WORKSHEET 2.5

Validation Before the First Plate

Subchapter 2.5 · case in the book: Montreal

For each critical limit and shelf life in your kitchen, who decided the number, and on what evidence other than habit?

This worksheet turns the tools of the subchapter into a form you can fill in. The texts come from the book; the empty columns are for your own property. Adapt it before use: an unadapted checklist is exactly what the book warns against.

Practical application: what to do in your property

Step (from the book)	Done?	What we found / owner
Week 1: Reduce shelf life to five days; discard older stock; service cold room		
Week 1–3: Trace every limit to its source; group by strength of evidence		
Month 1–3: Shelf-life, heat-penetration and chilling studies		
Month 3: Validation file per process; modified limits into the plan		
Month 3: Revalidation question added to the change procedure		
Every year: Review validation files against current processes		

These steps are the book's method, not requirements of ISO 22000. Evidence can take whatever form suits the property; a separate document is needed only where an applicable requirement, or the property's own system, makes it necessary.

Verification Pact: what is believed, tested against the standard

What is commonly believed	What actually holds	Our position
"Complete monitoring records prove the process is safe."	No. Monitoring shows the process was applied. Validation shows the process is capable of controlling the hazard.	
"Validation is needed only for CCPs."	No. It applies to control measures and combinations included in the hazard control plan, including OPRPs.	
"The equipment manufacturer's settings are validated."	Not for your product. They may be a source of evidence, but the organisation must show they apply to its products and conditions.	
"Validation always requires a laboratory study."	No. The methodology is the organisation's choice. Literature, guidance and historical data can suffice where the process matches them.	

What is commonly believed	What actually holds	Our position
“Once validated, always validated.”	No. Validation is repeated after any change to the control measures.	
“Shelf life is a quality question.”	Not when it controls a hazard. Where shelf life is part of the control of a significant hazard, it must be validated.	

Common mistakes: a self-check

Mistake (from the book)	Present here?	Action / owner
Treating monitoring records as validation		
Inheriting limits from other kitchens		
Using manufacturer settings without testing		
Ignoring real storage conditions		
Validating once and never again		
Studying everything or nothing		

Operative synthesis

- **For a general manager, a single question usually reveals the state of validation in a kitchen: pick any shelf life on any label in the cold room and ask who decided it, and on what evidence. An answer that names a study, a guideline or a test is a good answer. An answer that names a previous hotel, a course or a habit is the beginning of a validation plan.**
- **A second question is equally telling: when was the last time the kitchen changed a recipe, a container or a batch size for a validated process, and was the validation revisited? In a busy hotel, the honest answer is often that changes happen weekly and validations are revisited never. Closing that gap does not require a study for every change; it requires someone to ask, each time, whether the evidence still applies.**
- **Can every limit in the plan be traced to a source? (Team leader): Inventory of limits with sources**
- **Are extended shelf lives and reduced-oxygen products supported by studies? (Team leader): Study reports**
- **Do validations reflect real storage and batch conditions? (Chef): Validation files citing actual conditions**
- **Does the change procedure ask whether validation still holds? (Team leader): Change records**
- **Does anyone read monitoring logs as data about conditions? (Team leader): Periodic analysis of cold room and chiller logs**

Action plan for our property

Action	Owner	Due	How we will know it worked

Action	Owner	Due	How we will know it worked

Source: Francesco Dore, The Helm and the Lens, Volume 6a «The Helm», subchapter 2.5. Edizioni Effedore, 2026. Clause references are paraphrased; this sheet does not reproduce the text of ISO 22000. It is not legal advice: food law is that of the place where the property operates.