Safe Food Handling
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General Information
Personal Hygiene

- **Illness:** A food handler who has been recently ill should not handle food.

- **Hand Washing:** Always wash hands before handling food.
  1. Wash hands completely using warm water and soap, remembering back of the hands, wrists, between fingers and under fingernails.
  2. Dry hands with single-use paper towel.
Personal Hygiene (continued)

- Wash hands after:
  - Visiting toilet
  - Handling raw food.
  - Using a tissue, coughing or sneezing.
  - Handling garbage.
  - Changing nappies.
  - Handling pets or other animals.
  - Smoking, touching hair or other body parts.
  - Handling money.
Personal Hygiene (continued)

- Tie back long hair.
- Limit jewellery (plain band type rings and sleeper earrings).
- Cuts and wounds should be covered with a clean, waterproof band-aid and disposable gloves.
Preparing Food

- No pets are allowed in food preparation area.
- Ensure all work surfaces and utensils are clean and sanitised before preparing food.
- Change rubber gloves when preparing different food types.
- Use separate utensils for raw and cooked food.
- Don’t let raw food come into contact with cooked food.
- *If in doubt, throw it out!*
Handling and Preparing Food

- Cooked, or ready-to-eat food shouldn’t be handled with bare hands. Use tongs, spatulas, spoons or wear disposable gloves.

- Raw food to be cooked can be handled with bare hands, but hands must be washed between tasks.

- Don’t use the same gloved hand for food and money handling.

- When using disposable gloves change them:
  1. Every hour.
  2. When they tear.
  3. When changing tasks eg. Cleaning to cooking, preparation to serving, handling money.
Cooking

- Ensure frozen food is thawed completely before cooking.
- Remove meat from fridge just prior to cooking.
- Use a probe type thermometer to check the internal temperature reaches at least 75°C.
- Throw out any marinade used on raw meat, do not baste during cooking.
- Use clean utensils for cooked meats, never use the same plate that held the raw meat.
- *If in doubt, throw it out!*
Cleaning

- All equipment and preparation surfaces to be cleaned prior to and after use.
  1. **Pre-clean**: Scrape, wipe or sweep away food scraps then rinse with water.
  2. **Wash**: Use hot water and detergent to take off any grease or dirt.
  3. **Rinse**: Rinse off any loose dirt or detergent residue.
  4. **Sanitise**: Use sanitiser (diluted domestic bleach (6mls per 5 litres of water) or boiling water).
  5. **Final Rinse**: Wash off sanitiser if used.
  6. **Dry**: Allow to air-dry.

- Use single-use paper towel instead of cloths.

- Store chemicals and cleaning equipment away from food preparation areas.
Product Labelling and Packing

- Ensure foods are in sealed/closed containers or in cling wrap.
- Store packaging materials in safe and sanitary conditions.
- Do not use damaged packaging.
Food Labelling

*Food sold at events should contain the following:*

- Description of food (eg. Chocolate Cake).
- List of ingredients.
- A ‘baked on’ date.
- Whether product contains nuts.
- Special storage conditions (eg. Refrigerate after opening.
- A ‘best before’ date if required.
Food Allergies and Labelling

- If food is not labelled, a sign or brochure advising customers of the presence of foods that can cause allergies must be available.

- Foods that commonly cause allergies include:
  - Peanut and peanut products.
  - Gluten.
  - Crustacea (shellfish) or Crustacea products.
  - Egg and egg products.
  - Fish and fish products.
  - Soy beans and Soy bean products.
  - Milk and milk products.
  - Other nuts and nut products.
  - Sesame seeds and sesame seed products.
Transport

- Prevent contamination
  - Cover food
  - Transport food inside air conditioned vehicle not boot on heat affected days

Animals must not be transported in the same vehicle
How Food Poisoning and Contamination Occurs

- Bacteria can move from raw ingredients to cooked food in a process called cross-contamination.

Causes of cross-contamination include:
- Hands to food
- Cutting boards, knives and other utensils on to food.
- From one food to another, especially from raw to cooked food.

High risk foods include:
- Meat, seafood, poultry, dairy products, small goods, cooked rice or food products that contain these foods. For example: pies, quiches, prepared salads or desserts.
Summary

Avoid contamination by:

- Safe Preparation
- Appropriate Transport conditions
- Appropriate Storage conditions
- Safe handling
  - wear gloves
  - clean utensils
Safe Food Handling

Additional Information

Temporary Premises
Stall or BBQ
What is the biggest risk?

