

PENRITH

FOOD SAFETY NEWS

EDITION 9,
JANUARY 2018

PENRITH
CITY COUNCIL

WELCOME

Welcome to our ninth edition include 'Food Safety News', a quarterly newsletter for local food businesses. This is one way we can help you keep up to date with your responsibilities under the *Food Act, 2003, Food Regulation 2015, Food Standards Code* and with any current issues. Check out our regular tips to help maintain high standards of food safety.

OUR ENVIRONMENTAL HEALTH TEAM CONTINUES TO WIN INDUSTRY AWARDS!

Penrith City Council has shown once again that our local food businesses are receiving the best advice in NSW. At the Environmental Health Australia (NSW) State Conference/NSW Food Authority Food Regulation Workshop



held in September 2017, Council's Environmental Health Team was awarded the Food Surveillance Champion Award 2017 from the NSW Food Authority in recognition of our outstanding performance and achievement in food surveillance.

Penrith City Mayor John Thain said "Winning these awards recognises the team's efforts above and beyond best practice to ensure our City is safe for everyone who lives, works and plays here".

This award follows the Team's recognition as NSW Environmental Health Team of the Year at the EHA (NSW) State Conference last year, previously reported in our October edition 2016 Newsletter.

FREE FOOD HANDLER EDUCATION SEMINAR

Owners of food businesses are responsible for making sure that people who handle food in their business, and the people who supervise this work, have the skills and knowledge they need to handle food safely (see Standard 3.2.2 Food Safety Practices and General Requirements).

This means that your staff and their supervisors must be able to do their work in ways that ensure your business produces safe food. They must know about issues associated with food safety and safe food handling practices that are relevant to your business and the jobs they do for you .

If you have food handlers that haven't attended Food Safety Supervisor training, or your business has been subject to enforcement action in the past 24 months, you or your staff should attend this training as this is a perfect opportunity to help gain and demonstrate appropriate skills and knowledge.

Venue: Penrith City Council,
(Nepean Room) 601 High Street, Penrith

Date: Tuesday 6 February 2018

Time: 5.30-7.30pm

Places are limited. To register your interest, please phone Council's Environmental Health Team on 4732 8055.

2018 FOOD SAFETY RETAIL FOOD BUSINESS CALENDAR



In addition to this Newsletter, all food businesses registered with Council will receive a free 2018 Food Safety Calendar, which includes important food hygiene and safety messages. Keep an eye out for the useful templates included in the calendar months of February, May and October.

FOOD SAFETY TIP: COOLING POTENTIALLY HAZARDOUS FOOD

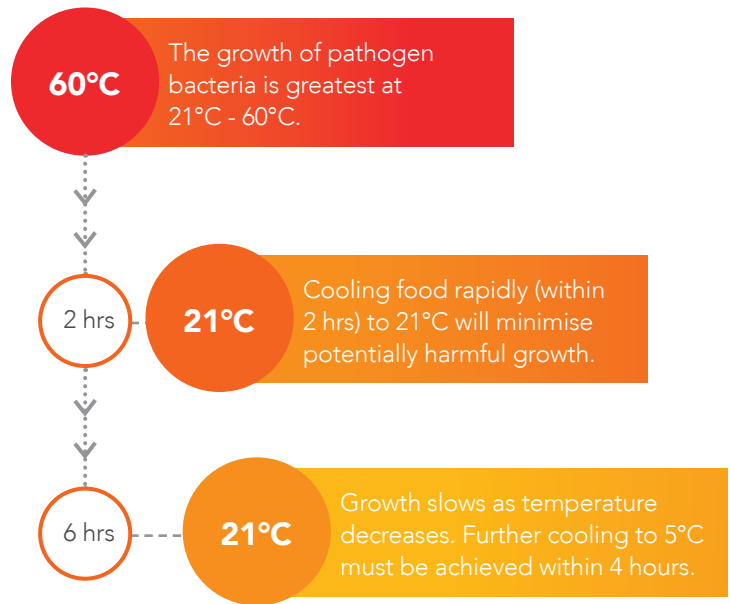
It is important that food businesses make sure cooked potentially hazardous food (PHF) has been cooled:

- Within 2 hours - from 60°C to 21°C, and
- Within a further 4 hours - from 21°C to 5°C,

unless the food business demonstrates that the cooling process used will not adversely affect the microbiological safety of the food.

Cooling times can be reduced by:

- Cooking and cooling smaller amounts or portions of food.
- Placing food into large shallow containers to cool (eg 5cm deep).
- Using rapid cooling equipment (eg blast chiller).
- Stirring liquid foods frequently (ensuring the stirring utensil has been cleaned and sanitised).
- Using water or ice baths.
- Allowing cool air to circulate around the container of food to be cooled (PHF should be cooled on racks and not the floor of the coolroom).



WATCH OUT FOR SALMONELLA POISONING AS TEMPERATURES RISE

Penrith City Council would like to highlight to all our local food businesses the need to be extra vigilant over summer and the warmer months regarding *Salmonella* in the kitchen.

Careful preparation and storage of food is the best defence against salmonellosis – a type of gastroenteritis caused by *Salmonella* bacteria found in animals. Products containing undercooked eggs, and the spread of germs in the kitchen, are the most common source of salmonellosis outbreaks. Salmonellosis can be quite severe with people often requiring a visit to the hospital to manage dehydration, particularly in young babies, elderly people and those with weakened immune systems.

It is important to remember, it may not be the last thing you ate that makes you sick. Salmonellosis symptoms include fever, headache, diarrhoea, abdominal pain, nausea and vomiting. Symptoms usually start around six to 72 hours after the contaminated food is eaten and usually last for four to seven days, but can continue for much longer.

Food must be cooked thoroughly to kill *Salmonella* and should not be left out in the heat. Some of the common food items that can be infected by the bacteria *Salmonella* and cause *Salmonella* Food Poisoning are undercooked eggs, raw milk, contaminated water, and raw meat. One of the most important messages our Environmental Health Officers



deliver during routine inspections is the longer food is left at room temperature the more the *Salmonella* bacteria can multiply. Refrigerated food should be kept at less than 5°C and hot foods should be kept above 60°C .

NSW Health have recently advised that 201 cases of salmonellosis were reported across the State last month. In total 1391 salmonellosis cases were reported in NSW last summer.

For more information go to penrithcity.nsw.gov.au or phone 4732 8055