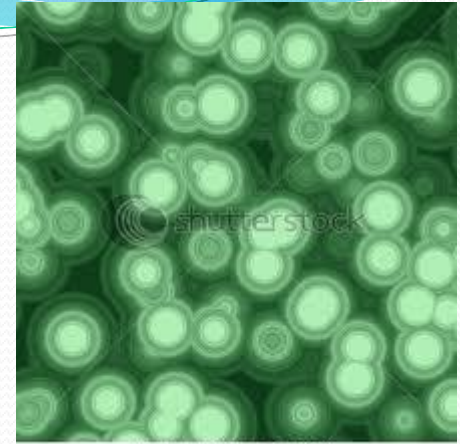


The image features six gloves arranged in two rows of three. The top row contains a pink glove, a green glove, and a yellow glove. The bottom row contains a blue glove, a grey glove, and a red glove. The gloves are set against a white background within a larger blue frame.

WELCOME TO FOOD SAFETY TRAINING 2017

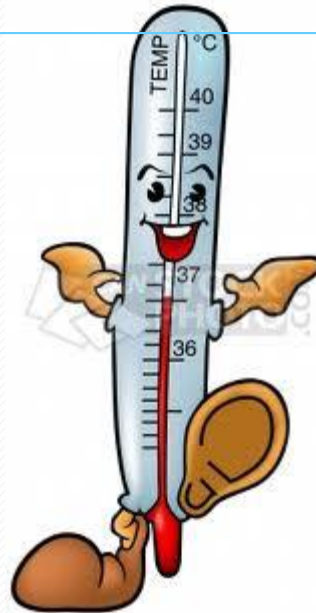


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Things to Learn About



In this course


We talk about keeping food safe:

- **What** you have to do
- **Why** you have to do it
- **How** you can do it

Let's Begin

In Victoria, our food handling guidelines come from two sources:

- The Victorian Food Act (1984)
- Food Standards Australia New Zealand (FSANZ)
Food Standards Code

- 
- *The Victorian Food Act tells us WHAT we must do to sell safe food,*
 - and*
 - *The FSANZ Food Standards Code tells us HOW we sell safe food.*

Recent Changes To the Food Act

Every food premises must:

- Have a food safety program
- Have a designated food safety supervisor

Who is responsible for food safety in the food business?

Everyone who works in your food business is responsible for the delivery of safe food to the customer

Just one case of Food Poisoning can lose customers or close down a business

The Food Safety Supervisor must:

- Have the knowledge
- Have the skills
- Have the authority

To follow the Food Safety Program



- The Food Safety Supervisor must also be named in the Food Safety Program.

(and a copy of their certificate sent to their local council, with their Food Safety Program)

A Food Safety Program

Is a **CONTRACT** between your business and your local Council to say how you will keep food safe.

A Food Safety Program:

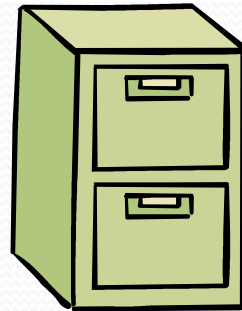
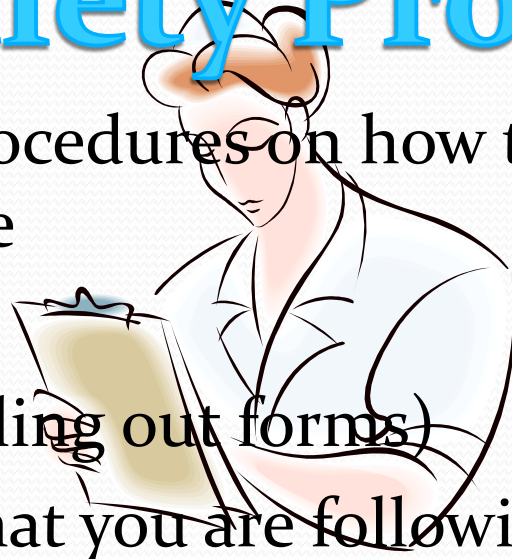
Contains written procedures on how to keep the food in your business safe

Keeping records (filling out forms)

is your way to prove that you are following the program

A Food Safety Program:

- Contains written procedures on how to keep the food in your business safe
- Keeping records (filling out forms) is your way to prove that you are following the program




FOOD SAFETY PROGRAM

- What to do
- Why you do this
- How to prevent problems
- How to fix problems
- Who to report problems to

Your Food Safety Program must:

- Be completed for each business
- Name the Food Safety Supervisor
- Copied and sent to your council
- **Followed!**
- Kept on site (not at home/ in car)
- Easily available for all staff



YOUR
FOOD SAFETY PROGRAM

must fit

YOUR
BUSINESS

What can make food unsafe?

