



AMBASSADOR

Education Group

Food Control including Food Waste Management

EHS Department 2023/2024

AEG Food Controlling including Food Waste Management Procedure	Document ID:	EHS-FCWM-001
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Safely storing food in schools

Schools will store a variety of food on the premises, such as:

- Ambient, e.g. foods kept at room temperature, such as tinned goods, sauces, bread, cereals, flour, rice, pasta, vegetables and fruit.
- Chilled, e.g. refrigerated foods, such as meat, fish, salads, sandwiches, butter, cheese, yogurts, eggs and milk.
- Frozen, e.g. foods kept in the freezer such as ice cream, ice, fish, chips, meat and vegetables.

Store foods correctly to prevent contamination from food hazards and keep them fresh, so good quality, safe food is served. Here are some top tips:

- Check all food deliveries before putting them into storage and reject anything that could compromise food safety and quality.
- Keep dry goods in sealed, labeled containers.
- Keep storage areas clean and tidy.
- Do not store any food, equipment or utensils on the ground.
- Have an effective stock rotation system, e.g. First In First Out (FIFO).
- Regularly check the temperatures of fridges and freezers.
- For prepacked foods, always follow the storage instructions on the packaging.
- Where possible, store raw and ready-to-eat foods separately. If it is not possible, keep higher risk foods, e.g. raw meat and poultry, below ready-to-eat and cooked foods.
- Allergen-containing foods must be kept separate from other foods.
- Store chemicals and cleaning equipment away from food storage areas.
- Keep an eye on use-by dates and best before dates, and dispose of any food that has expired. Using food beyond its use-by date is unlawful.
- Label any non-pre-packed foods with the name and any allergens.
- Label any chilled and frozen food with dates put into storage.

Hot holding

Most schools will hold hot food, e.g. in heated units, soup kettles and bain-maries, which provides a perfect opportunity for harmful bacteria to grow if not at the correct temperature.

When hot holding food, it must be at a temperature of 63°C or above. The food can be kept below this temperature for up to two hours.

However, if not used after this time, it should be:

- Reheated until steaming hot and put back into hot holding (only reheat once).
- Cooled as quickly as possible to a temperature of 8°C or below.
- Disposed of if it has been out for more than two hours.

It is always best to throw out any leftovers to minimize the risk of food poisoning.

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Chilled display

Most schools will hold chilled food. Before putting any food into chilled units, they must be at the correct temperature before use, i.e. set at 5°C or below. The temperature should be checked at least once a day (using a clean probe between chilled food packs). Display all chilled food for the shortest possible time.

Hold cold foods below 8°C, but ideally between 0-5°C. It can be held above 8°C for up to four hours, but only once. After this time, the food should be disposed of properly.

Preparing food safely in schools

Pupils are likely to have various dietary requirements. Some may eat particular foods for religious reasons, other beliefs, needs and preferences, e.g. vegan, vegetarian, kosher and halal. Some may have food intolerances, e.g. to gluten or lactose. It is important to ensure that different types of food are kept separate during preparation to avoid cross-contamination.

This can be achieved by:

- Discussing dietary needs, preferences and intolerances with parents/pupils. Ensuring the information is recorded and members of staff are aware.
- Training staff on different diets and the precautions to take.
- Purchasing foods from approved suppliers and ensuring the correct type of foods are selected and delivered.
- Having separate preparation areas, equipment, boards, and utensils for different foods. If this is not possible, thoroughly cleaning and disinfecting them.
- Using the correct equipment for the task, e.g. color-coded boards.
- Following the 4Cs, especially for cross-contamination.

Safely serving food in schools

- Food contamination can also occur during serving. All areas and equipment should be kept in good repair and clean. All staff handling and serving food must maintain a high standard of personal hygiene at all times.
- When serving food:
- Have separate serving areas for different foods.
- Take extra care when handling and serving ready-to-eat foods, as bacteria and allergens will not be killed by cooking or reheating.
- Provide and use utensils to serve wherever possible to avoid directly touching food.
- Use gloves when serving and change them regularly.
- Follow hot holding guidance where food has to be kept hot before serving, and similar for chilled.
- Always follow the 4Cs.

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Pupils should be encouraged to uphold personal hygiene. It is advisable to have posters in and around eating areas with instructions, e.g. on washing hands properly.

Food Waste management in schools



Schools are likely to produce many different types of waste, e.g. food and packaging. If waste management is inadequate, it can encourage pests and may even result in infestations. It can also increase the risk of food becoming contaminated with harmful pathogens. Food can start to smell as it deteriorates, which can be unpleasant.