Sickness
What causes sickness?

Germs

- Bacteria
- Viruses
- Fungi (mould)
- Parasites
What germs need to live?

1. Energy Source
What germs need to live?

2. Nutrient source
What germs need to live?

3. Moisture
How do germs spread?

1. Touch
How do germs spread?

2. Air currents
How do germs spread?

3. Pests
How do you prevent germs from spreading?
Good Hygiene Practices

- Handwashing
  - After toilet
  - After handling raw food (e.g. raw sausages)
  - After using tissues
  - After handling garbage
  - After touching pets
  - After smoking
  - After touching hair/body parts
Good Hygiene Practices

- Tie long hair or cover it
- Wear limited jewellery
- Wear protective clothing – apron
- No smoking/chewing gum/eating (cutting cake and licking thumb)
- Keep areas tidy

No clutter!!!!!!

- No visitors into food prep areas
Good Hygiene Practices

- Use utensils – don’t handle food
  - Use utensils but DON’T use same utensils for different foods e.g. gluten free utensils for gluten free only, nut free utensils for nut free foods only etc.)

- Use Gloves
  - every hour change
  - If they tear– wash hands & replace

- Illness & injuries
  - All open wounds must be covered
  - Anyone sick must not handle food
Food Storage

- High risk – meat, dairy, seafood
- Store cooked food separately from raw food
- Monitor temperatures if fridge or freezer doors are opened regularly
- All food must be covered at all times

<5°C or >60°C
Displaying food

Labels
- Details of person who made it
- Date prepared
- List of ingredients
- Don’t insert labels into the food
Displaying food

2hr – 4hr rule

Food stored:

<2hrs – can be returned to fridge

<2hrs > 4hrs – used immediately but cannot be returned to fridge

>4hrs – ditch, if food has been 5°C - 60°C
Displaying food

1 bacteria will become 16 million after 8hrs
Cleaning

Systematic cleaning of workplace

- Hot water (to kill germs)
- Cleanest to dirtiest
  - walls before benches before floors
  - don’t mix cloths (paper towels)
- No clutter!!!
Cleaning

Systematic cleaning of utensils

- Hot water
- Separate cloths
- Wash ASAP
  - don’t leave dirty dishes (why)
- Rinse off detergents
Temporary Premises Set Up

- Hand washing facilities are near food serving area – water, basin, soap and paper towels.
- Benches or tables have smooth, easy to clean surfaces.
- Fridge available to keep cold food cold or freezer to keep frozen food frozen.
- Sufficient rubbish containers to store waste away from food.
- Watch out for pest activity and discard any damaged or contaminated food.
Temperature Control

- Frozen foods to be stored frozen (solid) at -15°C or colder.
- Chilled foods to be kept at 5°C or colder.
- Hot foods at 60°C or hotter.
- Keep a record of the time the food is removed from temperature control. The food must be thrown out after four hours out of temperature control.
Two Hour/Four Hour Rule

If any ready-to-eat high risk food has been at a temperature of between 5°C and 60°C:

- For a total time of less than 2 hours, it must be refrigerated or used immediately.
- For a total of longer than 2 hours but less than 4 hours, it must be used immediately.
- For a total of 4 hours or longer it must be thrown out.
Transport Reminder

- Prevent contamination
  - Cover food
  - Keep chilled <5°C

Animals must not be transported in the same vehicle
Check temperatures of delivered cold/frozen food and record in Suppliers List
Receiving Food

- Keep food safe from the moment it arrives.
- Ensure food is adequately packaged and labelled.
- Check that food arrives in a packaged state and that it has not been damaged during transport.
- Check temperature of food – chilled food should be < 5°C, frozen food solid and hot food > 60°C.
- Record food temperatures on the **Food Providers List**.
- Keep all delivery notes, invoices or receipts related to purchased food products.
Food Storage

- Ensure all food and storage containers are stored off the floor or ground.
- Store food away from direct sunlight and moisture.
- Chemicals, cleaning equipment and personal belongings must be stored separately from food.
- Ensure all food is stored in undamaged packaging or sealed containers.
Displaying and Serving Food

- Wrap or cover all food on display.
- Do not mix food on display with new batches.
- Allow time for hot display (eg. Bain marie) to reach holding temperature before adding food.
Preventing Food Poisoning

1. Someone must be responsible for every aspect of food preparation and sales.
2. Each person handling or preparing must know how to handle food safely.
3. Equipment and utensils used in preparing the food is clean and germ-free.
5. Correct and safe food storage.