



## YOUNG SHIRE COUNCIL PLANNING & ENVIRONMENT

# FOOD NEWS

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## Welcome

Welcome to the fifth issue of Food News and the first for 2013!

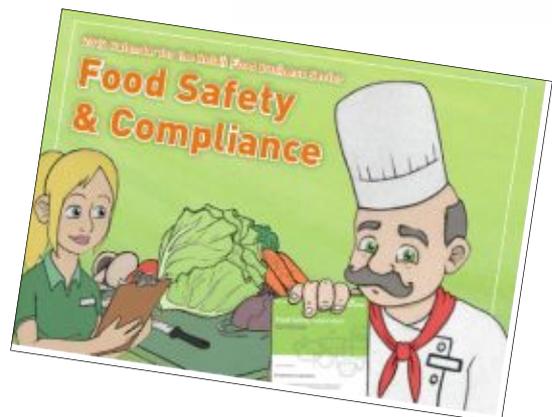
In this edition we cover;

- Temperature control and food safety, including the basics of the 4 hour / 2 hour rule (for more information a guideline is available from the NSW Food Authority). It is important to note that if you are using the 4 hour / 2 hour rule you must be able to document your processes (see page 3).

We have also included the 2013 Food Safety and Compliance Calendar

Council is proud to support this initiative of the Murrumbidgee Region Food Liaison Group, who design and produce this calendar every year - to educate and reinforce the principles of food safety, with some simple hints and tips each month.

We suggest that you hang the calendar in a visible high use area such as near the hand wash basin.



***We hope that all our food premises have had a Merry Christmas and now wish you all the best for 2013!***

***We look forward to working with you all in the coming year!***

### **IMPORTANT!! PLEASE NOTE - IF YOU HAVE NOT COMPLETED FSS TRAINING YET:**

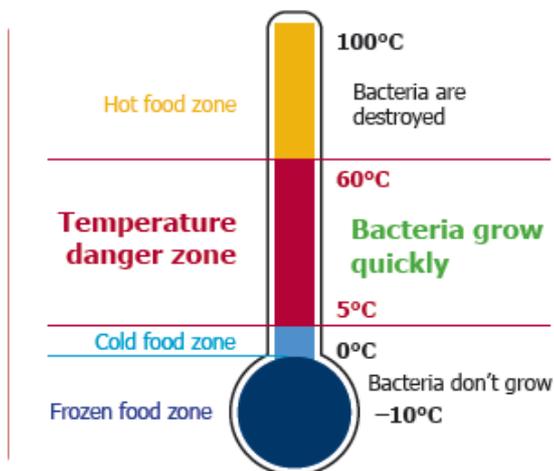
A Food Safety Supervisor Certificate is issued by an approved Registered Training Organisation (RTO) in addition to the Statement of Attainment after successful completion of the training requirements.

RTO's must be approved by the NSW Food Authority to deliver Food Safety Supervisor Training and to issue the FSS certifications.

For a list of approved RTO's please refer to the NSW Food Authority website

# FOOD SAFETY & TEMPERATURE CONTROL

What temperatures are the 'right' temperatures to keep foods safe and WHY?



**Keep hot food 60°C or hotter.** If you are holding food hot in a pie warmer, bain-marie or in other equipment, make sure the food is 60°C or hotter.

Food poisoning bacteria do not grow and will start to die at 60°C or hotter.

**Keep your chilled food at 5°C or colder** in the cool room, refrigerator or on display. Check that your display unit will hold the food at 5°C or below.

Food poisoning bacteria grow very slowly or not at all at 5°C or colder.

**POTENTIALLY HAZARDOUS FOODS (PHF)**, are those susceptible to bacterial growth and must be kept chilled at 5°C or colder or, if serving hot, held at 60°C or hotter. The following list provides some examples of PHF but may not include every food;

- Raw and cooked meat and food containing raw or cooked meat such as casseroles, curries and lasagne
- Smallgoods such as strasbourg, ham and chicken loaf
- Dairy products, for example, milk, custard and dairy-based desserts such as cheesecakes & custard tarts
- Seafood (excluding live seafood) including seafood salad, patties, fish balls, stews containing seafood and fish stock
- Processed fruits and vegetables, for example salads and cut melons
- Cooked rice and pasta
- Food containing eggs, beans, nuts or other protein-rich food such as quiche, fresh pasta and soy bean products
- Food that contain these foods, for example sandwiches, rolls and cooked and uncooked pizza.

*'temperature control means maintaining food at a temperature of:*

- 5C, or below if this is necessary to minimize the growth of infectious or toxigenic micro-organisms in the food so that the microbiological safety of the food will not be adversely affected for the time the food is at that temperature; or*
- 60C of above; or*
- Another temperature - if the food business demonstrates that maintenance of the food at this temperature for the period of time for which it will be so maintained, will not adversely affect the microbiological safety of the food.'*

Food Safety Standards, Division 1

## The use of time as a control for PHF - THE 4 HOUR / 2 HOUR RULE

Because food poisoning bacteria take time to grow to numbers that cause food poisoning, the Food Standards Code provides an alternative to holding food below 5°C or above 60°C. It allows food businesses to hold food between 5°C and 60°C for short, measured periods of time. The time for which food can be safely held between 5°C and 60°C is commonly referred to as the '4-hour/2-hour rule'.