All schools should have appropriate provisions for the segregation, storage and removal of waste, for example:

- Having an approved and licensed waste carrier to remove waste.
- Not allowing waste to accumulate by removing it regularly from food areas.
- Having appropriate bins inside and outside the premises, e.g.:
 - Sufficient in number.
 - Different types of bins for different wastes.
 - Bins with foot pedals, so no hand touching.
 - Bins with tight-fitting lids to prevent pests.
- Cleaning and disinfecting bins regularly.
- Lining bins with appropriate liners.
- Regularly emptying bins.
- Ensuring bins are placed and kept in areas designated for waste disposal.
- Keeping outside bins closed when not in use.

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Pest control in schools



A pest is any insect or animal which can contaminate food with harmful pathogens and become an infestation if uncontrolled. They can also introduce physical hazards, e.g. contaminating food with droppings, feathers, fur or the pest itself.

Pests are relatively common, and EHOs close down food businesses due to pest infestations more than any other problem.

Many different types of pests can contaminate food. The ones that may be in and around schools may include:

- Rodents – Mice and rats.
- Insects – Flies, ants, wasps and cockroaches.
- Stored product insects – Beetles, particularly weevils, can be found in flours, grains and cereals.
- Birds – Pigeons (outside areas).
- Foxes – Particularly where there are playing fields and grassy areas.

Some examples of pest prevention and control methods include:

- Checking the premises regularly and trying to spot gaps or holes that could allow pests into buildings.
- Training staff to spot the signs of pests and how to report.
- Ensuring external areas around the premises are kept clear of vegetation and anything that could encourage or harbor pests.
- Looking for evidence of pests or pest damage when checking deliveries, e.g. insects or gnawed packaging. Do not accept deliveries if there are any signs.
- Keeping the premises clean and tidy, especially where food is stored, prepared, served and eaten.
- Removing internal and external waste regularly.
- Using fly screens on any open windows and other pest control methods.
- Not having open bins and keeping lids closed when not in use.
- Storing food correctly, e.g. not on the floor, and keeping it covered or well-sealed.

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- Having an approved contractor to manage and monitor pest control within and around the premises and contacting them if there are any signs of an infestation.
- Taking extreme care to ensure any pest control chemicals used do not contaminate food and are kept away from pupils.
- Disposing of any food touched by pests.

แนวทางการจัดการในปัจจุบัน จากทางครูเบน

นโยบายการควบคุมอาหารคงเหลือ

โรงเรียนจัดทำโดยการคำนวณจำนวนนักเรียนเทียบกับปริมาณอาหารที่ต้องทำในแต่ละวัน ซึ่งทางฝ่ายโภชนาการแต่ละโรงเรียนจะมีการประเมินความต้องการของนักเรียน โดยจะมีปัจจัยคือ มีตัวเลือกอาหารที่หลากหลาย แต่ทำในปริมาณที่ไม่เยอะ เสริฟเมนูที่นักเรียนชอบ จะหลีกเลี่ยงเมนูที่ไม่มีประโยชน์ต่อสุขภาพของนักเรียน จะเน้นเมนูที่มีสารอาหารครบ 5 หมู่ โรงเรียนมีการทำแบบสำรวจเมนูที่นักเรียนส่วนใหญ่ชอบทาน นักเรียนสามารถเสนอเมนูที่ชื่นชอบจะมีการสรุปผลการประเมินเมนูที่นักเรียนชอบทาน การเช็คปริมาณเศษอาหารในแต่ละวันจะมีการคัดแยกเศษอาหาร เศษผักผลไม้ จะทำให้สามารถคำนวณเศษอาหารคงเหลือในแต่ละวันได้ สามารถสรุปได้ว่าอาหารประเภทไหนที่เด็กทานหมดจาน และประเภทไหนที่เด็กยังไม่ชอบทาน ทางโภชนาการก็จะสามารถควบคุมปริมาณอาหารคงเหลือได้อย่างมีประสิทธิภาพ

Controlling food leftovers each day school nutritionists will order ingredients from the same source for all schools in the network. This reduces costs compared to ordering separately from many suppliers.

Food control policy.

Schools are organized by calculating the number of students against the amount of food that must be prepared daily. The nutrition department of each school will assess the needs of students. There will be factors: There are many food options but in small quantities. Serve menus that students like Menus that are not beneficial to student's health will be avoided. Emphasis will be placed on menus that contain all 5 food groups. The school has conducted a survey of the menus that most students like to eat. Students can propose their favorite menus. There will be a summary of the evaluation results of the menus students like eating. Checking the amount of food waste each day involves separating food scraps, vegetable and fruit scraps, which will allow the calculation of the remaining food scraps each day. It can be concluded that what type of food the child eats completely. And which types do children not like to eat? Nutritionally, it can control the amount of food remaining effectively

