



FOOD SAFETY

Thank you very much for offering to bring along food to an NBW event. We appreciate your kindness and efforts in making this a memorable day.

There has never been an adverse incident involving food at an NBW event, and since we care about our participants, we wish to keep it that way. These simple guidelines are mostly common sense, but they may serve as helpful reminders.

All food prepared for NBW events is **vegetarian**

All vegetables should be thoroughly **washed**

Prepare the food as **near in time** to its consumption as possible

Food should be **covered** after preparation and while waiting for consumption

If you must prepare foods in advance or want to keep leftovers, be sure to store them in cool conditions (at or below 10 °C).

Avoid putting too large a quantity of warm food in the refrigerator. In an **overburdened refrigerator**, cooked foods cannot cool to the core as quickly as they must.

When necessary, **reheat** cooked foods thoroughly. This is your best protection against microbes that may have developed during storage (proper storage slows down microbial growth but does not kill the organisms).

In kitchens in which meat is also used, store raw meats **below or separately** from all other foods and use a **vegetables-only** cutting board.

Take care with household **pets** - dogs, cats, birds, and especially turtles. They often harbour germs that can pass from your hands into food.

Keep all kitchen **surfaces clean**. Since foods are so easily contaminated, any surface used for food preparation must be kept absolutely clean. Clean and sanitize all surfaces that come in contact with food after each use.

Storing foods in **closed containers** is your best protection.

Avoid **touching** food with bare fingers at any stage, including serving.

.....*Thanks again for your generosity*

Disclaimer / New Buddha Way facilitators cannot accept responsibility or liability for the food brought to share. If you or any of your family / friends have a severe allergy please be aware that there may be eggs, dairy, nuts, spices, celery or other possible allergenic ingredients may be present in the shared food donated.

This Guidance is partly based on the W.H.O. Golden Rules for Safe Food Preparation.