

Basic Food Safety

A guide for Rotarians

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High standards of food safety allow everyone to enjoy the food we in Rotary prepare without risk of illness or harm.

Contaminated food could result in food poisoning.

Anyone preparing food has a legal duty to ensure the food is safe to eat.

It is against the law to serve or sell food that could cause harm.

Why be concerned?

- Compliance with food safety laws
- Poor food safety standards can cause illness
- Food poisoning is caused by eating contaminated food
- The good reputation of Rotary

Three types of Hazards to food

- Physical (glass, string, hair, dead fly)
- Chemical (cleaning fluid, dissolved metal)
- Biological (bacteria, viruses, parasites, fungi)

Biological hazards

- Bacteria
- Viruses
- Parasites
- Poisonous plants, fungi, fish

Pathogenic Bacteria

Where are these disease-causing bacteria?

- People: skin, hair, cuts, pimples ears, nose & throat
- Raw Food: animal intestines, meat may be contaminated at slaughter
- Soil: found on unwashed vegetables
- Water, Pests, Pets, Food Waste, Dirt

Spread of Bacteria -Avoid cross-contamination

Raw meat High risk food (ready to eat)

Contamination via:-

Hands Dishcloths Worktops

Utensils Containers Chopping boards

Multiplication of Bacteria by Binary fission Numbers increase rapidly (10–20 mins) if given

High Risk (Ready to Eat) Foods are moist and high in protein

- Pâtés & Spreads
- Cooked Rice, Meat & Poultry
- Soups, Gravy, Stews
- Mayonnaise, Mousse (uncooked eggs)
- Soft cheese
- Salads

Keep Foods Outside the Danger Zone

- Cold Food 5°C or less
- Hot Food 63°C or more
- Danger Zone 5°C - 63°C

Remember food passes through the danger zone when heating or cooling

Recommended Temperatures

- Fridges 0°C to 5 °C
- Freezers -18 °C or below
- Thawing 0°C to 5 °C
- Cooking Core temp. 70 °C for at least 2 mins
- Cooling 5 °C within 90 mins
- Reheating Core temp. 70 °C for at least 2 mins
- Hot holding Minimum core temp. of 63 °C
- Cold holding 0°C to 5 °C recommended

Precautions

- Limit the time high-risk food is in the danger zone (less than 4 hours)
- Freezing high-risk food restricts bacterial multiplication
- Cook food thoroughly – high temperatures destroy bacteria
- Hot food really hot: 63°C or hotter
- Cold food really cold: 5 °C or cooler

Causes of Food Poisoning & Food-borne illness

What can we do?

- Personal hygiene
- Maintain clean environment
- Time & temperature control
- Avoid touching food with hands
- Keep raw & cooked food separate
- Keep food covered
- Check core temperature

Risk Assessment

- Analyse hazards to food at each stage
- Assess level of risk
- Eliminate or reduce risks to a minimum
- Identify critical points e.g. when to measure core temperature
- Record findings
- Review safety procedures

Follow the 4 Cs for Food Safety

- Cleanliness
- Cooking
- Chilling
- Cross Contamination
- (Cover)

- 1) Keep cold food cold and hot food hot
- 2) Use common sense that helps a lot
- 3) Above all else just keep it clean!
- 4) Self and surface – you know what I mean
- 5) Don't lose heart it's really easy
- 6) Feed them well – don't make them queasy!