แนวทางการการควบคุมของเสีย ควบคุมเศษอาหารในโรงเรียน เศษอาหารในโรงอาหารของโรงเรียน และเศษอาหารในส่วนของคอฟฟี่ช็อปของโรงเรียน ขยะเศษอาหารจากผู้ให้บริการจะเป็นอาหารที่เหลือจากการรับประทานอาหารในแต่ละมื้อ โดยขยะกลุ่มนี้จะเป็นอาหารสัตว์ การควบคุมของเสียนั้นต้องการคัดแยกขยะประเภทอาหาร/ผัก/ผลไม้ ที่สามารถนำไปใช้ประโยชน์ได้มีหลายอย่าง การปฏิบัติในปัจจุบัน ขยะเศษอาหารนำไปให้เล้าไก่ ขยะจากผักและผลไม้ไม่นำไปให้กระต่าย ซึ่งที่โรงเรียนมีศูนย์การเรียนรู้ STREAM Garden ที่ทางโรงเรียนได้นำเศษอาหารจากโรงอาหารและคอฟฟี่ช็อปไปให้เลี้ยงสัตว์ ทั้งนี้ ครูได้พานักเรียนนำเศษขยะจากผักและผลไม้ไปทำเป็นปุ๋ยหมัก เพื่อให้ในการเพาะปลูก และนำปุ๋ยที่หมักมาใส่พืชที่นักเรียนเพาะปลูก โดยเศษอาหารในแต่ละวันจะไม่เหลือมากมาย พอดีในการนำเศษอาหารไปเลี้ยงสัตว์และทำปุ๋ยหมัก

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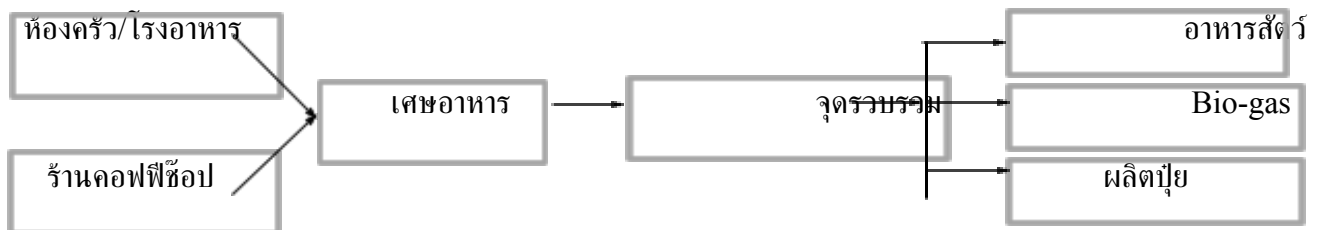


ขยะเศษอาหาร

ขยะเศษอาหารที่เกิดขึ้นในร้านค้าโรงอาหารประกอบด้วยขยะ 2 ประเภทย่อยซึ่งมีรูปแบบการจัดการที่แตกต่างกัน ได้แก่ เศษอาหารปรุงสุกซึ่งร้านค้าขายไม่หมด ซึ่งผู้ประกอบการร้านค้าจะคัดแยกแล้วนำไปเป็นอาหารสัตว์ร่วมกับขยะเศษอาหารที่ผู้ใช้บริการรับประทานเหลือ และขยะเศษวัตถุดิบอินทรีย์ที่ร้านค้าทิ้งจากการประกอบอาหาร เช่น เศษผัก และเปลือกผลไม้ เป็นต้น ซึ่งมีการรวบรวมเศษอาหารส่วนนี้ไปผลิตอินทรีย์วัตถุปรับปรุงคุณภาพดินโดยใช้กระบวนการย่อยสลายของจุลินทรีย์ในระบบแปลงขยะชีวมวลให้เป็นอินทรีย์วัตถุปรับปรุงคุณภาพดิน (Bio-digestor)



เศษอาหาร | เศษผัก | เปลือกผลไม้



Waste control guidelines Controlling food waste in schools Food scraps in the school cafeteria and food scraps in the school coffee shop Food waste from service users will be food left over from eating each meal. This group of waste will be animal feed. Waste control requires separating food/vegetable/fruit waste. Many things can be used. current practice: Food scraps are taken to the chicken coop. Waste from fruits and vegetables is given to rabbits. There is a STREAM Garden learning center where the school takes food scraps from the cafeteria and coffee shop to feed the animals. Teachers take students to turn waste from vegetables and fruits into compost. to cultivate and put the composted fertilizer on the plants the students cultivated. There will not be many food scraps left over each day. It is appropriate to use food scraps to feed animals and make compost. Food scraps.

Food scraps generated in cafeteria shops consist of two sub-categories with different management styles: cooked food scraps, which shops do not sell completely, which the store operators will separate and use as animal feed, and the leftover food waste that service users eat. and organic raw material waste that is stored and thrown away from cooking, such as vegetable scraps, fruit peels, etc. This food waste is collected to produce organic matter to improve soil quality by using the

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microbial decomposition process in the system to convert biomass waste into organic matter.
(Bio-digester)

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