

# Food Matters in Bassendean



48 Old Perth Road, Bassendean WA 6054

T: (08) 9377 8000 F: (08) 9279 4257

E: [mail@bassendean.wa.gov.au](mailto:mail@bassendean.wa.gov.au)

Town of Bassendean food safety newsletter

Issue 4 · May 2014

## Note from the editor

Dear Readers,  
Welcome to the fourth edition of our newsletter.

In this issue we take a look at cleaning of equipment and premises, date labelling and the safe handling of food.

If you have any questions that you would like addressed in future newsletters, please call the Town's Health section on (08) 9377 8000 or email: [mail@bassendean.wa.gov.au](mailto:mail@bassendean.wa.gov.au)



## What are we finding on our inspections?

### Premises clean and tidy/ Equipment clean and tidy

Food businesses are to ensure that their premises and equipment are kept in a clean and tidy condition. This may seem logical, however cleaning is the top issue to be noted and commented on during a risk assessment.

The risk assessment officer is looking to see that the cleanliness of all the equipment in the premises and the structural requirements of the premises are not causing a food safety risk.

### How to clean

To ensure all items and surfaces that come into contact with food are effectively cleaned and sanitised there is a four step process that removes food waste, dirt, grease and kills bacteria.

#### STEP 1: Preparation

Remove loose dirt and food particles. Rinse with warm water.

#### STEP 2: Cleaning

Wash with hot water (60°C) and detergent. Rinse with clean water.

#### STEP 3: Sanitising (bacteria killing stage)

Treat with very hot clean water (75°C) for at least two minutes or apply sanitiser as directed on the label.

#### STEP 4: Air drying

Leave benches, counters and equipment to air dry. The most hygienic way to dry equipment is in a draining rack.

[continued over >>>](#)



## How to clean (continued)

### Detergents vs. sanitisers

**Detergents** are chemicals that **remove** dirt and grease. Detergents **do not** kill bacteria.

**Sanitisers** (also known as **disinfectants**) are chemicals capable of **killing** bacteria that cause food poisoning and other diseases. Used correctly, sanitisers can reduce bacterial contamination of surfaces to a safe level.

**Both detergents and sanitisers are needed to achieve effective cleaning.**

It is important to read the directions on chemical sanitisers carefully. Some are toxic and must be rinsed whereas others are food safe and do not require rinsing.

All sanitisers work best at the correct dilution. If too 'weak', sanitisers do not work effectively; if too 'strong' you are wasting your money. And they need time to work. The 'contact time' varies depending on the job and the chemical.

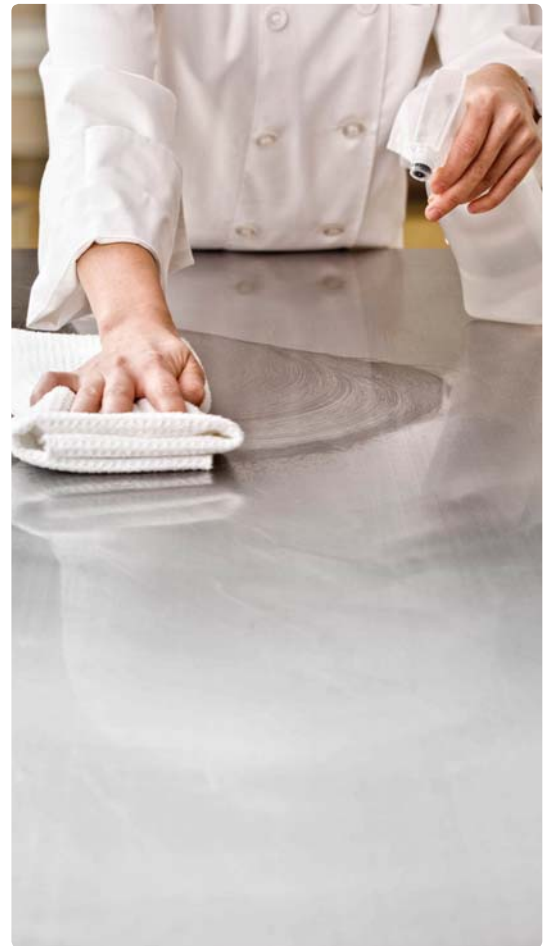
Sanitisers should be used on benches, sinks, taps, meat slicers throughout the day and at the end of the day.

### Dishwashers

To sanitise effectively with a dishwasher a rinse cycle temperature of at least 77°C and a rinse cycle of greater than 30 seconds is required. Lower temperatures and longer rinse cycles may achieve the same outcome.



Refer to the dishwasher manual or manufacturer for these details.



## How to... date label your food

**Date labelling of foods within your food business is a good way to keep track of your stock rotation and will take the guesswork out of when a food was opened, prepared or should be used by. Your requirement as a food business is to make sure you take all practicable measures to process only safe and suitable food.**

All foods supplied to your business will have a use by or best before date marked on it. It is a legal requirement. The stock within your dry store, cool rooms and freezers should be checked on a regular basis to make sure the food you are using is within those dates.

