



Cooking At Home Challenge - Checklist

Tick the correct column then
add any other comments

Before Cooking

	YES	NO	OTHER COMMENTS
1. Have you washed your hands?			
2. Transporting ingredients, have to be kept in a cool box where required?			
3. Have you checked all products being used are within the 'use by date'?			
4. Have you checked that all packaging or wrapping is intact?			
5. If food requires refrigeration, do this as soon as possible or keep in suitable cool box			
6. Have you stored raw meat separate from cooked/ ready to eat foods?			
7. Have you stored raw, soil grown vegetables separate from washed/ready to eat fruit and vegetables?			

After Cooking

8. Have you been given guidelines for leftover cooked food?			
9. Have you kept a copy of receipts for your own records and as a trace, if required, for food safety?			

Please don't bring food from home.

Date:
Signature:
Designation:

**When possible always buy
food on the day of cooking.**

