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Welfare News

Providing hints, tips and strategies for a happy Jamboree!

Who are we and what do we want?



We are the SA Contingent Welfare Team (affectionately known as the Fun Police). Our job is to ensure your Jamboree is as happy and fun

as it can be. We will provide support with health (including mental health and counselling), hygiene and conflict issues you might come across at camp, as well as equipping you with the tools to run a successful Jamboree Troop. On-site, we will visit your troops regularly and hopefully help to put smiles on dials! We know that many of you are experienced

Scout Leaders and have a wealth of knowledge and strategies. These newsletters will provide you with information you can add to your already growing bank of information, provide topical discussion points, act as a memory jogger, and highlight some issues that are highly relevant to life at a Jamboree.

Health, Hygiene and “Health Giving Habits”

Even Baden Powell, 100 years ago, knew the value of keeping clean and tidy on camp. He dedicated several campfire yarns in Scouting for Boys to this topic. Although times have changed, the philosophies remain the same. Here is some of what BP had to say on the matter...



From Campfire Yarn 18,
Health-Giving Habits

All the great peace scouts who have succeeded in exploring or hunting expeditions in wild countries have only been able to get on by knowing how to keep themselves and others healthy... A Scout who does not know something about taking care of himself ... might just as well stay at home for all the good he will be. Therefore practise keeping healthy yourself, and then you will be able to show others how to keep themselves healthy too. In this way you can do many good turns.

From Campfire Yarn 19,
Prevention of Disease

A great point is...to abolish the germs, if possible. They like living in dark, damp, and dirty places. And they come from bad drains, old dustbins,



rotting refuse, etc. Therefore, keep your room, or your camp, and your clothes clean, dry, and as sunny as possible, and well aired; and keep away from places that smell badly. Before your meals you should always wash your hands and fingernails, for they are very apt to harbour microbes which have come from anything that you may have been handling in the day.

We have divided our “Health Giving Habits” into 2 categories. This newsletter will focus on **Food and Kitchen Hygiene**, whilst the next one will offer some tips on general **personal and camp hygiene**.

Food and Kitchen Hygiene

Healthy Troops have Healthy kitchens. Make sure yours is!

Cleaning

Having a consistent, reliable and well structured dish washing system is extremely helpful on a Jamboree.

One way of cleaning plates that we have tried and tested is:

1. Scrape all food scraps into the bin.
2. Wipe the plate with a paper towel to clean off eg excess sauce and mash etc.
3. Wash in **hot** water and rinse.
4. Air dry.

This way prevents washing water getting chunky bits in it but it is still important to change the water frequently.

Some people use a disinfectant to put in the rinse water.

Some other alternatives:

- Use Milton to sanitise plates
- Use tea towels, but change regularly and wash used towels in Milton



Jamboree Supplies

This year, the welfare team will be supplying you with some bonus extras to help make your kitchen spick and span, and germ-free.

Milton - this will be supplied in a spray bottle at the Jamboree. Use it to spray cutting boards and food preparation areas. Note that it will not be supplied at Shakedown, so if you wish to use or practise with this method then, you will need to BYO for Shakedown.

Plastic table covers—wooden trestles or old tables with breaks and cracks can be hard to clean bacteria from. We will supply plastic coverings for your tables if you wish, to make wiping and clean-up much easier.

Large Metal trays—these will be supplied to you at Shakedown and can be used to separate raw meat from veggie products in your eskies, keep ice away from foods, or for serving and preparation.

Chopping boards—whilst coloured boards will likely not be supplied, we recommend you adding \$1 to your Scouts' Shakedown fees. This will allow you to purchase at least 2 new cutting boards, at least one of which could be solely dedicated to raw meat.



A clean and ordered kitchen will prevent messes and accidents. Keep things tidy, clean as you go, and create easy to follow systems for your Scouts to use.



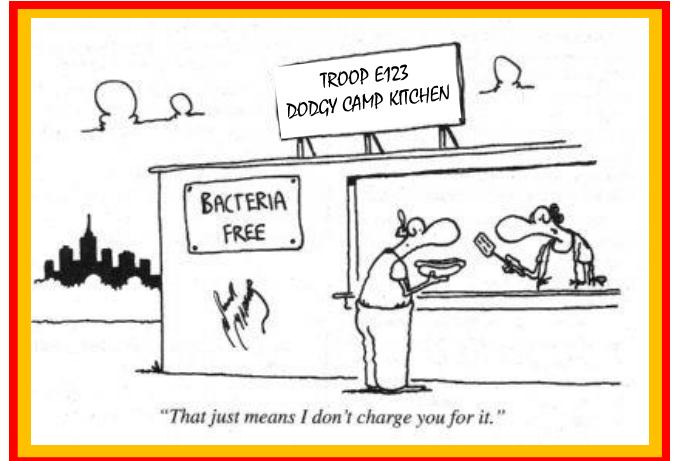
Cross Contamination

Cross contamination is when the bacteria from raw meat or other sources enters your cooked food supply.