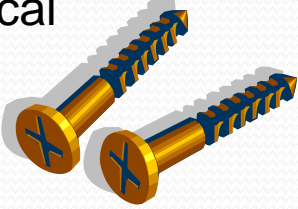
What is a hazard

A hazard is anything that can cause harm to a consumer.
In the food industry hazards are broken into three groups:

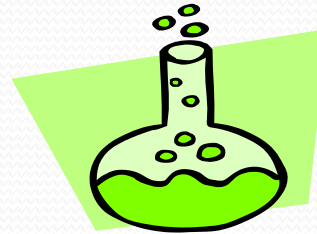
- Physical
- Chemical
- Microbiological

Hazards

1. Physical



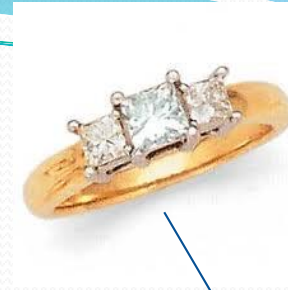
2 .Chemical



3. Microbiological



- Physical



- Chemical



Contamination

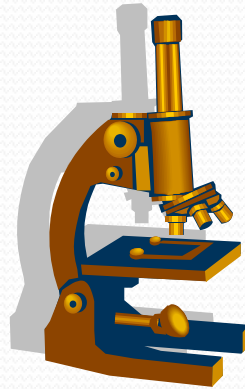
- Microbiological



What are bacteria?

Bacteria are living cells called micro-organisms.

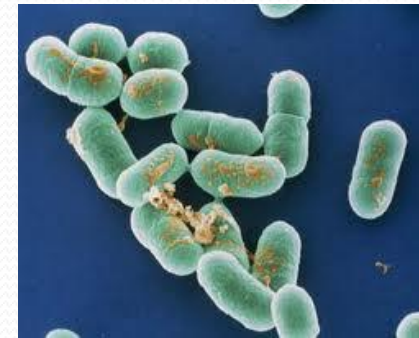
- Micro-organisms are very small.
- They are so small that you need a microscope to see them.



Bacteria come in all shapes and sizes



Salmonella



Listeria



E Coli





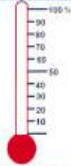

Staphylococcus aureus

Where are bacteria found?




BACTERIA ARE FOUND EVERYWHERE!

- In Food
- In the Air
- On every surface
- On every body

WHAT BACTERIA NEED TO GROW:

WATER		
AIR		
FOOD		
TEMPERATURE		
TIME		

Bacteria **don't** grow well in:

