

Food Safety Fact Sheet

Ensuring food is handled, prepared and stored safely helps to prevent the contamination of food.

Small changes such as washing your hands before handling food makes a **big difference**.



6.5

MILLION

The number of days of lost work caused by food-borne illness.¹

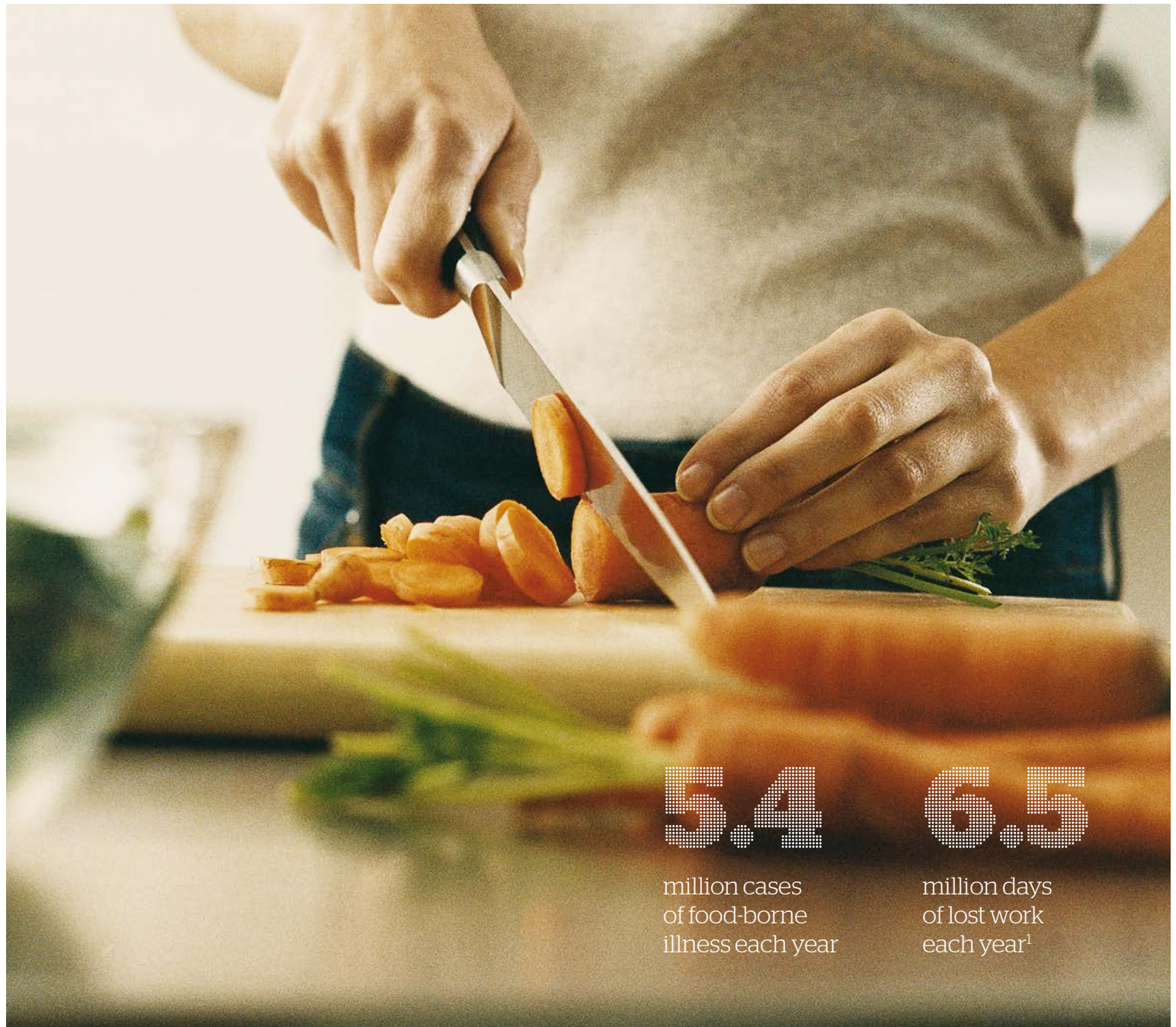
Food safety

In Australia, there are around 5.4 million cases of food-borne illness each year, leading to 6.5 million days of lost work. Of those, around a third are thought to be caused by food handling mistakes.

