

Food Safety Week 12-19 November 2022

The theme this year is 'Food Safety – Raw and Risky', covering the risk of food poisoning from raw or minimally cooked meat, poultry, fish, eggs and vegetables as well as possible parasite infections.

Council will be sharing more information on Food Safety Week as it is released through our social media sites and encourages all food businesses to participate. This will increase skills and knowledge of food handlers throughout the shire.



Broken Fridge?

During your early morning/first morning checks you find a refrigerator motor has packed up, what's the correct procedure to follow?

If the power was out for less than 2 hours, it's okay to refrigerate or consume the food. If the power was out between 2 and 4 hours, the food is okay to consume but don't put it back in the refrigerator. If the power was out for more than 4 hours, discard the food.

TIP - Using the probe thermometer, take the core temperature of a high-risk food (such as meat, chicken, cream) and if the core temperature is above 5°C for 4 hours then the food must be thrown out.

Worst case scenario, the food has been above 5°C for more than 4 hours. Discard all potentially hazardous food; and thoroughly clean and sanitise the refrigerator facility.

Food that is meant to be kept chilled should be!

As soon as possible after purchasing meat, poultry, dairy foods, vegetables, salad ingredients etc., it should be refrigerated at or below 5°C. Sounds easy but often food is left in hot cars or put in refrigerators that are not cold enough.

A fridge thermometer should be used to make sure the fridge temperature is at or below 5°C. The temperature should be adjusted in line with changing seasons and the amount of food stored in the fridge. Refrigerate leftovers promptly. Cooked food should be stored covered and either put in the fridge to cool, or freezer immediately. Frozen foods should be defrosted in the fridge NOT on the kitchen bench. If in doubt, throw it out! Simple posters for these temperature requirements can be found on the [Queensland Health Website](#).

Fish and Chips - What are the risks?

Observe safe procedures with trays of breadcrumbs and flour – observe the 2-hour 4-hour rule. So, every 4 hours provide clean trays with freshly poured breadcrumbs and flour to prevent the risk of cross contamination.

It's important to source your seafood from reputable sources; and store seafood at around 2-4°C.



Handwashing - What is Warm Running Water?

The temperature for automatic hand wash basins such as knee operated, and sensor operated basins, is specified in the legislation *Food Safety Standard 3.2.3 section 14 (2)* as 'warm' water, not cold and not hot. Between 30°C to 37°C is sufficient to comply with this requirement and provide food handlers an ideal environment to wash their hands properly and comfortably.



Our Health is in our Hands

Clean hands will decrease the possibility of food poisoning and other diseases markedly. **Remember the 20/20 Rule!** Wash hands for 20 seconds with warm soapy water dry hands for 20 seconds before starting to cook. Repeat frequently especially after handling raw meats, or vegetables with visible soil. Wash utensils and cutting boards with soap and warm water, and dry thoroughly, before preparing or handling different sorts of foods. This is particularly important when preparing both raw meats and vegetables, as well as ready to eat meats and vegetables. Simple handwashing posters for prompting and reminding your food handlers can be found at the [Queensland Health Website](#).

The Food Legislation is busy undergoing a review... We'll keep you updated with changes!

Do Food Safely

DoFoodSafely is a free, non-accredited, online learning program designed to enable you to understand how to safely work with, and handle, food in commercial settings. Council encourages all food business owners to utilise this free online service to set the standard of knowledge for food handlers within their food business. It can also be used to routinely refresh the knowledge of their staff.

By reading the information, you will be ready to undertake the assessment quiz and gain your [DoFoodSafely Certificate of Completion](#) – a certificate that is well-respected by the food industry across Australia.

What is cleaning?

Annual Food Licence inspections have been progressing throughout the Shire. A number of food business's are non compliant with the Food Act 2006 and Food Standards Code for cleanliness. The Food Standards Code specifies a food business must maintain food premises to a standard of cleanliness where there is not accumulation of garbage, recyclable matter, food waste, dirt, grease or other visible matter.

Cleaning in the food industry is a process that removes visible contamination such as food waste, dirt and grease from a surface. This process is usually achieved by the use of water and detergent.

Micro-organisms (bacteria etc.) will be removed, but the cleaning process is not designed to destroy micro-organisms.

Six steps to proper cleaning

1. Pre-clean: scrape, wipe or sweep away food scraps and rinse with water
2. Wash: use hot water and detergent to take off any grease and dirt. Soak if needed.
3. Rinse: rinse off any loose dirt or detergent foam
4. Sanitise: use a sanitiser to kill any remaining germs
5. Final rinse: wash off sanitiser (read the sanitiser's instructions to see if you need to do this)
6. Dry: allow to drip-dry, if not possible dry with a clean tea-towel.

Posters and cleaning schedules to assist with planning and scheduling cleaning within your food business are available in an editable format on [Queensland Health Website](#).



Food Handler Hygiene

A food handler must:

- do whatever is reasonable to avoid unnecessary contact with ready-to-eat foods, such as salads or cooked meat.
- take all practical measures to prevent contamination of food or surfaces that are likely to come into contact with food, by anything
- wear clean outer clothing, appropriate for the type of work they do
- make sure bandages or dressings on any exposed parts of the body are covered with a waterproof covering
- not eat over unprotected food or surfaces likely to come in contact with food
- not sneeze, blow or cough over unprotected food or surfaces likely to come into contact with food
- not spit, smoke or use tobacco or similar preparations where food is handled.

Additional information and posters are available on the [Queensland Health Website](#)



Give us your Feedback!

Do you have an idea for what could be included in the next Food Safety Newsletter? Is there a way that we can better help you or extra information you would like provided? We'd love to hear from you.

Email us with your ideas and specific needs at health@livingstone.qld.gov.au

Assistance - Where do I go?

The Council's Environmental Health Officers are employed to ensure food business comply with the Food Act and Food Safety Standards, but they are also employed to provide advice and assistance to Food business owners.

Should you require any Posters, fact sheets, pamphlets or advice on any aspect of food safety please do not hesitate to contact Hazel or Crystal for advice on 1300 790 919 or health@livingstone.qld.gov.au