

## NCFE Level 2 Expedition Food Hygiene

Do you lead expeditions in the UK or overseas? Worried groups will get food poisoning? Not sure how to purify water or dig a toilet outdoors? Cookout is running a one day course to ensure groups avoid getting food poisoning.

### Course objectives

- To ensure food is handled, prepared, stored and served as hygienically as possible.
- Certified by the NCFE (subject to approval).
- Tailored to the outdoors.

### Course content

- What is food safety?
- Laws governing food safety
- Food poisoning - what is it and how you get it
- Temperatures - cooking, chilling and reheating food
- Storing food safely
- Personal hygiene
- Kitchen and cleaning
- Water purification
- Toilets - where to site them, how to dig them
- Environmental impacts - wildlife, water courses

### Resources

Refreshments will be provided (tea, coffee, biscuits, etc). You need provide your own lunch. Please note there are no shops near the centre.

### Location

Solent Scout Training Centre, Lysons Copse, Sandy Land, Shedfield, Southampton, Hampshire SO32 2HQ. [www.lysonscopse.org.uk](http://www.lysonscopse.org.uk) or call me for directions. Participants can contact me on my mobile in case of emergencies. 07811 346043

### Date

Friday 7 May 2010. 0930-1630

### To book

Cost £65. Please complete the following booking form and send it together with a cheque made payable to 'Cookout', Cookout, 3 Chelsea Road, Southsea, Portsmouth, Hampshire PO5 1NH. For more information contact Cookout on 07811 346043 or email [info@expeditionfood.co.uk](mailto:info@expeditionfood.co.uk), [www.expeditionfood.co.uk](http://www.expeditionfood.co.uk)

### Helen Littlejohn

Helen has cooked and led conservation, adventure and youth groups in the UK and abroad for 15 years; even cooking for 16 people in the Moroccan Atlas Mountains! She has personally travelled and trekked all over the world, working for one of the UK's leading Adventure Travel Companies for 5 years, leading and managing tours in Asia. She holds the Summer Mountain Leader Award and runs the Duke of Edinburgh Award for a college in Winchester, leading UK and overseas trips. She is a tutor for the Level 2 Award in Food Safety in Catering and now runs her own company, 'Cookout'; training and advising Expedition Companies and Outdoor Education providers on catering and food hygiene issues.