Food poisoning is caused by bacteria and viruses in our food. The bacteria require food, warmth, air and time to grow to numbers dangerous to human health.

The first defence against these bacteria is to make sure we clean our hands. Remember the 20/20 rule:

- wash hands for 20 seconds with warm soapy water
- dry hands for 20 seconds



5.4

million cases
of food-borne
illness each year

6.5

million days
of lost work
each year¹



Kitchen facilities

- For food and drink that is purchased, avoid damaged cans or torn packets
- Provide chilled storage for workers who bring their own lunch
- Provide heating facilities for workers to heat food
- Provide hand-washing facilities in or near kitchen and dining areas
- Provide facilities for washing utensils
- Include kitchen equipment in your routine maintenance schedule.

Preparing food in the workplace kitchen

- Wash hands before handling food
- Keep the fridge at 5° Celsius or below
- Keep perishable food in the fridge
- Use thoroughly cleaned chopping boards, utensils and crockery for food that will not be heated before being eaten – e.g. salads
- Always follow the cooking instructions on packaged foods
- Reheat leftovers to steaming hot before eating
- If in doubt, throw it out!

Workplace canteens are food businesses under the Food Act 2008, and must comply with the Food Standards Code.

Onsite canteen/kiosk

Chill

- Keep the fridge/cool room at 5° Celsius or below
- Keep perishable food in the fridge
- Arrange the fridge so cold air can easily circulate around evenly
- Keep raw meat and poultry from touching other food
- Keep raw meat and poultry in the bottom of the fridge or in a sealed container so it can't drip onto other food
- Defrost food in the fridge, not on the bench or in the sink.

Cook

- If you are sick, ask someone else to cook
- Use separate chopping boards and knives for each type of food – e.g. raw meat, fish, vegetables and cooked foods
- Cook chicken, minced or boned meats, hamburgers, stuffed meats and sausages right through until all juices are clear
- Defrost frozen poultry, minced, rolled and stuffed meats thoroughly before cooking
- Always follow cooking instructions on packaged foods
- Food poisoning bacteria multiply rapidly in food with a temperature between 5 – 60° Celsius, therefore keep food hot, at or above 60° Celsius or cold, at or below 5° Celsius. Use a probe thermometer to test the temperature
- Cook food and serve immediately
- Reheat to steaming hot before eating.

Clean

- Wash and dry chopping boards, utensils and work surfaces after preparing raw meats and poultry
- Use thoroughly cleaned chopping boards, utensils and crockery for food that will not be heated before being eaten – e.g. salads.

Store

- Refridgerate hot food as soon as it stops steaming
- Refridgerate leftovers promptly
- Cover all stored food
- Ensure good stock rotation
- If in doubt, throw it out!