Acid	Sugar	Salt
		

Bacteria don't like

- Foods that are high in

- Salt



- Sugar



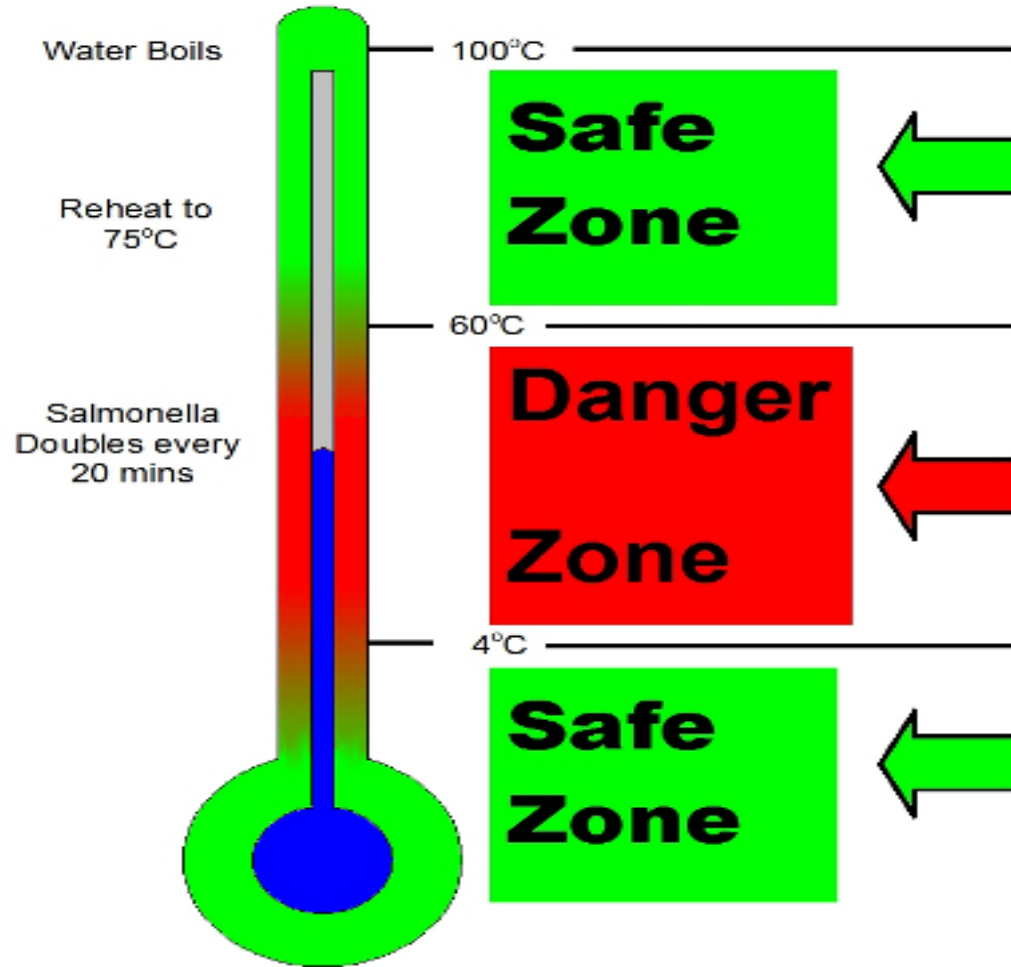
- Acid



Common bacteria that cause food poisoning

- *Staphylococcus aureus*
- *Salmonella*
- *Clostridium perfringens*
- *Clostridium botulinum*
- *Listeria*

Food Safe Storage and Holding Guidelines



2 hour – 4 hour Rule for high risk food

Less than 2 hours in the danger zone:

Put it in the fridge or use it now

More than 2 hours in the danger zone:

Use it now or throw out

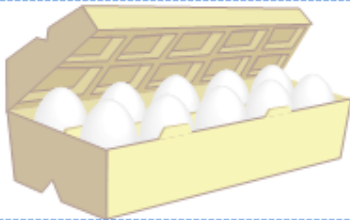
4 hours in the danger zone:

Throw it out

What foods are considered to be high risk foods?



Meat, Poultry and Seafood



Eggs and egg products



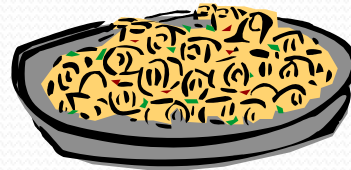
Dairy and dairy products

These are all foods that are high in protein.

More high risk foods

Foods that are high in carbohydrates are also considered high-risk foods.

- Items such as:
- cooked rice
- cooked pasta
- cooked pulses



- Some foods are not high risk until you open them. These include items that are in a can or others that are UHT treated, such as long life milk.

Who is most at risk of food poisoning?

- Older people
- Babies
- Young children
- People who are already unwell
- Pregnant women

Examples of Cross Contamination

Here are some ways cross contamination can happen:

- Raw foods touching cooked foods
- Using the same cutting board or utensils for raw and cooked foods
- Storing raw food above cooked foods in the fridge
- Not cleaning equipment properly

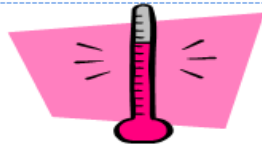
When you handle food, you must think of ways to stop food from being cross contaminated.

and...

- Using hands instead of tongs to pick up food
- Tasting food with fingers
- Smoking in the kitchen
- Coughing and sneezing on food
- Flies on the food
- Using cloth tea-towels more than once instead of single use paper towels



What to check:



Temperature of high risk food
Check new suppliers for first 2 deliveries.
Check samples (1 in 5) from reliable suppliers



Frozen food is frozen hard.



