

 <b>West Lothian Council</b>	<b>Environmental Health</b>		<b>SUBJECT: SAFE PREPARATION OF SALADS</b>
	4	Food Safety/Food Hygiene	<b>NUMBER: FH13</b>
<b>Revised: 24/12/07</b>		Health & Safety	
		Public Health	
<b>Status: TRADE ADVICE</b>		Pollution Control	
		Pest Control/Dog Warden	

## Information Sheet FH13

### SAFE PREPARATION OF SALADS

#### Introduction

Salads – including vegetables and fruit – can carry food poisoning germs just like any other ready to eat food. Salads are therefore classed as a HIGH RISK FOOD and need special care.

Samples from shops, restaurants and takeaways have been found to contain the germs *E.COLI*, *SALMONELLA* and *LISTERIA*, among others.

If you sell any food, including salad, which is not safe to eat then you will be breaking the law and could face severe penalties.

#### Safe Salad Preparation

Washing salad in tap water alone is not enough to remove or kill harmful bacteria and viruses. To make sure that your salads are always safe, we recommend that you follow this basic guide.

- Buy your salads, fruit, and vegetables from an established and reputable supplier that you know and trust.
- Insist on good quality, and don't accept anything that is not in first class condition. Always check deliveries carefully.
- Store in a cool dry place, preferably in a refrigerator, unless you intend to use them immediately.
- Wash salads thoroughly in a solution of specialist food disinfectant which is made for the job. Do not use ordinary disinfectants. There are several 'salad wash' products to choose from. Always read and follow any instructions for the product you choose.
- As an alternative you can also use the more traditional methods of washing salad in a solution of vinegar, or salt, but these are not as effective as the commercial salad wash solutions.
- When salad has been washed and soaked keep it in a freshly washed container, with a lid to stop any more germs getting on to it.
- Always wash your hands before touching salads or fruit to avoid passing on germs, and avoid touching it with bare hands at all if possible – use tongs etc instead.

- Many businesses have now opted to buy in ready prepared salad, which is supplied in sealed packs. This is cleaned and sanitised in a food factory. It can also save you a great deal of time in preparation, and will result in much less wastage.

### Further help

Remember it is your responsibility to ensure that the food served to your customers is safe. If you would like help, or need any further advice, then please contact us on 01506 282500 or [environmentalhealth@westlothian.gov.uk](mailto:environmentalhealth@westlothian.gov.uk)

Supplier	Location	Tel	E-mail / web site
Scottish Disposable Suppliers	Block 8, Unit 1 Whiteside Industrial Estate, Bathgate, West Lothian, EH48 2RX	01506 636 040	<a href="http://www.sdsonline.co.uk">www.sdsonline.co.uk</a>
HydraChem Ltd	Gillmans Industrial Estate, Billingshurst, West Essex, RH14 9EZ	01403 787 700	<a href="http://www.hydrachem.co.uk">www.hydrachem.co.uk</a>
Paragon products (UK) Ltd	Newhailes Industrial Estate, Newhails Road, Musselburgh, East Lothian, EH21 6SY	0131 653 2272	<a href="http://www.paragononline.co.uk">www.paragononline.co.uk</a>
Henry Colbecks	Calder St Business Park, South Caldeen Road, Coatbridge, ML5 4EG	01236 425656	