



FOOD SAFETY NEWSLETTER

Welcome to Wagga Wagga City Council's Food Safety Newsletter.

Staff at Wagga Wagga City Council would like to take this opportunity to thank all those involved in food regulation in Wagga Wagga and reinforce the importance of continuing to work together to increase food safety compliance and reduce the incidence of food borne illness in our region.

FROM 25 MAY 2018 THE 10 FOOD INGREDIENTS THAT MUST BE DECLARED:

- ▶ Peanuts, tree nuts, milk, eggs, sesame seeds, fish, shellfish, soy, wheat and now lupin.

On 25 May this year, Food Standards Australia New Zealand (FSANZ) added lupin to the list of 9 allergens that currently must be declared on food labels.

Lupin, like other protein containing foods (such as peanut, soybean, dairy or shellfish) may trigger an allergic reaction in a small number of people. Lupin can be found in a wide range of food products including, but not limited to, bread, bakery and pasta products, sauces, beverages and meat based products.

Scores on Doors

IS YOUR FOOD BUSINESS A PARTICIPANT IN COUNCIL'S SCORES ON DOORS PROGRAM?

Scores on Doors offers businesses a great opportunity to show customers just how seriously food businesses take food hygiene and the results they have achieved by displaying a star-rating certificate on their door.

WHAT IS THE SCORES ON DOORS?

Scores on Doors is the NSW food hygiene scoring program that provides consumers with information on hygiene and food safety standards of businesses. The ratings are based on routine inspections conducted by Council's Environmental Health Officers. There are three possible ratings:

- ▶ Excellent
- ▶ Very Good
- ▶ Good

Joining the program is free! There are no additional costs to your business for participating. Displaying a 'Scores on Doors' certificate and sticker can provide a point of difference from competitors.



Cooling Potentially Hazardous Food

A common contributing factor to food poisoning in food businesses is incorrect temperature control. This is when food is held for too long at temperatures where harmful food poisoning bacteria can grow. The time food takes to cool (or reheat) is sometimes overlooked in food businesses and this is when problems occur.

It is important that food businesses make sure cooked potentially hazardous food (PHF) has been cooled in accordance with Standard 3.2.2, Clause 7(3) of the Food Standards Code (the Code).

Standard 3.2.2, Clause 7(3), Food Standards Code

A food business must, when cooling cooked potentially hazardous food, cool the food:

- within two hours – from 60°C to 21°C, and
- within a further four hours – from 21°C to 5°C, unless the food business demonstrates that the cooling process used will not adversely affect the microbiological safety of the food.

If cooked PHF is left to cool too slowly, for example at room temperature or in large volumes in a cool room, the vegetative cells can grow to dangerous levels. Reheating the food may not reduce the number of bacteria and does not destroy any bacterial toxins that may be produced.

GET CRACKING

REDUCE THE RISK OF FOOD POISONING FROM EGGS

IN ORDER TO MINIMISE YOUR RISK OF FOOD POISONING FROM EGGS, PLEASE FOLLOW THESE SAFETY TIPS:

- ▶ If an egg appears to have a crack in it you are better to discard it,
- ▶ If a piece of shell is dropped into the egg mixture it may have become too contaminated unless it is being cooked thoroughly,
- ▶ Eggs should be cooked until the yolk has at least firmed a little or the egg has set (in scrambled eggs and omelettes),
- ▶ When separating raw eggs to use in cooking use a sanitised separator as using the shell may contaminate the raw egg,
- ▶ Keep eggs refrigerated at 5 degrees celsius or below in the cardboard box that they were purchased in,
- ▶ Raw egg meals should be prepared just before you are to consume them and refrigerate immediately at 5 degrees celsius or below to prevent the growth of bacteria, and
- ▶ Ensure that you wash your hands thoroughly with soap and running water before using eggs and after you have finished with them so that you do not contaminate any other food.

REMEMBER DON'T COOK WHEN YOU'RE CROOK

THIS NEWSLETTER HAS BEEN DEVELOPED TO ENSURE OPEN LINES OF COMMUNICATION EXIST BETWEEN COUNCIL AND THE LOCAL FOOD INDUSTRY

Contact Wagga Wagga City Council if there are any major changes within your food business, including; change of ownership or a change in the type of food prepared.

Environmental Health Officers
Call: 1300 292 442
council@wagga.nsw.gov.au
www.wagga.nsw.gov.au

Cooling times can be reduced by:

- ▶ cooking and cooling smaller amounts or portions of food
- ▶ placing food into large shallow containers to cool (e.g. 5 cm deep)
- ▶ using rapid-cooling equipment (e.g. blast chiller)
- ▶ stirring liquid foods frequently (ensuring the stirring utensil has been cleaned and sanitised)
- ▶ using water or ice water baths
- ▶ allowing cool air to circulate around the container of food to be cooled – PHF should be cooled on racks and not on the floor of a cool room
- ▶ adding ice as an ingredient.

MONITORING THE COOLING PROCESS

It is important that the temperature of food is monitored during cooling to ensure the procedure used is effective. Food temperatures should be checked with a clean, sanitised thermometer in the part of the food that will take the longest to cool,

usually the centre. It is good practice to record both the temperature and the time the temperature was taken to make sure the cooling process meets food safety requirements.

Are your food contact surfaces sanitised?

WHY DO I NEED TO SANITISE?

Food businesses are required to clean and sanitise food contact surfaces between uses. Sanitising is an additional step to cleaning or washing up. Cleaning with detergents removes food particles and sanitising removes remaining bacteria.

Food contact surfaces include eating and drinking utensils, storage containers, processing equipment and food preparation surfaces. Most food poisoning bacteria are killed if they are exposed to high heat, chemical sanitisers or a combination of both.



Heat: Very hot water at 77°C for 30 seconds.



Dishwasher: Domestic and commercial dishwashers have a rinse cycle that is usually well above 77°C. The dishwasher is the most popular method for heat sanitation.



Chemical - Food Grade Sanitiser: Chemical sanitisers are usually sold as concentrates which are to be diluted according to their intended use.



Rinse under hot water: The temperature of hot tap water (usually 50-60°C) is too low for effective sanitising. Food premises without a dishwasher must implement a chemical sanitation method.

The use of time as a control for potentially hazardous food because food poisoning bacteria take time to grow to numbers that cause food poisoning, the Food Standards Code provides an alternative to holding food below 5°C or above 60°C. It allows food businesses to hold food between 5°C and 60°C for short, measured periods of time. Introducing the 4-hour/2-hour rule Studies have been done that show food can be safely held out of temperature control for short periods of time without significantly increasing the risk of food poisoning. The time for which food can be safely held between 5°C and 60°C is commonly referred to as the '4-hour/2-hour rule' and is applied as follows: Total time food is between 5°C and 60°C.

The 4hr/2hr rule is:



Food business are to keep records in the instance that the 4hr/2hr rule is used to demonstrate compliance.