Packaging not damaged.



"Use-by" dates.



Everything is labelled: name, address,
barcode, batch number

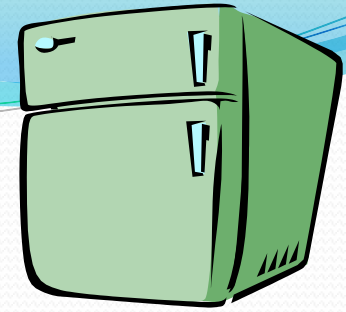
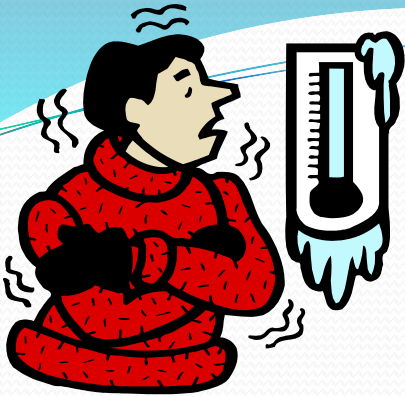


No insects or dirt or other
contamination



Driver and delivery truck clean and not
carrying chemicals





Cold and Frozen Storage

What to do:

- Store all high risk foods in the fridge, cool-room or freezer
- Check temperature inside fridges with a thermometer.

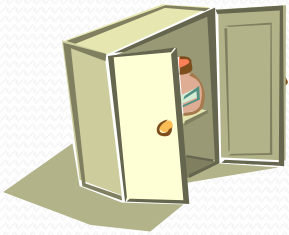
Cold and Frozen Storage continued

- The fridge should be 4°C or colder.
- The freezer should be -18° C or colder
- Cover all food before putting it into the fridge or freezer
- Store raw food below ready to eat food
- Store all food off the fridge or freezer floor
- Keep fridges and freezer clean
- Use older stock first and before the “use by date”

Cold and Frozen Storage continued

- Don't put in too much stock
- Check that water or condensation doesn't drip on to food.
- Cover foods
- Have fridges and freezers services regularly

Dry Food Storage



- Check use by dates.
- Check old stock is used first.
Rotate Stock **First in First Out**
- Check packaging and labels.
- Check food is off the floor.
- Check store-room is clean.

ARE YOU
ROTATING
STOCK ?
STOP AND
CHECK THE
DATE :

USE
FIRST

USE

LEMON
FRUIT JUICE



Day of the Week	Capacity	Volume	Weight
Monday	1000	1000	1000
Tuesday	1000	1000	1000
Wednesday	1000	1000	1000
Thursday	1000	1000	1000
Friday	1000	1000	1000
Saturday	1000	1000	1000
Sunday	1000	1000	1000

GAMERO
EQUIPMENT

OAT MEAL

Dry food storage contd....

- Make it difficult for pests to get into the store area
- Follow manufacturers instructions about food storage.
- Don't overcrowd your storage area
- Check chemicals are away from food

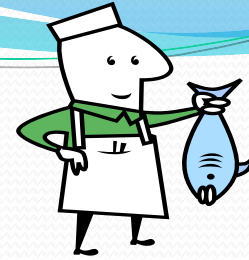
Remember to

Throw away food, which has signs of pests.

Throw away food past its use-by date.

Throw away food with damaged packaging.

Food preparation

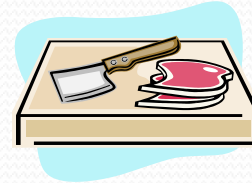


Keep in mind the **2-hour/ 4-hour rule** when preparing food. When preparing food you must control the amount of time that high-risk food spends in the Danger Zone.

Remember that this time is accumulative.

Other risks that must be controlled are:

- Cross Contamination
- Poor Personal Hygiene



Using gloves

Gloves and clean utensils must be used when handling ready to eat foods.

Ready to eat foods are foods that are not going to be cooked or reheated before being eaten:

- Sandwiches
- Cakes
- Salads
- Cold Meats
- Cheese
- Etc.



Rules for wearing gloves

- Wash hands before putting on gloves
- Wash your hands in-between changing gloves.
- Put on clean gloves when changing jobs.
- Change gloves at least every hour.
- Change your gloves whenever they become contaminated.
- If you would normally wash your hands, change your gloves.
- Gloves must also be worn when you have a cut on your hand
- Never reuse gloves

Thawing Food

What to do

- Thaw food in refrigerator or microwave. If you use microwave, use the food quickly.
- Keep thawing food covered, labelled, dated.
- Thaw food completely before cooking.
- Do not re freeze food.
- Plan ahead to thaw food in the fridge.
- Use the “2 hour 4 hour rule”



What to do if things go wrong....

