

## Welcome

to the Summer edition of Food News!

This bi-annual newsletter is designed to bring you the latest news and information on all things food!

We welcome any suggestions with ways to improve the newsletter and will also consider requests for future articles.

All past editions of Food News are available to download from our website.

## Starry-eyed

You may be aware of the Food Safety Rating Scheme that awards stars to food businesses for outstanding food safety, and wondered why you haven't received 5 stars.



Below are some ways to help ensure that the food you serve is safe and following these tips will help you comply with the food laws and put you well on the way to getting those 5 stars!

- Ensure your hand washing facility always has soap and paper towel, is easily accessible, and is used ONLY for washing hands, face and arms.
- Ensure all staff are washing their hands whenever they may be potentially contaminated e.g. after handling raw meats or eggs, or touching money, bins, cleaning cloths, etc.
- Store and display foods at, or below, 5°C and at, or above, 60°C.
- Cool foods as per the article on page 2.
- Rapidly reheat foods to above 60°C.

- Sanitise all food contact surfaces with a food grade sanitiser, or put them through the dishwasher at 77°C or above.
- Ensure staff are not smoking, eating, drinking, or spitting in food areas.
- Ensure staff that have gastro-type symptoms stay away from work for 48 hours after symptoms have ceased.
- Ensure all food handlers have adequate food safety skills and knowledge. For free training visit [www.charlessturt.imalert.com.au](http://www.charlessturt.imalert.com.au)

For more information on how to get your food business up to a 5 star standard, contact Council's Environmental Health team on 8408 1111.

# Give yourself a helping Hand

## Glove use in food Businesses

Gloves can be a great barrier between you and the food you are preparing, especially if you are preparing foods that are be ready to eat, such as salads, sandwiches, and desserts.

If you are a full time business, a community event, or temporary business and use gloves to handle food, make sure you have practices in place that allow for you to wash and dry your hands prior to use of the gloves. This can be made easier if gloves are kept at or near to your dedicated hand washing facility.

### Did you know...

#### **Gloves can protect you and your food.**

Covering cuts and skin abrasions with a glove can help prevent infection of your skin and can protect your food from coming into contact with bacteria such as Staphylococcus aureus aka Golden Staph. Food contaminated with Golden staph can make people very sick.



#### **You need to wash your hands before putting gloves on for them to be effective in preventing cross contamination.**

If you forget to wash your hands before putting on gloves, you could be contaminating the whole surface of the gloves while in the process of putting them on.

#### **The way you dry your hands can protect your skin.**

In a busy kitchen when you constantly need to wash and dry your hands skin can become chapped or you may develop dermatitis. It is suggested that you use a gentle on skin soap rather than an antibacterial soap

and when using paper towel pat your hands dry rather than rub them in the paper towel to prevent skin damage. Avoiding alcohol gels is also best as they can significantly dry your skin of your natural barriers.

#### **Gloves are not a requirement required in food businesses.**

Although there are perceptions from the general public that gloves protect foods, it is the hand hygiene surrounding food handling activities that makes the most amount of difference when it comes to the prevention of contamination risks.



# The Magic of Ice Wands

Like Harry Potter casting a spell with his wand, ice wands can work magic to help cool food quickly.

Ice wand, also called cooling wand or cooling ice paddle, is a plastic or metal container that is filled with water, frozen and then used as a stirring utensil. They are also dishwasher safe so easy to clean and sanitise.

When cooling hot food it is important to make sure foods are cooled

- from 60°C to 21°C within 2 hours; and then
- from 21°C to 5°C or below within a further 4 hours to help reduce the growth of bacteria.

There a number of actions you can take to help your foods cool quickly, one of these is frequently stirring the food to encourage steam to disperse but stirring with an ice wand ... magic!



# PATIO POOCHES



During the Summer months more and more people are enjoying outdoor café and dining areas with their pooch in tow. The Food Act 2001 exempts the presence of dogs in outdoor dining areas that are not enclosed. Please note that responsible dog ownership rules still apply in outdoor dining areas!



# Summer buzzin'



Summer is here and for food business that means issues with flies and other pests are likely on the rise.

Flies have been associated with disease causing organisms: E.coli, Salmonella, Staphylococcus, and more. Every time a fly lands, it is potentially spreading these

dangerous bacteria, contaminating the food you produce and your equipment.

Flies are attracted to mainly two things: heat and odours. Heat signals optimal living and breeding conditions, and odours draw them to potential food and breeding sources. A thorough, regular cleaning regimen should be developed to ensure that a high level of cleanliness

is maintained inside the food premises. Frequent cleaning of exhaust systems and filters and flooring in hard-to-reach areas, such as underneath cookers, is imperative.

The most effective way to resolve pest issues is to use a variety of control or elimination methods to reduce and eliminate fly issues. Fly strips at door entrances, air

curtains, window and door screens can all assist in preventing the ingress of flying insects. Strategically placed electronic executor units or gel traps are also known to be effective control measures, however, it is important to not place these units directly above food processing areas in order to avoid food contamination issues. Note also, the use of fly sprays should not be used in food production areas where food is exposed. If aerosols are used, businesses must ensure that food-contact surfaces are cleaned and sanitised prior to any food handling activities.

If your business is experiencing significant issues with pest activity it is recommended to contact a professional pest control company for information and advice.

**Contact Council on 8408 1111 - Environmental Health Officers are always available to offer free & friendly advice on how your business can achieve Deliciously Safe or for general food safety advice.**

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