



WELCOME TO THE SUMMER NEWSLETTER FOCUSED ON INFORMATION FOR FOOD PROVIDERS. WE HOPE YOU FIND THIS INFORMATION HELPFUL

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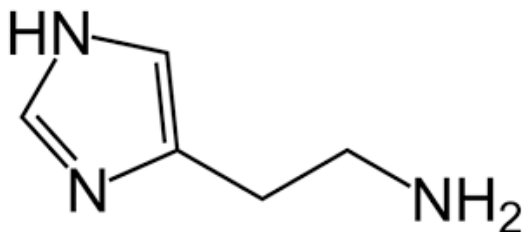
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Bug News



Not a bug, but SCROMBROTOXIN is a foodborne toxin associated with the consumption of certain fish:

- *kahawai*
- *mackerel*
- *tuna*
- *kingfish*
- *marlin*
- *bonito*
- *sardines*
- *pilchards*
- *anchovies*
- *herring*
- *trevally*



This toxin can be produced when the fish are not chilled and transported properly. Cooking the item fully will still not remove the toxin.

The toxin is a histamine and symptoms can include skin rash, nausea, abdominal cramps, vomiting, dizziness, palpitations, headaches and possibly respiratory distress. Symptoms can last up to 12 hours and usually start soon after consuming the toxin.

The key measures to control production of this toxin are:

- rapidly chilling the fish as soon as possible after death.
- Ensuring the fish are transported at safe temperatures <5°C.

Make sure your fish is delivered to you at a safe temperature. Don't forget to record delivery temperatures of all perishable items.

Remember, for any food related questions, please do not hesitate to contact the Environmental Health Team of Karen, Rachel, Georgia and Sasha.

You can reach us on 03 520 7400 or email environmentalhealth@marlborough.govt.nz

Fun Food Fact Quiz

We've been giving you information each season over the last few years so we thought we'd try something different and give you a quiz you can use to test your knowledge. Feel free to use this in your staff training:

- How long should you wash your hands for before undertaking any food preparation (or in-between tasks such as working with raw meat and then ready-to eat items)?
 - 10 seconds
 - 20 seconds
 - 30 seconds
 - Until they look clean
- What is the minimum temperature (°C) that you are required to reheat perishable items to?
 - 55
 - 57
 - 60
 - 75
- Where should raw meat be stored in a refrigerator?
 - Underneath the ready-to-eat items
 - Where it is coldest
 - Above the cooked meat
- How long can you defrost food at room temperature for?
 - Over night
 - 1 hour
 - 1 day
 - No more than 4 hours
- What is the minimum internal temperature of an item that is being held hot (after being reheated thoroughly)?
 - 55
- What is the temperature danger zone (°C) where bacteria quickly multiply in perishable food?
 - 50-100
 - 60-80
 - 5-60
 - 10-80
- How long can a perishable item be held in the danger zone for before it must be thrown away?
 - 30 minutes
 - 60 minutes
 - 2 hours
 - 4 hours
- How long must a food handler stay away from a food business after they have had vomiting or diarrhoea?
 - Just until they feel better
 - At least 48 hours after the last bout of illness
 - Until they promise to wear a mask and gloves
 - Until after five days have gone by
- How often do I have to check and record the temperatures of any chilled delivered goods?
 - Every delivery
 - Once a week
 - I don't have to as the supplier is registered and does their own checks
 - Just when it feels warmer than normal
- If I was cooling savoury mince I must make sure it cools from ____°C to ____°C (or room temperature) in less than 2 hours and then ____°C to ____°C or less than another ____ hours



Answers
1 b
2 d
3 a
4 d

5 c
6 b
7 d
8 b
9 a
10 60, 21, 21, 5, 4