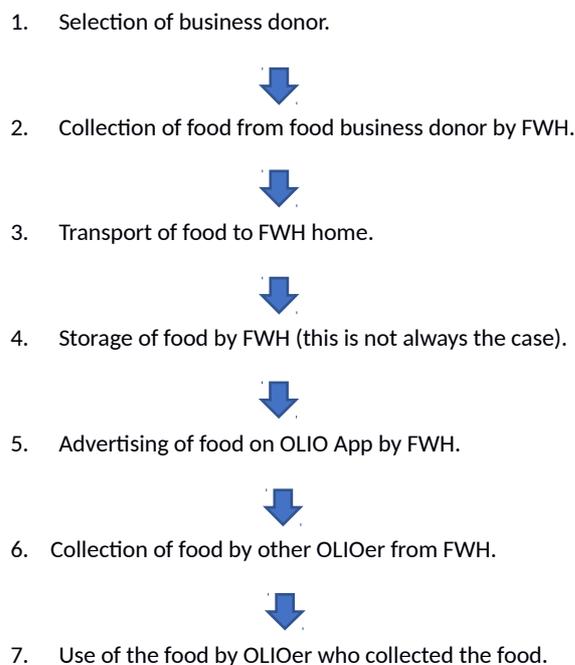


OLIO Food Hygiene Guidance for Food Waste Heroes (FWHs)

At OLIO we are not only passionate about reducing the levels of food waste but also about ensuring the safety of fellow OLIOers. We have carried out a detailed risk assessment of our activities and have identified some rules that you must follow when collecting food from our food business donors. Please take a moment to read through.

A simplified flow diagram of the work of a FWH includes 7 key steps:



Here is a summary of the rules for each of these steps:

Selection of business donor

- Only collect food from approved OLIO suppliers¹ on the agreed day at the agreed time.

Collection of food from food business donor by FWH

- Remember that you are a food handler so always wash your hands before collecting surplus food. Please use hand sanitiser if there are no washing facilities on site.
- Ask the food business to confirm that the food has been stored at the correct temperature. The safe temperature zone for storing food is below 8°C or above 63°C. Food must not be allowed to remain between these temperatures for very long.
- Only collect food and supply to other OLIOers that is within its “Use by” date.
- Follow the **“Three Steps to Food Allergen Safety”**
(You’ve received this document when you signed-up as a FWH. You can find it anytime at <https://volunteers.olioex.com/food-waste-heroes/>)
- Do not collect food if you are feeling unwell or have had symptoms of diarrhoea and/or vomiting within 48 hours. Cover any cuts/grazes with waterproof plaster.

¹Only food businesses who achieve and maintain at least a rating of “3” in the Food Hygiene Rating Scheme operated by the Food Standards Agency are eligible to act as a food business donor. For further details see here: <http://ratings.food.gov.uk/>

Transport of food to FWH home

- Wherever possible use the donor business' equipment and containers.
 - If not possible, make sure that containers and equipment
 - Have been thoroughly washed in hot soapy water and dried before use.
 - Are in good condition with no visible cracks or other damage.
 - Are designed for food use. Recycled containers such as ice cream tubs will be fine as long as in good condition and have been thoroughly cleaned.
- Follow the **“Three Steps to Food Allergen Safety”**

(You've received this document when you signed-up as a FWH. You can find it anytime at <https://volunteers.olioex.com/food-waste-heroes>)

Storage of food by FWH (this is not always the case)

- Store food carefully away from pets and children.
- Always follow any storage instructions provided on food labels.
- Keep raw meat, fish and soily vegetables wrapped and completely apart from foods that are ready to eat without any further cooking.

Advertising of food on OLIO App by FWH and collection by OLIOer.

- Please also read, understand and apply the [OLIO guidelines](#)

If collecting high risk hot food, follow the “Rules for High Risk Hot Foods”.

(You've received this document when you signed-up as a FWH. You can find it anytime at <https://volunteers.olioex.com/food-waste-heroes>.)

Guidance on food types

High Risk Hot Food: This is collected hot from take-aways, restaurants and street food vendors and will include: curries, stews, soups, joints and portions of cooked meat, burgers, kebabs, cooked hot sausages, hot rice, gravies, hot sauces such as BBQ and chilli sauces, hot chicken and products such as nuggets.

Other Hot Food: Again, collected from take-aways etc this might include hot breads (not including breads stuffed with meat), pizza slices, individual sausage rolls and pies, beverages such as tea, coffee etc.

High Risk Food (Not collected hot): This may be collected from any food business including supermarkets, delis, butchers etc and are “ready to eat”², without further cooking, and usually require refrigeration. Such products include: ready to eat cooked meats, quiches, pate, sushi and sashimi, sandwich fillings, chilled pies and pasties, cheese, dairy products such as cream and yoghurts, coleslaws and prepared salads, dips, scotch eggs, filled sandwiches and rolls, cream cakes, prepared fruit and vegetables (ready to eat cut, sliced and or prepared portions), refrigerated “ready meals” including chilled soups, fresh juices, frozen foods.

Low Risk Food: This may be collected from any food business and includes prepacked shelf stable goods such as tinned and jarred food, packet foods like cereals, bread and bakery goods (except cream cakes), chocolate and confectionary, fruit and vegetables (except pre-prepared), biscuits, canned and bottled drinks, pre-packed raw meat and raw fish.

²Ready to eat” means that the food is normally consumed without any further thorough cooking. The foods may be warmed by the consumer but this may not be sufficient to kill any dangerous bacteria hence the need to keep such foods cold.