



# Food for thought

Food Safety Newsletter | April 2021

## Cleaning and Sanitising

Cleaning and sanitising are the two basic steps needed to reduce the risk of foodborne illnesses. The first step of the process is cleaning, which removes dirt, grease and food particles. The next step is sanitising that destroys food poisoning microorganisms to a safe level.

### Phase it

Break down the cleaning and sanitising process into phases to make it easy for your staff to ensure the correct process is followed.

- 1. Pre-Clean:** Remove excess dirt and food particles by sweeping, wiping, scraping or pre-rinsing.
- 2. Wash:** Wash with warm water and detergent. Soak if needed.
- 3. Rinse:** Rinse with clean hot water to remove loose dirt and detergent residues.
- 4. Sanitise:** Sanitise using heat via dishwasher's hot cycle/soak in very hot water (minimum 77°C for 30 secs) or apply a food grade sanitiser as per the manufacturer's instructions.
- 5. Final Rinse:** Wash off sanitiser (Some sanitisers are rinse free, see the label for directions).
- 6. Dry:** Air dry (if towels are used, they should be clean, dry and ideally single use).



Pre-Clean



Wash



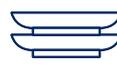
Rinse



Sanitise



Final rinse



Dry

### Schedule it

A cleaning and sanitising schedule ensures nothing is missed during cleaning. It shows what is to be cleaned, when, who's responsible for cleaning and verifying cleaning and which methods/products are to be used.

## What do food laws say about cleaning and sanitising?

Food Safety Standards Code 3.2.2 requires food businesses to maintain food premises to a standard of cleanliness so there is no accumulation of:

- Dust
- Dirt
- Grease
- Garbage
- Food waste
- Recycle matter and
- Other visible matter

Cleaning the food premise includes:

- Floors, walls, ceilings, windows
- All fixtures and fittings
- Equipment
- Food contact surfaces e.g. utensils
- Amenities

All food contact surfaces need to be sanitised using either:

- Heat; and/or
- Chemicals.

## What are Potentially Hazardous Foods (PHF)?

PHF are foods that must be kept at certain temperatures to minimise the growth of any disease-causing microorganisms that may be present in the food or to prevent the formation of toxins in the food. Examples include, but are not limited to: raw or cooked meat, poultry, seafood, food containing raw egg, dairy products, sprouted seeds, salads, cut fruits and vegetables, cooked rice and pasta.

## Temperature control

Put your thermometer to good use. Use the thermometer to ensure that PHFs are kept at a temperature of:

- Cold foods 5°C or below or
- Hot foods 60°C or above

Temperatures between 5°C to 60°C are known as the Temperature Danger Zone. If PHFs are kept in the temperature danger zone, they could become unsafe due to the growth of foodborne pathogens or formation of toxins.

## Applying 2hr/4hr rule

The 2 hr/4 hr rule uses time and temperature control to keep food safe by monitoring the time that high-risk food spends in the temperature danger zone of 5°C to 60°C. If you are using the 2 hr/4 hr rule, follow the steps below:

- Under 2 hours – ok to use or put back in the refrigerator
- 2 to 4 hours – ok to use straight away, no putting back in the refrigerator
- Over 4 hours – throw away

The recorded time must be the total time PHF are exposed to the temperature danger zone. This includes preparation time. If you are using 2 hour/4-hour rule, temperature records must be kept and produced on request.



## Feedback Survey Contest

Congratulations Karl Kelly of Riverina Community College, the winner of the food grade thermometer in our "Food safety newsletter feedback survey contest". Thanks to everyone who participated in the contest by sending your valuable feedback on the newsletter! Many more prizes are up for grabs.



*Karl Kelly from Riverina Community College receiving the prize from Sharomi Dayanand, Environmental Health Coordinator of Environmental Health Team of Wagga Wagga City Council.*

## Quick six tips

- Check temperatures of deliveries
- Ensure refrigeration equipment is operating and used correctly
- Check food temperatures with a thermometer to make sure the food itself is at the required storage temperature
- Minimise the time that refrigerated food is left out of refrigeration
- Divide food up to cool quickly. Use shallow containers in small portions
- When cooling cooked potentially hazardous foods, food must be cooled:
  - a) within two hours - from 60°C to 21°C: and
  - b) within a further four hours - from 21°C to 5°C