

Record Keeping

It is recommended that all food businesses keep records to show that the businesses have been taking reasonable measures to receive and produce safe and suitable food. These records can include checks undertaken on food that is delivered to the premises, temperature checks of food in storage and display and cleaning and sanitising tasks that have been undertaken at the food business.

- The records should:

- Be appropriate and legible,
- Indicate what the record relates to,
- Detail who made the record,
- The date and time the record was made,
- Any corrective action that may have been taken.

Answers to Quiz

1. 75°C
2. 1/5
3. False – Washing will not get rid of bacteria. It is likely to spread bacteria onto hands, work surfaces, clothing and equipment through the splashing of water droplets.
4. False – It only stops the growth of bacteria, it does not kill it.
5. False – Fruits, vegetables, among other foods, can also be a source of foodborne illness.
6. False – Symptoms typically take between 1-3 days to occur.
7. True - 'Best before' dates are about food quality not safety. They are usually found on food that is safe to eat for a long time
8. True - However, burgers and sausages need to be cooked thoroughly all the way through as they are made from meat that has been minced, so bacteria will be spread throughout the product and not just on the surface.

The *Food Act 2006* requires all food businesses to display their current Food Business Licence. Remember to display your licence in a prominent position in a customer area when you receive your renewed licence each financial year.

Introduction of Food Safety Standard 3.2.2A

Changes include requiring food safety supervisors to have completed their training/refresher training within the last 5 years, all food handlers required to complete food handler training and some businesses will need to keep written records to demonstrate that they are meeting the requirements of the Food Safety Standards.

Allergens

For a customer with a food allergy, even a small amount of the food they are allergic to, can cause an allergic reaction. Food allergy is an immune system reaction, usually to a protein in a food. Some people can have a severe allergic reaction known as anaphylaxis which is life-threatening. A food allergy is not the same as food intolerance, which does not involve the immune system and is not life-threatening.

Both customers and the food service businesses have a responsibility in preventing allergic reactions. The Food Standards Code requires you to provide accurate information when a customer asks about allergens in foods you are serving. There are four things you can do to help prevent an allergic incident:

- Know what's in your food.
- Listen to your customers and be 100% truthful.
- Prepare food safely.
- Educate your staff.

Everyone in your food business needs to be aware of the risk food allergies pose and needs to be clear on how to identify and manage food allergens and enquiries from customers.

Free online courses are available, Find out more at:
<https://foodallergytraining.org.au/>

Have You Made Any Changes?

Making structural changes to your food premises may require an amendment to your food business licence. If you are planning to renovate, please ensure you discuss your proposal with an Environmental Health Officer to determine if an application is required. Any renovation must comply with the Food Safety Standards.

Disposal of Food

All food businesses have a responsibility to appropriately dispose of food, including preventing swill feeding. Swill feeding is the feeding of scraps that includes meat and dairy products, or products that have been in contact with meat or dairy to animals. Swill feeding is illegal in Australia.

The Department of Agriculture and Fisheries advise that a food business permitting someone to collect prohibited food scraps (swill) to feed to ruminants, pigs or poultry would be committing an offence and may be prosecuted, as well as the person collecting the scraps to be fed.

Food waste considered to be swill should be placed into an appropriate waste bin for collection and disposal.

Grease Traps and Waste Oil Storage Areas

Almost all food businesses use fats and oils in their cooking. These businesses are required by Council to have a grease trap installed. Grease traps are plumbing devices designed to intercept most greases and solids before they enter Council's sewer system. Businesses are also required to hold a permit through Fitzroy River Water to discharge from their kitchen to Council's sewer system.

Even with a grease trap, it is not appropriate to put used cooking oil down the sink. Doing this can block drains and choke up sewer systems and water treatment facilities. Recycling used oil ensures it's not wasted and doesn't damage the environment. Commercial oil recyclers can provide a waste oil container and then collect used cooking oil regularly.

Some tips for managing your waste oil storage and to keep the area clean include:

- Spills should be cleaned up with absorbent material, not hosed into the gutter or drain.
- Waste oil containers should be located undercover on solid, level ground.
- Containers should be kept closed when not in use.
- Waste oil storage areas should be included as part of the business's pest control program.
- Waste oil container's capacity should be monitored, and extra servicing requested when needed.