- Throw away food frozen more than once.
- Throw away food thawed in microwave, if it has not been cooked immediately
- Throw away food if it was thawed uncovered, or in damaged packaging.

Cooking Food

Rules to follow

- Cook food as quickly as possible
- Cook thoroughly at temperatures above 75°C
- Serve cooked food straight away or keep it in a bain-marie above 60°C.
- When you use a microwave, check that the temperature is above 75°C. Mix food to make sure there are no cold spots where bacteria can grow.
- Preheat pie warmers and Bain-maries. Do not heat frozen or cold food in the pie warmer or bain-marie.



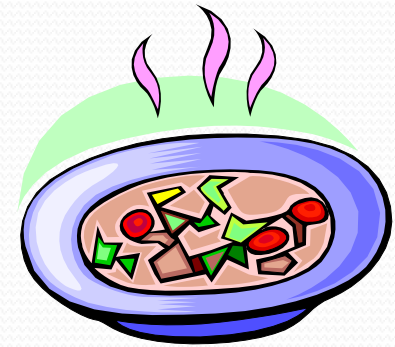
Cooling Hot Food.

Rules to follow



- Cool food from 60°C to 21°C in 2 hours. Cool food from 21°C to 5°C in next 4 hours.
- Let food cool before putting it into the fridge or freezer.
- Put food into shallow containers to cool
- Keep food covered when it is cooling
- Put food into the freezer when it is cold.

Cooling food continued



- Throw out food if it has not been cooled in the right time.
- Check that temperatures of the fridge and freezer do not rise above safe limits when you put in warm food.
- Throw out high risk food left at room temperature for more than 4hours.

Reheating Food

Rules to follow

- Reheat food as quickly as possible.
- Reheat food in small amounts.
- Do not freeze leftover foods, which have been reheated.
- Reheat food to 75°C or hotter.
- Do not use hot holding equipment to reheat food.



Personal Hygiene

Washing Hands

When do you wash your hands.

BEFORE

- You start work
- You touch food

.

AFTER

- You go to the toilet
- You handle rubbish
- You smoke
- You cough, sneeze or blow your nose
- You eat
- You touch chemicals or do any cleaning
- You touch dirty dishes
- You touch your PHONE



Washing hands. How to!

We all think we know how to wash our hands but many of us don't do it properly.

Simply rinsing the tips of fingertips under cold water does NOT count.

Here are some reminders:

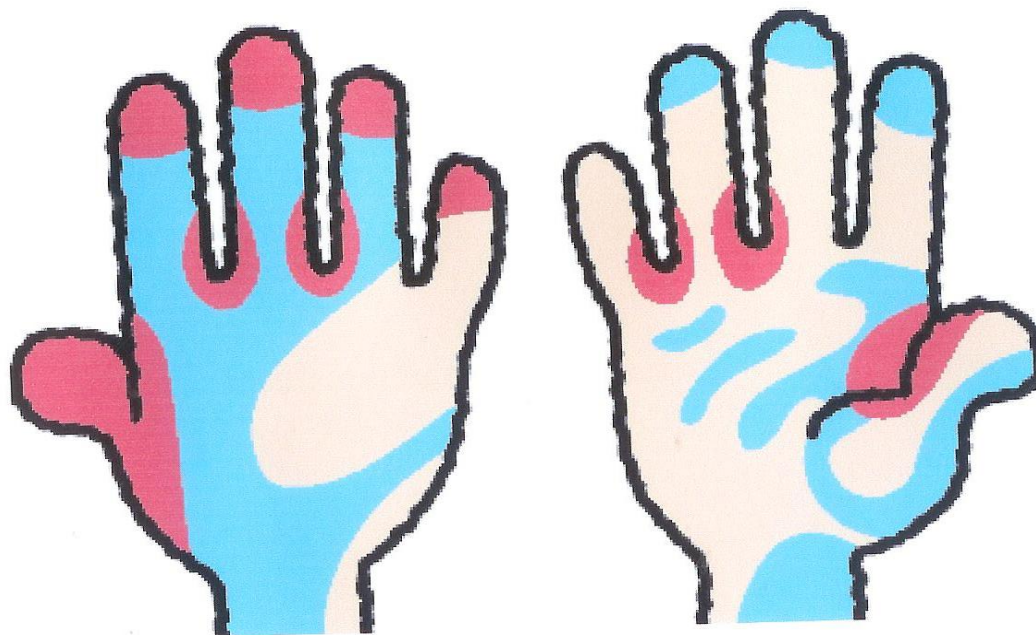
1. Use a hand basin, not the kitchen sink!
2. Always use warm water. It's better to wet hands before applying soap as this prevents irritation.

