

## Tastings and cooking demonstrations

There are hygiene and sanitation rules to follow with respect to distribution of food to the public in supermarkets, trade shows or exhibitions.

### Conservation temperatures

Any food or ingredient that can support the growth of pathogenic microorganisms is potentially dangerous, whether:

- raw or cooked food of animal origin (meat, poultry)
- cooked foods of vegetable origin
- cut melons or papaya
- prepared meals or salads made from meat, poultry, fish, seafood, etc.

These foods should be stored at a temperature between 0 ° C and 4 ° C.

Hot foods should be adequately heated and kept at a temperature of 60 ° C or higher. The internal temperature of potentially hazardous foods should be checked regularly using a reliable thermometer. Food used must come exclusively from an authorized source.

**Danger zone :** It is important to avoid the danger zone between 4 ° C and 60 ° C at all times.

### Allergies

In order to prevent an allergic reaction, consumers should be able to consult the list of food ingredients presented during tastings. Children must be accompanied by a responsible adult.

### Compliance with instructions

- Before serving meat to consumers, check the cooking temperature with a thermometer to make sure it is safe.
- Foods must be presented in individual portions to avoid manipulation and contamination by the public.
- Leftover food already prepared or thawed must be discarded at the end of service.
- When dealing with potentially dangerous foods, prepare only a small amount at a time.
- Food, equipment and utensils should not be placed directly on the floor.
- Thawing of food should be done :
  - either in a refrigerator at a temperature of 4 ° C
  - in the microwave oven, if it is immediately followed by cooking
  - either in the oven if it is paired with the cooking.
- If food is to be reheated in the microwave to be kept warm, it must reach an internal temperature of 74 ° C and hold it temperature for 15 seconds.

### Elements of verifications

#### Food

- food preservation temperatures
- freshness of produce
- origin of produce
- labeling

#### Some methods

- cooking temperatures
- food contamination
- defrosting
- reheating
- cleaning and sanitation

#### Food handling

- hand washing, behavior and hygiene
- facilities for hand washing
- dress code
- apparent state of health and injuries

#### Material and equipment

- cleanliness
- good condition

#### Environment

- source of contamination and pollution
- hot and cold water supply