If a food product has been opened and transferred to another container for storage a good practice is to label that container with the date it was opened. It is also best practice to date label any foods you have prepared with the date it was prepared on. Another way is to date when the food is to be used by but make sure you stick to one method so it doesn't get confusing.

An easy and affordable way of date labelling your foods is to use masking tape and a marker. The masking tape is easy to write on, will not fall off with exposure to moisture, like in your coolroom, but is still easily removed.

Food preparation labels, such as day-dots, are a modern, convenient alternative to the method above. They are usually brightly coloured, with a different colour representing a different day of the week, so they are easily and quickly identifiable. They may also have a section which allows the food handler to mark it with a prepared on or use by date. They are quick and easy to use and you will find a number of suppliers online.



# Handling food

## Gloves, hand washing and using utensils

The *Food Safety Standards* require food handlers to take all practicable measures to prevent unnecessary contact with 'ready to eat' foods. 'Ready to eat' food is food that can be eaten without having anything further done to it, such as sandwiches, rolls and other food that is consumed in the same state as that in which it is sold.

The practical steps to good food handling and minimising contact are:

1. Wash and dry your hands thoroughly.
2. Use gloves and change them regularly.
3. Use utensils when handling food.
4. Using other barriers, such as paper or plastic bags, in contact with the food.



### Gloves or no gloves?

A common question asked by food handlers is 'do I have to wear gloves?'. The general answer is 'No'—however, if used properly, gloves are an effective tool in good food handling and are used to minimise bare hand contact with 'ready to eat' foods.

In some instances gloves are required to prevent the contamination of food from cuts/wounds, band-aids, jewellery and fingernails.

However you must remember that gloves should be used for **one task only**, such as breaking up cooked chicken for sandwiches. Gloves should never be reused. When you start the next task, wear new gloves.

**Never use the same gloves for handling raw foods as well as cooked foods.**

So your gloves should really be changed just as often as you should be washing your hands!

Do you or a staff member have a latex allergy? There are a number of gloves available on the market that are latex free so look out for them.

### Hand washing

The most important step to remember before preparing food is to wash and dry your hands thoroughly, including before wearing gloves.

The *Food Safety Standards* require food handlers to wash their hands using the dedicated hand washing facilities provided:

#### before

- commencing work activities
- handling food

#### ... and after ...

- using the toilet
- smoking, eating or drinking
- coughing, sneezing or blowing your nose
- touching hair, scalp, mouth, nose or other body parts
- handling rubbish and other waste

#### and between...

- handling raw and ready to eat foods, such as cooked food and salads.

continued over >>>

**Reminder!**  
It is required that all hand wash basins are provided with soap and disposable hand towels or air dryers. Failure to comply can result in an infringement notice being issued.

## What about alcohol-based hand gels (hand sanitisers)?

This is another common question we get asked by food handlers. Alcohol-based hand gels are commonly used in medical and health care settings because the alcohol can effectively kill bacteria and most viruses.

**In the commercial food setting and even most other settings, hand sanitisers are not a replacement for good hand washing.**

When handling food, washing your hands with soap and water is a must! Hand sanitisers are an optional follow-up to traditional hand washing.

### Hand washing – the 5 steps

1. Wet with warm running water.
2. Apply soap.
3. Rub hands thoroughly.
4. Rinse hands.
5. Dry your hand thoroughly using disposable paper towel or air dryer.

## Using utensils

Utensils, such as tongs, serving spoons and forks, are used to prepare, handle and serve food without having direct contact with the food.

It is important to make sure your utensils are cleaned and sanitised before being used.

**Never use the same utensils for handling raw foods and then handling foods that are 'ready to eat'.**

Utensils may be used again if they have been thoroughly cleaned, sanitised and dried. Try to use tongs or other utensils when preparing food that will not be cooked before it is eaten, such as salads and sandwiches.



## Recent prosecutions in WA Department of Health website

**The number of food premises on the Department of Health's 'Publication of Names of Offenders' list continues to grow as it would appear are the penalties being handed down by the magistrates.**

Below are just three examples:

- Supermarket in the City of Bayswater – Sale of unsuitable food. Fine and costs of \$25,672.
- Food business in the City of Rockingham – Failure to comply with various *Standards* including those relating to pests, cleaning and maintaining potentially hazardous foods under temperature control. Fine and costs of \$73,587.
- Patisserie within the Town of Claremont – Failure to comply with *Standards* relating to pests and cleanliness. Fine and Costs of \$81,577.



For more information on recent prosecutions visit the list of offenders available at [www.public.health.wa.gov.au](http://www.public.health.wa.gov.au) (can be found under Environmental health, food, water and hazards > Food > Consumers > Publication of names of offenders)