## Using the 4-hour/2-hour rule

**Important!** To ensure that the 4-hour/2-hour rule is being applied there are **certain requirements that must be met and which you must be able to demonstrate** your compliance.

To demonstrate that the 4-hour/2-hour rule is being applied correctly, you will need to:

- ensure the Food Standards Code requirements are followed for potentially hazardous food and ingredients during receipt, storage, and preparation.
- ensure cold foods are not displayed in direct sunlight or at temperatures above 25°C, as this will allow bacteria to quickly increase in numbers
- implement a documented system for: monitoring the length of time food is displayed out of temperature control, ensuring the food is appropriately identified, and ensuring food is disposed of appropriately after 4 hours.

Food which has been in the temperature danger zone for less than 2 hours (transport + preparation + storage + display) can be returned to the refrigerator at or below 5°C or heated to above 60°C and brought out again at a later time.

However, the total time in the temperature danger zone must not be longer than 4 hours. Whatever system you choose to use, you must be able to demonstrate what you have done.

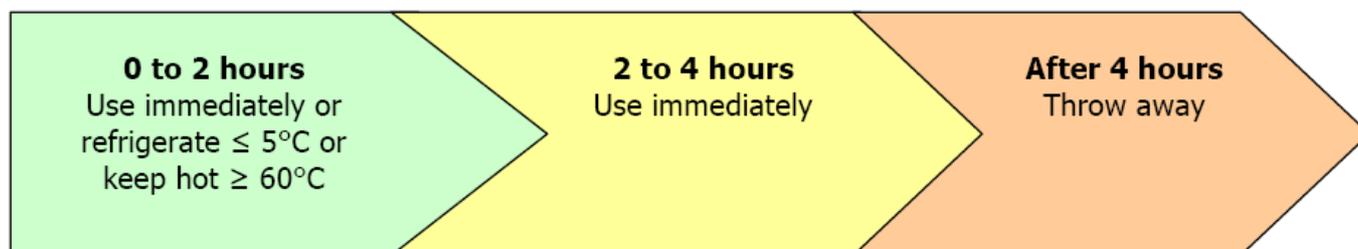
**The documented system can take the form of:**

- a set of work instructions on how the 4-hour/2-hour rule is applied by your business
- keeping records demonstrating adherence to the time temperature requirements
- If you decide to use the 4-hour/2-hour rule for temperature control, but are not able to satisfactorily demonstrate that you are applying the 4-hour/2-hour rule correctly, then you may be found to be in breach of Food Standards Code requirements.

It is the responsibility of the food business to ensure all food handlers are adequately trained in the use of the documented work instructions or the completion of records if the 4-hour/ 2-hour rule is to be applied.

**If you decide to use the 4-hour / 2-hour rule for temperature control, but are not able to satisfactorily demonstrate that you are applying the rule correctly, then you may be found to be in breach of Food Standards Code requirements.**

Penalties can apply for failure to comply with the Food Standards Code



'Use immediately' means that the food must be sold within that 2-hour period, or else cooked or processed to reduce or eliminate any pathogenic bacteria present in the food.

If you intend to use the 4 hour/ 2 hour will need to demonstrate that the food is safe. See the guideline on the 4 hour / 2 hour rule on the Authority's website

## Food Shop Inspections

Our Environmental Health Officers have established an inspection schedule to ensure that all Food Shops are inspected on a regular basis.

It should be noted that Council can conduct inspections at any time.

### Fees:

Annual registration  
\$115

Inspection  
\$73

Reinspection  
(minor matters)  
\$63

Improvement Notice &  
Re-inspection  
\$330

## REMINDERS

### FOOD SAFETY SUPERVISORS

It is requirement for most food businesses to appoint a Food Safety Supervisor - if you haven't done so please do so immediately.

And remember, a copy of the certificate must be kept onsite and be produced when requested by an authorized officer.



**TEMPERATURE CONTROL** - If your business stores, displays or transports potentially hazardous food you must have temperature measuring device (eg. a probe thermometer) that can accurately measure the temperature of the food to +/-1°C. Remember to clean and sanitise the thermometer before you use it.

**CLEANING & SANTISING** - remember that all food contact surfaces must be cleaned and sanitized using an approved process.

And don't forget to clean those hard to reach places!

### Top 5 most common food safety issues identified by council EHOs

1. Unclean food premises & equipment
2. Hand wash facilities that are inaccessible or don't have soap & paper towel
3. Pest control issues (eg cockroaches, mice)
4. Not keeping high risk food at the correct temperatures
5. Not covering food during storage

## Helpful Links

**NSW Food Authority**  
**Australia New Zealand Food Standards**  
**Food Safety Information Council**

[www.foodauthority.nsw.gov.au](http://www.foodauthority.nsw.gov.au)  
[www.foodstandards.gov.au](http://www.foodstandards.gov.au)  
[www.foodsafety.asn.au](http://www.foodsafety.asn.au)



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