



Food Safety Newsletter



WELCOME

Welcome to the December issue of the Food Safety Newsletter. In this issue we will be touching on

- Cleaning and Sanitising
- Summer eating
- Hand washing
- Ten most common causes of food poisoning
- Health risks associated with poultry and red meat and
- Revealing the names of the lucky winners to our competition.

Council's Food Safety Newsletter is intended to increase the knowledge of food business employers and employees, as well as improve communication between the Council and food business proprietors.

CONTACT US

Contact Wagga Wagga City Council if you have any questions or feedback regarding this newsletter, or 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

SUMMER EATING

With summer upon us it is a time for spending quality time with family and friends enjoying special summer treats and eating out.

Unfortunately at this time of year there are spikes in food poisoning. Salmonella typically doubles in the summer, compared with the winter months.

Family feasts, eating outdoors and the warmth of summer can offer the ideal environment for bacteria to grow.

When large quantities of food are cooked and left out in the open for long periods, food poisoning bugs can spread and multiply. Fridges that are overfilled with leftovers and kept at 5°C or above also pose a risk.

So this summer when the temperature rises remember the ten most common causes of food poisoning and don't let food poisoning ruin the fun.

CLEANING AND SANITISING IS IMPORTANT

It is a legal requirement that a food premises, its fixtures, fittings and equipment be maintained in a clean condition. Additionally, it is a requirement that all food contact surfaces be sanitised.

Cleaning and sanitising are two separate and important issues. They help prevent the growth and spread of organisms that cause food borne illness, and help reduce the activity of pests in the food premises. As cleaning and sanitising often involve using chemicals and special equipment, it is recommended that you seek advice from a reputable chemical supplier & ensure your sanitiser is food grade.

WHAT IS SANITISING?

Sanitising is the process of applying heat and/or chemicals (or other approved process) to a clean surface to reduce the number of bacteria and other organisms to a safe level. Sanitising can be performed using a dishwasher or chemicals. Sanitising must be performed on all food contact surfaces, as well as eating and drinking utensils.

COMPETITION WINNERS

Congratulations to the lucky winners of the Thermometer Competition held in the last newsletter. The lucky winners were Prue Downes from Ashmont IGA and Peter Lees, from Junction Motor Inn.



THE TEN MOST COMMON CAUSES OF FOOD POISONING

1. Food prepared too far in advance.
2. Food stored at room temperature, i.e. not kept under 5°C.
3. Cooling food too slowly prior to refrigeration.
4. Not reheating food to a high enough temperature to destroy food poisoning bacteria.
5. The use of food contaminated with food poisoning bacteria.
6. Under cooking meat and meat products (including poultry).
7. Not thawing frozen meat and poultry correctly and for sufficient time.
8. Infected food handlers.
9. Storing hot food below 60°C.
10. Cross contamination from raw to cooked foods.

MERRY CHRISTMAS

Wagga Wagga City Council would like to take this opportunity to thank all food retail businesses 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 outbreaks in our region. Wishing you all the best for the festive season!



MERRY CHRISTMAS

HEALTH RISKS ASSOCIATED WITH POULTRY & RED MEAT

Raw poultry and meat may contain harmful bacteria, including salmonella, listeria, campylobacter and E. coli that can cause food poisoning. Correct cooking and proper handling will destroy these micro-organisms and prevent them spreading.

STOP BACTERIA FROM SPREADING

Keep raw meat and poultry away from ready-to-eat foods.

Bacteria can spread if raw meat and poultry touches (or drips onto) ready-to-eat foods. This is dangerous as the ready-to-eat foods, such as salad vegetables, often receive no further cooking and the bacteria are not killed.

- Wash your hands in warm soapy water and dry thoroughly before preparing food and after touching raw meat and chicken.
- Make sure juices from raw meat and poultry do not come into contact with other foods.
- Thoroughly clean all utensils, equipment and surfaces after preparing raw meat and poultry before contact with other foods. If possible use a separate cutting board specifically for raw meat and poultry.
- Store raw meat and chicken at the bottom of the fridge so it can't drip onto other foods.
- There is no need to wash whole poultry under water prior to cooking.

TEMPERATURE CONTROL

The bacteria that commonly cause food poisoning grow rapidly between 5°C and 60°C, this is commonly referred to as the "temperature danger zone". To keep raw meat and poultry safe:

- Refrigerate raw meat and poultry promptly. Don't leave it on the bench top at room temperature.
- Keep hot food in an oven or on a stove, above 60°C until you are ready to serve.

THE IMPORTANCE OF HAND WASHING

Hand washing is a very important step a food handler **MUST** undertake to reduce the risk of food borne illness in food businesses. The steps to correct hand washing are:

- Keep the hand wash facility easily accessible.
- Maintain a supply of warm running water, soap and disposable paper towel.
- Wash hands after handling money, garbage, raw foods, chemicals, sneezing, coughing, visiting the toilet etc.
- Wash hands thoroughly for at least 10 seconds including fingers, wrist, front and back of hands.
- Rinse hands thoroughly using warm running water.
- Dry hands thoroughly using disposable paper towel or air drying device. A factsheet is available at www.foodauthority.nsw.gov.au

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