<p>Catering</p>	<p>Order</p> <ul style="list-style-type: none"> • Avoid ordering foods that are more susceptible to contamination - eg, those dishes that contain raw eggs, such as some types of mayonnaise and aioli. Check the ingredients with the caterer. <p>Deliver</p> <ul style="list-style-type: none"> • Request that the catering is delivered only a short period of time before the food is required • Refrigerate foods on delivery. <p>Serve</p> <ul style="list-style-type: none"> • Ensure foods are not left at room temperature for more than 2 hours • Management of food allergy is a shared responsibility, so it is important to note the potential allergens in food. Refer to the allergen fact sheet. 				
<p>Mobile workforce</p>	<ul style="list-style-type: none"> • For food and drink that is purchased, avoid damaged cans or torn packets • Encourage the use of chiller bags and ice blocks or provide workers with these items. 				
<p>Fundraising events - e.g. barbeques or sausage sizzles</p>	<table border="0"> <tr> <td data-bbox="379 622 922 981"> <p>Prepare</p> <ul style="list-style-type: none"> • Finish preparing raw meat before leaving for the site such as slicing, marinating or skewering • Handle food with tongs or other equipment • Pack raw meat into insulated boxes with ice bricks for transportation • Keep cooked meat and salads separate from raw meat at all times. </td> <td data-bbox="922 622 1468 981"> <p>Serve</p> <ul style="list-style-type: none"> • Where possible, use single-use (disposable) utensils such as knives, forks, plates and cups • Re-useable items such as mugs should not be used unless there are facilities available on-site to wash and sanitise them, or there are enough items for the duration of the event • Management of food allergy is a shared responsibility, so it is important to note the ingredients in home-made food. Refer to the allergen fact sheet • Throw left-over food away unless refrigeration equipment is available to rapidly cool the food. </td> </tr> <tr> <td data-bbox="379 981 922 1585"> <p>Cook</p> <ul style="list-style-type: none"> • Cook chicken, sausages and hamburgers until juices run clear - steaks can be cooked to preference • Use clean and dry utensils for serving the food - never place cooked meat back on the trays that held the raw meat. </td> <td data-bbox="922 981 1468 1585"> <p>Clean</p> <ul style="list-style-type: none"> • Food handlers must wash their hands with warm running water unless an exemption has been obtained from your local council or health authority • A temporary hand washing facility that provides running water must be set up • A supply of soap and paper towels must be provided at the hand washing facility so that hand washing can be undertaken properly. Supply a bin for used towels. </td> </tr> </table>	<p>Prepare</p> <ul style="list-style-type: none"> • Finish preparing raw meat before leaving for the site such as slicing, marinating or skewering • Handle food with tongs or other equipment • Pack raw meat into insulated boxes with ice bricks for transportation • Keep cooked meat and salads separate from raw meat at all times. 	<p>Serve</p> <ul style="list-style-type: none"> • Where possible, use single-use (disposable) utensils such as knives, forks, plates and cups • Re-useable items such as mugs should not be used unless there are facilities available on-site to wash and sanitise them, or there are enough items for the duration of the event • Management of food allergy is a shared responsibility, so it is important to note the ingredients in home-made food. Refer to the allergen fact sheet • Throw left-over food away unless refrigeration equipment is available to rapidly cool the food. 	<p>Cook</p> <ul style="list-style-type: none"> • Cook chicken, sausages and hamburgers until juices run clear - steaks can be cooked to preference • Use clean and dry utensils for serving the food - never place cooked meat back on the trays that held the raw meat. 	<p>Clean</p> <ul style="list-style-type: none"> • Food handlers must wash their hands with warm running water unless an exemption has been obtained from your local council or health authority • A temporary hand washing facility that provides running water must be set up • A supply of soap and paper towels must be provided at the hand washing facility so that hand washing can be undertaken properly. Supply a bin for used towels.
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Reference: <http://www.foodstandards.gov.au/scienceandeducation/factsheets/foodsafety/factsheets/charitiesandcommunityorganisationsfactsheets/sausagesizzlesandbar1478.cfm>

Food Safety training

- FoodSafe® (Online, \$33 licence cost)
- <http://www.foodsafeonline.com.au>
- Do Food Safety (Online, no cost)
- <http://dofoodsafely.health.vic.gov.au>

Further information

- Food Safety Information Council www.foodsafety.asn.au
- Food Standards Australia and New Zealand (FSANZ) www.foodstandards.gov.au
- Environmental Health Directorate, Department of Health WA http://www.public.health.wa.gov.au/3/1611/2/food_safety.pm
- Your local Environmental Health Officer (EHO) at your local council



¹ [http://www.ozfoodnet.gov.au/internet/ozfoodnet/publishing.nsf/Content/137D93E765468F17CA2572130080B157/\\$File/cost-foodborne.pdf](http://www.ozfoodnet.gov.au/internet/ozfoodnet/publishing.nsf/Content/137D93E765468F17CA2572130080B157/$File/cost-foodborne.pdf)