

# FOOD HYGIENE AND FOOD SAFETY

**RECOMMENDED  
*PRODUCTS*  
FOR HANDLING  
*AND STORING*  
MEAT AND FISH**



# FOOD HYGIENE AND FOOD SAFETY

**Food safety must be guaranteed throughout the entire food chain.** In the HORECA sector the following phases in managing and treating foods in the kitchen are identified:



Reception of goods



Food storage and preservation



Food handling and preparation



Food presentation or serving

Hygiene measures must be stepped up in all food handling phases.

## RECEIVING MEAT AND FISH

- » **Remove the packaging** of the raw materials received (cardboard box, plastic bag) whether or not the food is packed inside. This packaging is the outermost wrapping, used during distribution and transport.
- » **Mark** the containers used for preserving and storing foods with the necessary information to enable all the products to be **traceable**.



ARAVEN containers have a permanent traceability label integrated in the container to identify the contents and keep track of information related to their origin.

You can record the origin of the food, type of product, preparation, preservation conditions, best-before date, etc.

# MEAT AND FISH STORAGE

After receiving raw foodstuffs, it is essential **to maintain the cold chain** by transferring them to cold room as quickly as possible.



Correct preservation of protein-rich foods is essential for several reasons:

- ✓ It guarantees hygiene and food safety and the health of diners as well as compliance with regulations. **It prevents the risk of bacterial contamination**, which in the case of proteins can be serious.
- ✓ It **reduces wastage** of this type of food that, in general, is the most expensive food kept in store in a kitchen.
- ✓ It guarantees the quality of preparations and the end result. **It maintains all the organoleptic properties of the food** (colour, taste, texture...) so that after preparation it is in perfect conditions for serving to customers.



“ ARAVEN's products include features geared towards operational excellence, which make managing storage of raw materials easier and guarantee optimal preservation of all the organoleptic properties of foodstuffs. ”

To ensure that meat and fish are preserved correctly we recommend using:

- ✓ Containers with smooth walls, without any nooks or crannies, to make cleaning easier.
- ✓ Systems that allow the drip loss released by fresh meat and fish, or during thawing, to drain away.
- ✓ Containers with lids to prevent cross-contamination between different types of food. This is a more sustainable system than using plastic film or aluminium foil. In addition, it stops food drying out or absorbing or releasing odours that affect its quality.
- ✓ Systems for classifying and organising stored meat and fish, based on the date of storage, processing or thawing...

**ARAVEN's containers help prevent cross-contamination** thanks to their colour identification system (ColorClip) that ensures that color coded containers are always used to store the same kind of food.



To preserve meat and fish correctly they should be placed in containers that adapt to the quantity or sizes that will be used in the final preparation.

The following table provides a rough guideline to estimate container requirements based on the volumes of food to be stored. This quantity will depend very much on the type of foodstuff, its shape and also if it is fresh or frozen.

## PROTEINS



### Chicken wings or thighs

- ▶ Frozen and neatly arranged: 1 **KG** → 2 liters
- ▶ Fresh joints, in bulk : 1 **KG** → 3,2 liters



### Chicken breasts

- ▶ Frozen and neatly arranged: 1 **KG** → 2 liters
- ▶ Fresh joints, in bulk: 1 **KG** → 2,8 liters



### Beef

- ▶ Frozen fillet in bulk, not arranged: 1 **KG** → 2,8 liters
- ▶ Fresh joints, in bulk: 1 **KG** → 2,6 liters



### Pork

- ▶ Frozen fillet in bulk, not arranged: 1 **KG** → 2,8 liters
- ▶ Fresh joints, in bulk: 1 **KG** → 2,6 liters



### Fish

- ▶ Frozen fillet in bulk, not arranged: 1 **KG** → 2,8 liters
- ▶ Fresh fillets, in bulk: 1 **KG** → 2,4 liters



## ● MEAT AND FISH IN PORTIONS (FILLETED)

In the case of meat and fish in joints/portions/filleted, use an airtight container with a drain tray to prevent the surface of the foodstuff drying out.

