitable water for drinking, washing hands and washing equipment and utensils. If the fresh water is harmful, do not use it. Either carry enough bottled water, boil water or use water purification tablets.
- Wash your hands before and after handling foods. Wash your hands with clean water and soap and dry them with clean paper towels. Consider using disposable wipes or a hand sanitizer if there is no safe water.
- Wash fruit and vegetables before cooking and eating, as soil can contain harmful bacteria and viruses
- In case you bring meat: use a clean plate for all cooked meats – do not re-use the same plate or container that held raw meats.
- Keep food sealed and covered – birds, insects and animals can be a source of food poisoning bacteria
- Keep the outdoor area or campsite as clean as possible. Do not leave any trash in the wild or throw it off.



- Keep raw foods separate from other foods. Pack safely!
- Always use separate plates and equipment to handle raw foods. Don't use the same equipment (such as forks) used to cook raw food to handle cooked food.
- Don't put cooked food or foods eaten raw on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate them.
- Rodents and bugs such as flies, mosquitoes and cockroaches tend to thrive in humid conditions. If you use repellent, make sure you put all food away.



- Make sure you cook or heat all food well, to at least 75°C
- Use a meat thermometer to check the internal final temperature. Using a thermometer is the best way to ensure that meats are properly cooked. If you don't have one, you should cook poultry until the meat is white – there should be no pink flesh. Similarly, if there is no thermometer, cook meats right through until any juices run clear



- In case you bring perishable foods, it is essential to bring a cooler. Remember also to pack your coolers with ice or frozen gel packs.
- In case you bring perishable foods, always keep it in a cooler well refrigerated until needed.
- Never bring meat or poultry products without a cold source to keep them safe.
- Leftover food (placed in shallow containers) is only safe when stored in a cooler immediately. Discard food left in the Danger Zone for more than two hours. When the outside temperature is 32 °C or above, discard food left outside for longer than 1 hour.

