

Mastering Food Safety in the Modern Kitchen

An expert guide to risk management and compliance for UK food businesses.



Not All Foods Carry the Same Risk



High-Risk



Low-Risk

Understanding the difference between high-risk and low-risk foods is the foundation of food safety. This distinction determines the level of control required for handling, storage, and preparation. Getting this right prevents food poisoning, protects customers, and ensures legal compliance.

What Defines a High-Risk Food?



High in protein



High in moisture



Ready-to-eat
(no further cooking)

Common Examples:

- Cooked meats and poultry
- Dairy products (milk, cream, cheese)
- Cooked rice and pasta
- Shellfish and seafood
- Prepared salads and sandwiches
- Cooked sauces and gravies

Raw Ingredients Are a Major Source of Contamination

Raw foods often carry harmful bacteria naturally (e.g., *Salmonella*, *E. coli*). While not always “high-risk” until cooked, they are a primary contamination threat.

Key Safety Rules:

- ✓ Store raw meat and poultry *below* ready-to-eat foods.
- ✓ Use separate chopping boards, knives, and utensils.
- ✓ Wash hands and disinfect surfaces immediately after handling.



Common Mistake to Avoid:

- ✗ Washing raw chicken in the sink—this spreads bacteria.

Why Some Foods are Naturally Low-Risk

Bacteria struggle to grow in foods that are naturally:



Dry: Low in moisture (e.g., flour, dried pasta, sugar).



Acidic: High in acid (e.g., vinegar, pickles, chutneys).



Sugary: High in sugar (e.g., jam, honey, syrups).

Critical Reminder

A food's risk level can change.



Dry rice is low-risk; **cooked rice is high-risk.**



Canned tomatoes are low-risk; **once opened, they become high-risk.**

The Essential Rules for Controlling High-Risk Foods

Strict time, temperature, and hygiene controls are a legal requirement.

The Critical Control Points

-  **Cold Storage:** Keep refrigerated at **5°C or below**.
-  **Hot Holding:** Keep hot food at **63°C or above**.
-  **Cooling:** Chill cooked food rapidly (within 90 minutes).
-  **Rotation:** Use clear labelling and follow FIFO (First-In, First-Out).
-  **Hygiene:** Always use clean, sanitised utensils and surfaces.

Understanding the Risks is Crucial. Managing Them Consistently is the Challenge.

In a busy kitchen, maintaining perfect records is demanding. Paperwork gets lost, misplaced, or forgotten during a hectic service. How can you guarantee every check is done, logged, and ready for inspection at any moment?

The Professional's Toolkit for Compliance Confidence

Introducing Food-Safety.app

- ✓ No more folders to manage.
- ✓ No more sheets to chase.
- ✓ No more panic when an Environmental Health Officer arrives.



One Place for Every Critical Food Safety Record



Temperature Checks



Staff Training Records



Cleaning Records



Corrective Actions



Allergen Management



Pest Control Register



Delivery Checks



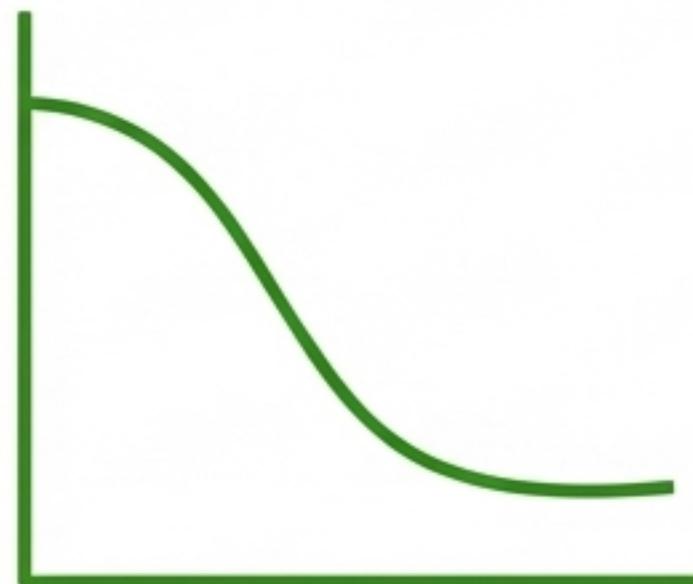
Probe Calibration

Reliable, Time-Stamped Proof for Every Action

Every entry is automatically time-stamped, providing clear evidence of when checks were completed.

Example 1: Temperature Control

Log cooking, cooling, cold storage, and reheat temperatures in seconds. Your records are always accurate and inspection-ready.



Example 2: Cleaning Schedules

Set daily, weekly, and deep cleaning tasks. Keep a full, un-editable record of when jobs are completed. No more unsigned sheets or gaps.



Designed by a Chef, for Busy Kitchens

Every screen is shaped around how kitchens actually work.



Works Without Internet:

Use the app anywhere, even in a cellar with no signal.



No Logins or Accounts:

Instantly accessible to all staff without complexity.



Fits Around Service:

Checks are quick to complete and don't slow down the team.



Saves Time:

Reduce daily paperwork by an average of 30 minutes per shift.

The Result: Confidence When It Matters Most

“This transformed our kitchen’s record-keeping. Efficient, reliable, and effortless every day.”

James Morgan, Head Chef



Instant Inspection Reports

Export professional PDF records whenever you need them. Everything is organised, accurate, and ready.

Affordable Food Safety That Makes Sense

Get powerful digital records, clear structure, and inspection-ready logs without the cost and complexity of traditional systems or endless paperwork.

Explore the App

food-safety.app