**65mm** 2-10 LITERS / 1kg-5kg

	PP	PP	PP	PC	ABS	PC
GN1/2						
GN1/1						

**100mm** 2-10 LITERS / 1kg-5kg

	HDPE	PP	PP	PC	ABS	PC
GN1/3						
GN1/2						

**150mm** 2-10 LITERS / 1kg-5kg

	HDPE	PP	PP	PC	ABS	PC	PC
GN1/6							
GN1/4							
GN1/3							
GN1/2							

**200mm** 2-10 LITERS / 1kg-5kg

	PP	PC	ABS
GN1/3			

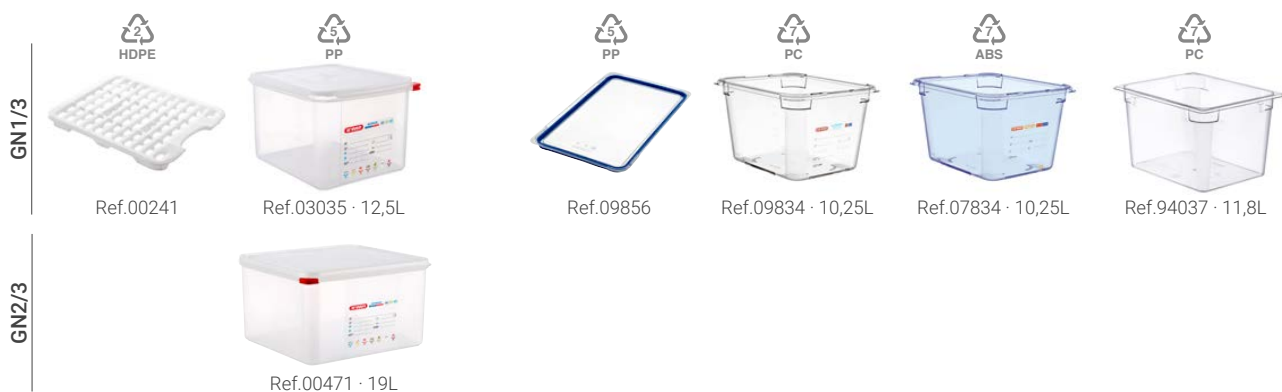
**100mm** 10-20 LITERS / 4.5kg-10kg



**150mm** 10-20 LITERS / 4.5kg-10kg



**200mm** 10-20 LITERS / 4.5kg-10kg



**150mm** 20-30 LITERS / 10kg-15kg



**200mm** 20-30 LITERS / 10kg-15kg





**Fresh meat and fish release a liquid called exudate or drip.** Drips contain nutrients and a large amount of moisture **that encourage the growth of bacteria** and cause rapid spoilage of food.

To preserve this type of food correctly, **use drain trays and perforated pans that keep drips separate from the foodstuff** itself.



**ARAVEN's perforated food pans and drain trays allow meat and fish to be stored without any contact between the food and drip loss.** Using them correctly to preserve foods that release liquids, reduces levels of wastage due to spoilage.

GN 1/6 · h 130mm



Ref. **94073** / 1,9L

GN 1/3 · h 130mm



Ref. **94075** / 4,6L

GN 1/2 · h 130mm



Ref. **94076** / 7,8L

GN 1/1 · h 130mm



Ref. **94078** / 17,2L



**ARAVEN drain trays are designed to fit ARAVEN food containers** (both GastroNorm and other sizes), and drain off drip loss to preserve food quality.



Ref. **00254** · GN 1/6



Ref. **00243** · GN 1/4



Ref. **00242** · GN 1/3



Ref. **00241** · GN 1/2



Ref. **00256** · GN 1/1

## ● **WHOLE FISH OR MEAT PIECE**

2-10 LITERS  / 1kg-4kg 



10-30 LITERS  / 4kg-8kg 



30-60 LITERS  / 12kg-24kg 



60-100 LITERS  / 24kg-40kg 





## FREEZING MEAT AND FISH

» Freezer chambers must be at a temperature of **below -18 °C**.



- ✓ Adjust the amount of frozen food to the consumption unit.
- ✓ **Use suitable containers** to protect frozen products and to keep them separate.



Protecting food during freezing helps prevent "freezer burn"

## MEAT AND FISH DEFROSTING

To thaw meat and fish transfer the products from the freezer to the cold room. Thawing out at temperatures of 5-7 °C or less reduces the rate of proliferation of microorganisms.



Food must be thawed at refrigeration temperature




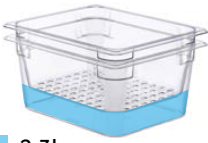






When thawing food it should be placed on the bottom shelf of the cold room, in a container with a lid to prevent the liquids released during thawing from dripping onto other food. The original food packaging should be removed and food should preferably be thawed on a drain tray or in a perforated food pan to separate it from the drip loss.

## • PRODUCTS FOR MEET AND FISH DEFROSTING



ARAVEN's containers, food pans, drain trays and lids have been designed based on hygiene and food safety criteria, allowing drip loss to be drained off and animal-origin proteins to be correctly lidded and preserved.

GN1/2		+		+		
	Ref. <b>94038</b> · GN 1/2		Ref. <b>94036</b> · 8L · h150mm		Ref. <b>94076</b> · 7,8L · h130mm	2,3L
GN1/1		+		+		
	Ref. <b>94062</b> · GN 1/1		Ref. <b>94060</b> · 20L · h150mm		Ref. <b>94078</b> · 17,2L · h130mm	5,8L

150mm 10 KG PROTEIN / 17-20L

GN1/1		+		+		
	KIT · Ref. 01828 · 17,5L					4,4L
GN1/1		+		+		
	Ref. 09829		Ref. 09828 · 19,6L		Ref. 09825 · 17,5L	

285mm 20 KG PROTEIN / 35L



300mm 40 KG PROTEIN / 70L / MON TUE WED

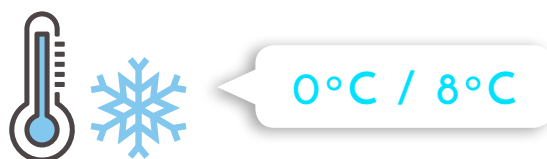


380mm 50 KG PROTEIN / 90L / MON TUE WED



# ORGANISATION OF FOOD STORAGE AREAS

- » **Cold rooms should be at temperature of between 0 and 8 °C**, depending on the type of product. Ideal refrigerating temperatures are between 0 °C and +4 °C, but a cold room in which various products are stored should kept at the temperature of the product that requires the coldest temperature.