Prevent cross contamination by:

- colour coding the boards. Eg red for raw meat, green for vegetables.

- Spraying cutting boards with anti-bacterial sanitizer. (While you mightn't do this at home but at camp where sanitation is not as good)
- The alternative is to wash the boards at a temperature above 65°
- Wash knives thoroughly in water over 65° or wash, then spray with Milton
- Cover cuts and sores with a bandaid to prevent them becoming infected.
- Wash hands regularly with soap and water, dry with a paper towel or air dry before using a hand gel.
- Never use a tea towel or apron for drying hands
- If using gloves change them as often as you would wash your hands and if you have been handling meat then change them before touching anything else.
- Also wash hands after sneezing, coughing or picking nose.
- Place cooked meat on a clean tray. Never on the same tray that



was used for the raw meat.

- Ensure that any marinade is well cooked as it will have the meat juices in it.
- When storing meat make sure it is well wrapped and store it at the bottom of the esky so that it cannot drip onto other food.
- If it does drip, replace the ice and wash out the esky.
- Keep food covered.
- Use an anti bacterial sanitiser to clean all benches in the kitchen and all tables in the dining area. This is especially important if the benches are old and have cracks.



Temperature Control

When all we have at our disposal in a camp situation is eskies for cooling, and limited heating appliances, we need to be particularly aware of the temperatures our food supply is exposed to.

- Reheating kills bugs but many bugs make a toxin that is not killed by reheating.
- The toxin grows quickly at room temperature, especially on damp foods like cooked rice, potato salads etc.
- Danger zone is between 5 and 65° C. Many eskys will be above 5° C
- After 4 hours in the danger zone throw food out.
- Food must be cooked thoroughly especially patties and sausages and chicken.
- While no one likes wasting food, on Jamboree there is usually plenty of food so there is no point in saving leftovers, especially as the eskys are unlikely to be cold enough.
- Keep the eskys to chill the fruit, drinks and to keep milk cold.

Some of your feedback from the surveys you completed at Leader Weekend was to supply a quick summary page that can be given to Scouts and Parents. Well, we took it on board, and here it is!



Jamboree Kitchen Hygiene: The main points...



It is really important to keep your kitchen clean and tidy at a Jamboree, otherwise, bugs and germs will be upon you! As you are all living together with lots of other scouts, these bugs can spread quickly and make your entire troop sick and your Jamboree miserable. Trust us, you don't want to spend your whole Jamboree in a hospital with your head in a bucket.

Your leaders will have some routines and systems for you to follow when preparing food. These are in place to keep you healthy. It is important that:

- All Scouts learn the routines and keep to them as much as possible
- Patrol leaders help the Troop Leaders to make sure these routines are being followed by their patrol.

There are 3 main reasons food can make you sick on camps

- Improper cleaning
- Cross contamination
- Improper temperature control



DON'T LET YOUR TROOP'S KITCHEN LOOK LIKE THIS!!

Jamboree Food Hygiene tips

Cleanliness

- If you make a mess, clean it up straight away
- Wash hands before and after food prep and meals
- Ensure personal dishes and troop kitchen prep dishes are clean and dry before and after meals
- Wipe down benches and tables after meals and prep
- Ensure the ground is clear of food scraps and rubbish after food prep.
- Make sure washing water is clean and warm

Temperature Control

- Ensure there is ice in your cold esky and cold foods are kept cold.
- Throw out any leftovers that have been kept at warmer than 5 degrees for longer than 4 hrs
- Make sure all food, especially chicken, patties and sausages are cooked thoroughly before serving or eating

Cross contamination

- Cover any cuts on hands and fingers if preparing food.
- Keep raw meat away from cooked and fresh foods. This includes during food prep and storing in your esky
- Wrap any raw meats that will be stored in your esky
- Wash your hands after handling raw meats

Enjoy your cooking, love your food, but stay safe and concentrate on your job!