

COOKED MEALS AND LABELLING GUIDANCE

Each project for cooked meals given out during the cook and collect service will either be doing hot holding or chilling. For guidance on either of these methods please look in your kitchen handbook and follow all the temperature controls, or ask your Project Leader leading the cooking session.

Key things to remember:

All food that is to be cool down must be chilled as quickly as possible, following kitchen handbook guidance on chilling before portioning up and labelling.

All food that is being hot held must be temperature probed once cook at be above 75C and be kept at 63C for no longer than 2 hours All portions of food must be dated and labelled.


A label of what is produced must also be recorded on the weekly record check of the kitchen handbook, inclusive of all ingredients in each dish

All Food Safety Training and Guidance must always be followed by FoodCycle Volunteers.

All food labels must include on food that is chilled and sent out for takeaways :

- Date of cooking
- Use by Date – 2days after preparation if kept in fridge at 8C
- Details of FoodCycle, charity number and phone number
- Conditions for safe storage, and use (see below)
- Allergens

Below are labels that are provided by FoodCycle HQ, and should be on all boxes. If you need more please order from your Regional Manager.

Dish Name: _____		
Date Made: / /	Use by Date: / /	
Allergen Content	Storage Instructions Keep in fridge below 8°C	FoodCycle is a registered charity no. 1134423 Tel. 0207792775
Mustard Nuts Sesame Milk	Cooking Instructions These cooking instructions are only a guide. Your appliance may have a different personality of its own (or a different power rating), please adjust accordingly.	
Soya Cereals containing gluten Peanuts	Oven 180°C for 20 mins or until piping hot in the middle. Microwave Cook on full power for 2 minutes, stir, then cook for a further 1 minute or until piping hot.	
Sulphur Dioxide Lupin Eggs Celery	Please ensure you use a oven / microwave safe dish. Caution: Take care when removing lid as hot steam will escape.	
Please circle the applicable allergens. State the name of the cereal(s) containing gluten and/or the name of the nut(s) in that section.		