

# Food Safety Newsletter

WINTER 2019



Welcome to our first official Food Safety Newsletter! This is our first quarterly newsletter filled with information about Food Safety, up coming training, and general requirements for food businesses. If there is anything that you want more information on, please get in contact with us.

## Sanitising – what's the difference?

As a food business owner, you are required ensure that all of the fixtures, fittings and equipment used in food preparation are kept clean and utensils and food surfaces are required to be sanitised.

### What's the difference between Sanitising and Cleaning?

Cleaning is done using a detergent to remove grease, dirt, residual food matter and the like. This process does not remove bacteria.

Sanitising is the process of killing bacteria by using heat or specific chemicals. This step reduces the number of bacteria that does not compromise the safety of the food. Both processes must go hand in hand and cleaning should be undertaken before sanitising.



### How do I sanitise?

There are various ways to sanitise:

- Heat – using water that is above 77°C for at least 30 seconds. This is generally best suited to a dishwasher.
- Dishwashers – commercial dishwashers use higher water temperatures (above 80°C) and if operating properly, are considered effective at sanitising. Domestic dishwashers use a lower temperature (65°C to 68°C) and are not effective at sanitising.
- Chemicals – a chemical sanitiser can be used provided it is food grade and food safe. There are 2 types of sanitisers – rinse and non-rinse. For ease of use, it is suggested that a non-rinse sanitiser is more practical in a kitchen situation. Plain, unscented bleach can be used provided that it is made to the following ratios (below)

	Concentration for sanitising
Household bleach (4% chlorine)	2.5mL in 1L water OR 25mL in 10L water
Commercial bleach (10% chlorine)	1.0mL in 1L water OR 10mL in 10L water

### **Can't I just use the disinfectant from my laundry or my Spray & Wipe instead of buying sanitiser?**

Your typical household cleaning products are generally for just that, your household and most products are not food safe. They should not be used as a sanitiser. Please note that hand sanitisers are not a substitute for food safe sanitisers.

For more information on sanitizing in the kitchen, go to the following website or contact Council's Environmental Health Officer.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/protecting+public+health/food+standards/skills+and+knowledge+for+food+handlers/cleaning+and+sanitising+in+food+businesses>

### **Labelling – What do you need to know?**

Labelling of foods provides information for consumers about what ingredients in the food, the kilojoule content and where it was made. So, what do you as a food business need to know?

What must appear on food?

- The Name of the food
- Premises Identification
- The Name and Address
- Mandatory advisory and warning information and declaration of certain food substances
- Ingredient Labelling
- Date Marking
- Storage Requirements

For more information, go to the SA Health Food Safety website and google the "Guide to the Labelling of Packaged Food" or click on the link below:

<https://www.sahealth.sa.gov.au/wps/wcm/connect/ad44f2804376365396b5dfc9302c1003/Final+Version-+Guide+to+Labelling+2016+Update.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-ad44f2804376365396b5dfc9302c1003-mwMRLmS>

### **Thermometers – Do you need one?**

If your food business stores, transports, prepares, cooks or sells potentially hazardous food, then you must have a thermometer so you can measure the temperature of this food. Potentially hazardous food includes food that contains meat, fish, dairy products and eggs. It also includes cooked rice and pasta.

The thermometer must be kept at your food premises, must be easily accessible and can accurately measure the temperature of potentially hazardous food to  $\pm 1^{\circ}\text{C}$ .

To be able to adequately determine the internal temperature of the potentially hazardous food, you need a probe thermometer to be able to test the internal temperature of the food.

It's good practice to keep a record of your temperatures of your food by using a simple excel spreadsheet. This shows that you are storing your foods appropriately.



## Winter Warmers – keeping your food safe!

Now is the time to make big batches of soups, casseroles and stews in preparation for those cold winter nights but remember they need to be cooled and stored properly to avoid posing a food safety risk.

When Cooling the food, divide the food into smaller portions so that it cools quicker. If you want to store some in the freezer, do this as soon as the food has stopped steaming and place it straight into the freezer.

Refrigerated leftovers should be used or frozen within 2 to 3 days. They will keep several months in the freezer. When reheating food ensure that it is hot all the way through, follow any microwave prompts to stir it or leave it to stand and use a thermometer to ensure it is at least 75°C in the centre.