Tea Towels

Did you know that tea towels can be a source of cross contamination? Tea towels and other cloth towels are very absorbent due to their fabric weave. A used tea towel may contain harmful bacteria which can be spread to your hands and other food contact surfaces such as prep benches, crockery and cutlery. As a result, tea towels should never be used to wipe down benches, dry hands, or dishes.

In addition, tea towels should never be used to cover food. Ideally food businesses should be using food grade materials such as plastic wrap, aluminium foil or lids to cover food.

Quiz

1. Chicken should be cooked to an internal temperature of: 60°C, 65°C, 70°C, 75°C
2. How many Australians are affected by a food borne illness each year: 1/5, 1/10, 1/15, 1/20
3. You should rinse meat and poultry before cooking to remove bacteria: True / False
4. Freezing food kills all bad bacteria: True / False
5. Vegetarians don't eat meat, so they are safe from foodborne illness: True / False
6. If you get a foodborne illness its usually from the last thing you ate: True/False
7. It is safe to eat food after the 'Best Before' date: True / False
8. Rare steak is safe to eat as long as the outside has been seared. True / False



Cooling Potentially Hazardous Foods

If you cook potentially hazardous food that you intend to cool and use later, you need to cool the food as quickly as possible. Bacteria that cause foodborne illness may still be on food even after cooking, and by cooling food faster you reduce the time that bacteria are able to grow.

Food must be cooled from:

- 60°C to 21°C within two hours; and
- from 21°C to 5°C within a further maximum period of four hours.

If you don't know how fast your food is cooling, use a probe thermometer to measure the warmest part of the food – usually in the centre. It is important that the temperature of food is monitored during cooling to ensure the procedure used is effective. It is good practice to record both the temperature and the time the temperature was taken to make sure the cooling process meets food safety requirements.

To cool food quickly, divide it into smaller portions in shallow containers as large volumes of food may not sufficiently cool all the way through within the times and temperatures specified. Take care not to contaminate the food as you do it. Some other tips:

- Place containers in the fridge or freezer as soon as food stops steaming.
- If cooling soups or sauces stir the food regularly.
- Use metal containers.
- Ensure cool air can circulate around the food – do not stack the containers too tightly.

Food Safety Websites

Please see below for some useful websites on food safety and regulation of food businesses:

- Queensland Health: <https://www.qld.gov.au/health/staying-healthy/food-pantry>
- Food Standards Australia & New Zealand: www.foodstandards.gov.au
- Safe Food Queensland: www.safefood.qld.gov.au
- Food Safety Information Council: www.foodsafety.asn.au

Probe Thermometers

If your business stores, transports, prepares, cooks or sells potentially hazardous food, then you must have a probe thermometer so you can measure the temperature of the food. The thermometer must also be accurate to $\pm 1^{\circ}\text{C}$.

Using a thermometer will demonstrate that potentially hazardous food has been cooked, cooled and reheated sufficiently and is being stored at the correct temperature. Equipment that is used to store and display food, such as cold rooms, Bain Marie units and display cabinets often have a thermometer fixed to the equipment. While these thermometers are useful, they do not measure the actual temperature of the food.

Probe thermometers must also be calibrated regularly to ensure they are reporting accurate temperatures.

Cold Calibration

Step 1: Mix 50% crushed ice and 50% water in a container.
Step 2: Wait for 5 minutes so that the heat distributes evenly.

Step 3: Place your thermometer into the container.

Step 4: Wait a further minute.

Step 5: Check that the temperature is -1°C to 1°C .

Step 6: If the temperature isn't correct, adjust your thermometer to the correct temperature whilst it's still in the water. If you can't manually adjust your thermometer, arrange for professional re-calibration or a replacement.



Annual Inspections

Please be aware that Environmental Health Officers are not required to make appointments to conduct inspections of your food business. Under the *Food Act 2006* Environmental Health Officers are allowed to enter your Food Business whenever it is open to the public or conducting food handling activities.