3. Rub hands together vigorously for about 15 seconds, making sure both sides of the hands are washed thoroughly, around the thumbs, between each finger and around and under the nails. 3 Then, rinse with clean water.

4. Germs spread more easily if hands are wet so dry them thoroughly. Use a clean dry towel, paper towel or air dryer; it doesn't matter which.

Did You Know?

1,000 times as many germs spread from damp hands than dry hands.



- Areas most frequently missed during hand washing
- Less frequently missed
- Not missed

(Adapted from Taylor L (1978), An evaluation of hand washing techniques - I, Nursing Times, 12 January, pp 54-55)

Good Hygiene for food workers

- Wash your hands often and wash your hands well.
- Keep your nails short and clean.
- Wear a clean uniform.
- Tie back long hair.
- Cover cuts or sores with a coloured band-aid.
- Use tongs to handle unwrapped food.
- Wash your hands after you eat, smoke or blow your nose.
- Do not work with food, if you are sick.
- Do not smoke near food.
- Do not cough or sneeze on food



Health of Food Handlers

Every food business must take all reasonable steps to ensure that everyone in your business working with food does not handle food if they are sick. This is because illnesses can be transferred to other people on the food.

Everyone working with food in your business must notify the manager, supervisor or proprietor if they suspect that they are suffering or suspected to be suffering from a food borne or certain other illnesses or conditions.



Symptoms that may indicate a food-borne illness include:

- • Diarrhoea
- • Vomiting
- • Sore throat with fever
- • Fever
- • Jaundice (yellowing of the skin).



Examples of conditions that should be of concern include:

- Infected skin sores
- Boils
- Acne
- Cuts or abrasions.

If you are sick, stay at home.

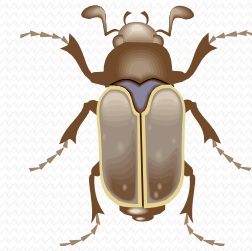
- Gloves must also be worn when you have a cut on your hand
- The cut **MUST** be covered with a brightly colored band-aid and food handling glove
- You must not work with food if you are sick
- If you are sick you must tell your supervisor right away.
- If you are sick, you must have a medical clearance certificate saying that it is safe for you to come back to work
- These certificates must be kept for two years
- The owner of the business can not let an employee work with food if they know they are sick

Pest Control

The five most common pests found in food businesses



Cockroaches

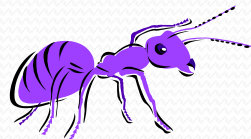
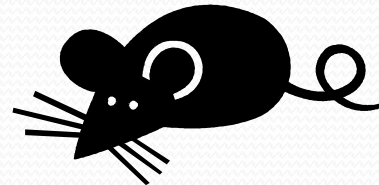


Flies



Rats

Mice



Ants

Bacteria Quiz:

Answer True or False

- You can see bacteria if you have good eyes.
- Food can look and taste good, even if it is contaminated with bacteria.
- Heating food will kill bacteria.
- Some raw foods have a lot of bacteria in them. Can you name one type of bacteria?
- Bacteria live on healthy people.
- Freezing food kills bacteria.
- Boiling food kills bacteria.
- Bacteria are killed when you put food in the fridge.
- You can always smell if food has been contaminated with bacteria.
- Wearing gloves stops bacteria getting on to food.
- Bacteria can cause food poisoning.
- Bacteria in food can harm unborn babies.
- Bacteria grow quickly in salty food.
- Some bacteria can grow without air.
- Bacteria grow fastest between 20 and 45 degrees.
- Most bacteria can't grow in dry conditions.
- Some bacteria can make spores, which can live in dry or hot conditions.
- Dangerous bacteria live in the gut of mice and rats.