

FOOD SAFETY NEWS

OCTOBER 2025



WELCOME TO THE NEXT EDITION OF FOOD SAFETY NEWS.

Changes to Inspection Frequency Protocol 2025–26

Currently premises that receive any type of regulatory action (eg. an Improvement Notice, Penalty Notice, Prohibition Order or Prosecution), inspection frequency increases to two primary inspections per financial year. To return to one primary inspection per financial year a premise would need to achieve three consecutive satisfactory primary inspection results.

This will still be the case for premises that have been prosecuted or received a Prohibition Order, however premises that have received an Improvement Notice or Penalty Notice, will now only have to receive two satisfactory primary inspections to return to an inspection frequency of one per financial year. This new protocol commenced at the start of the 2025–2026 Financial Year.

If you have any questions, please contact the Health Team on 4732 7777.

LPG CYLINDERS BANNED IN COMMERCIAL KITCHENS

SafeWork NSW has advised that it is dangerous and illegal to use LPG gas appliances designed for 'outdoor use only', indoors. It puts workers and others at risk of fire, explosion and asphyxia, especially in commercial kitchens.

SafeWork NSW released a safety alert after responding to several serious incidents at workplaces involving gas, which ignited and led to serious burn injuries.

SafeWork NSW has asked Penrith City Council Environmental Health Officers to notify SafeWork should they find food business using or storing LPG cylinders within their food businesses.



Action required:

- Ensure any LPG appliances in commercial kitchens are not connected to a portable gas cylinder in the kitchen.
- Remove any portable gas cylinders from inside commercial kitchens.
- Check that any portable gas cylinders used to supply appliances are located on the outside of the building and that permanent piping is installed to connect to appliances inside.
- Ensure all gas appliances, gas supply pipework and gas cylinder location for commercial kitchens are installed and maintained by a licensed gas fitter.
- Only buy or use Australian certified gas appliances that are marked with an Australian recognised certification label.
- Use LPG appliances only for their approved application.
- Only use appliances with the correct gas. Never use LPG with natural gas appliances or vice versa.
- Never use an outdoor appliance indoors.
- Always read and follow the manufacturer's instruction

For further information can be found at [Safe Work NSW](https://www.safeworknsw.gov.au)

SOUS VIDE SAFETY REQUIREMENTS

Sous vide is a popular cooking method involving vacuum sealing meat in pouches and cooking at a low temperature for a long period of time.

Potential food safety risks of this cooking method are:

- Foods held between 5°C to 60°C for extended periods are potentially subject to bacterial growth.
- Foods stored under refrigeration for extended periods are potentially subject to growth by cold tolerant pathogens.
- Food cooked at low temperatures for short periods will, remain raw and pathogenic bacteria and parasites, if present might survive.

Reduce the Risks by:

- Use food-grade bags, free of BPA and other harmful chemicals, keeping the bags submerged in the water bath.
- Preparing thinner portions for the meat to cook thoroughly.
- Prevent bacterial growth by keeping the water bath above 55°C.
- If cooking food below 54.5 °C, do so for no more than 6 hours.
- Checking the temperature of the water using a digital probe thermometer to ensure it is accurate to the immersion cooker digital display.

Further detailed information on Sous Vide can be found [Sous vide – Food safety precautions for restaurants](#)



FREE FOOD HANDLER TRAINING SEMINAR

Council will be holding a training seminar on Tuesday October 2025. If you are a new retail food premises we strongly recommend your attendance, or if you have previously attended our seminars, it's a great opportunity to come along for some refresher training.

Venue: Penrith City Council Passadena Room

Date: Tuesday, 28th October 2025

Time: 5.30pm – 7.30pm

Please register your interest at foodsafety@penrith.city or phone Council's Environmental Health team on 4732 7777 as places are limited.



For more information go to penrith.city or phone 4732 7777