- » **Prepared food products, products of animal origin and of vegetable origin should be stored in different storage rooms.** If separating them in different cold rooms is not possible, keep them physically apart.



To prevent cross-contaminations, it is important to maintain a physical separation between raw and cooked foods and between different types of foods.

**Correct organisation** of cold storage/freezer helps lessen any hygiene and health risks as well as improving productivity in the kitchen.

Placing food in airtight containers optimises the use of space, control of packaging dates, preparation and pre-processing, identifying food, and implementing an HACCP and efficient management system.

Organisation of food storage rooms:



**TOP SHELVES:** Prepared foods should be placed at the top part of cold rooms. This avoids any risk of cross-contamination of heat-treated foods by other foodstuffs that may drip onto them.

**MIDDLE SHELVES:** Raw meat and fish should be placed on the middle shelves of cold rooms.

**BOTTOM SHELVES:** They should be kept for foodstuffs that release big quantities of liquids so that, if liquid spills it does not cause cross-contamination in other foods.

# MEAT AND FISH HANDLING

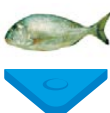
Special care must be taken **when handling meat and fish** to ensure they **remain outside the temperature danger zone (8 °C to 65 °C)**. They must be kept cold or be cooked as soon as possible. Avoid working with meat and fish in excessively hot environments.

**Use different kitchen utensils** (forks, knives, plates, chopping boards, etc.) to work with raw foods. Using different chopping boards for each food type prevents cross-contamination.



ARAVEN's chopping boards with different **coloured corners identify the type of food for which they are used**. These fixed coloured corners identify chopping surfaces according to food groups to prevent cross-contamination.

*FISH*



*POULTRY*



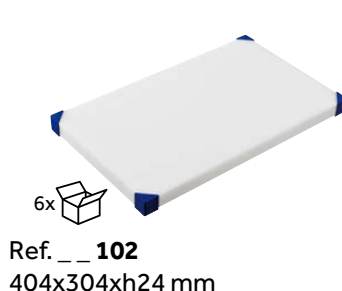
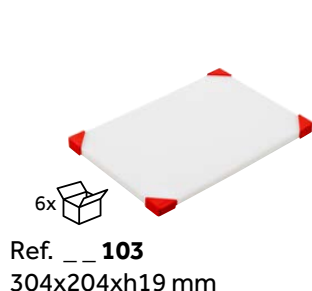
*RED MEAT*



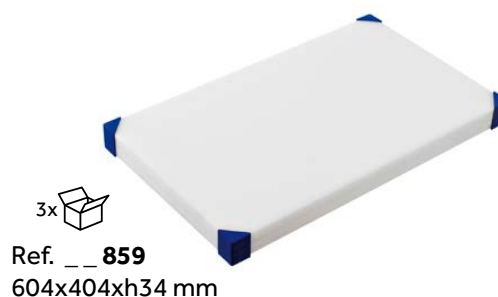
*PREPARED MEAT*



- Ref. **00** \_ \_ \_
- Ref. **02** \_ \_ \_
- Ref. **03** \_ \_ \_
- Ref. **05** \_ \_ \_
- Ref. **07** \_ \_ \_
- Ref. **22** \_ \_ \_
- Ref. **60** \_ \_ \_
- Ref. **08** \_ \_ \_



- Ref. **00** \_ \_ \_
- Ref. **22** \_ \_ \_
- Ref. **03** \_ \_ \_
- Ref. **05** \_ \_ \_
- Ref. **07** \_ \_ \_
- Ref. **32** \_ \_ \_
- Ref. **60** \_ \_ \_





## ● HANDLING TRAYS

### GN TRAYS



GN1/1



Ref. **00283** / 13L · h100 mm



Ref. **00256**  
470x265xh20 mm



Ref. **00282** / 9L · h65 mm

### TRAYS WHITOUT LID



Ref. **01129** / 2L  
300x205xh60 mm



Ref. **01130** / 3L  
345x235xh75 mm



Ref. **01131** / 5L  
435x285xh80



Ref. **01179**  
370x215xh10 mm



Ref. **01132** / 8L  
485x335xh80 mm



Ref. **01180**  
416x262xh10 mm



Ref. **01133** / 10L  
540x385xh80 mm



Ref. **01134** / 20L  
440x350xh160 mm



Ref. **01182**  
375x300xh12 mm



Ref. **03171** / 35L  
530x396xh205,5 mm



Ref. **01170** / 25L  
530x396xh139 mm



Ref. **01178**  
432x332xh12 mm



Ref. **01171** / 35L  
530x396xh205,5 mm

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GROUP

PASSION TO INNOVATE