If you use a slow cooker always follow the instructions and make sure it keeps the food at a safe holding temperature of 60°C or above until you are ready to eat it.

## Bacteria of the Quarter

# Campylobacter

Campylobacter is one of the most common causes of gastroenteritis and is generally found in raw or undercooked meat, poultry or eggs.

### What are the symptoms & how is it spread?

Most people experience diarrhea, stomach cramping, abdominal pain and fever that can last for one to two weeks. Symptoms usually develop within 2 to 5 days after infection and can last between 2 to 10 days

Campylobacter is spread via eating contaminated food, drinking contaminated water or drinking unpasteurised milk. It can also be spread via the hands of infected people or from contact with cats, dogs and farm animals that carry the bacteria.

### How is it treated?

Most people will recover from campylobacteriosis with rest and fluids. It usually takes one week to recover, but can take as long as two weeks. Your doctor may recommend a rehydration solution, available from your pharmacist, to help with the dehydration resulting from the diarrhoea.

### How can we avoid Campylobacter infection?

- Make sure that you wash your hands thoroughly with soap and warm water after using the toilet, handling raw food, and before handling and eating food.
- Store raw meats at the base of your fridge in sealed containers.
- Avoid cross contamination between raw foods and cooked foods.
- When cooking poultry, make sure that the meat is thoroughly cooked all the way through. i.e no pink portions of meat



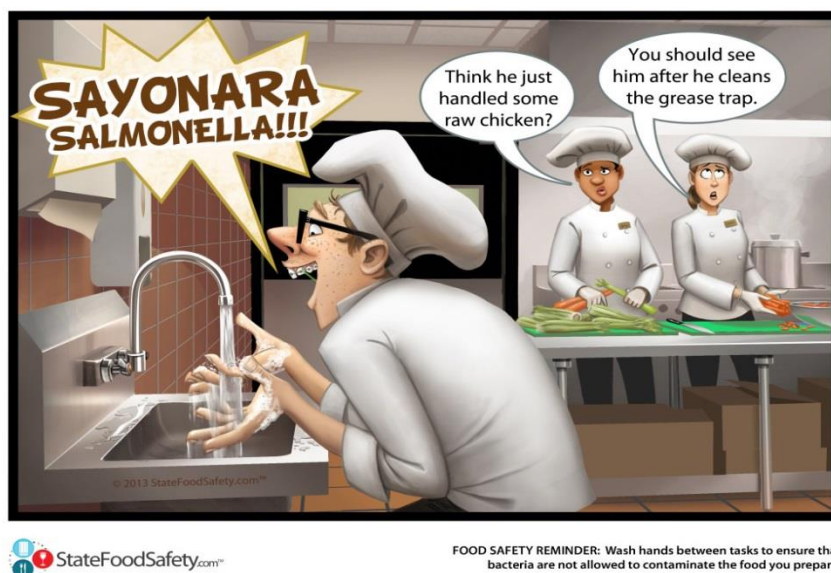
## Food Standards Code

### Standard 3.2.2

#### 20 Cleaning and sanitising of specific equipment

- (1) A food business must ensure the following equipment is in a clean and sanitary condition in the circumstances set out below –
- (a) eating and drinking utensils - immediately before each use; and
  - (b) the food contact surfaces of equipment - whenever food that will come into contact with the surface is likely to be contaminated.
- (2) In subclause (1), a 'clean and sanitary condition' means, in relation to a surface or utensil, the condition of a surface or utensil where it –
- (a) is clean; and
  - (b) has had applied to it heat or chemicals, heat and chemicals, or other processes, so that the number of microorganisms on the surface or utensil has been reduced to a level that –
    - (i) does not compromise the safety of the food with which it may come into contact; and
    - (ii) does not permit the transmission of infectious disease.

The intended outcome of this section is that the specific equipment is cleaned and sanitised to minimise the transmission of infectious disease and to protect food from contamination.



If you want more information about Food Safety, then please contact Council's Environmental Health Officer on 1300 785 277, via email at [council@coorong.sa.gov.au](mailto:council@coorong.sa.gov.au) or come and visit us at the Tailm Bend Office located on Railway Terrace.

**IS YOUR FOOD BUSINESS REGISTERED WITH COUNCIL? OR HAS THE BUSINESS CHANGED OWNERSHIP?** Contact Council to update your details.