

March 2020

Welcome to the Autumn newsletter focused on information for our food providers. We hope you find this information helpful.



## IN THIS NEWSLETTER

1. **Waste management**
2. **Separating food**
3. **Bug news**

## 1. Waste management

It is a requirement of your Template Food Control Plan to remove any waste from your premises to limit the attraction from pests and ensure cleanliness. Removing rubbish reduces the risk of people or clothing becoming contaminated and the risk of your food becoming contaminated.

### What you need to do

- Empty bins and remove rubbish from processing areas at the end of the day and when full
- Dispose of rubbish regularly
- Clean bins and rubbish area regularly

### What you need to show your verifier

- How you remove waste
- How you clean your bins and rubbish area, and who is responsible for this

Please refer to the **purple** section 'cleaning up' in your FCP for more on this topic. We would suggest making this a part of your cleaning schedule to ensure it is always done.



## 2. Separating food

### What to know

- Keeping raw/uncooked food away from cooked/ready-to-eat foods (e.g. salad) will stop bugs spreading.
- There are 11 common food allergens you must know about. These are: sulphites, cereals containing gluten (e.g. wheat), shellfish, eggs, fish, milk, peanuts, soybeans, sesame seeds, tree nuts and lupin.
- Some foods/ingredients could cause an allergic reaction. Keeping food that doesn't contain allergens separate from foods containing the allergens listed above will stop people getting sick and possibly dying.
- Know what allergens are in the food you sell – you must be able to tell customers if they ask or include this information on the packaging.
- Poisons and dangerous chemicals can make people sick if they get into food.

### What you need to do

Ensure you follow a method when preparing your foods, this could be:

Using different spaces and equipment (chopping boards, knives and utensils) or process at different times (cleaning in between) and/or thoroughly clean and sanitise surfaces, boards, knives and other utensils between use.

- Wash your hands and, if required, change protective clothing (e.g. aprons) between handling allergen foods and non-allergen foods.
- Keep all products not intended for human consumption (e.g. pet food) away from food and food preparation areas.
- Label poisons and dangerous chemicals clearly, store them away from food and make sure food is protected when using them.
- Label and store all food that could cause an allergic reaction separately.
- Tell your customers which foods you make or sell contain allergens if asked.
- When transporting your food, separate: raw and cooked/ready-to-eat or foods that contain the 11 allergens listed in the 'what to know' and foods that don't contain those allergens.

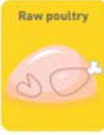
### What you need to show your verifier

- Your verifier may ask your staff to explain how they know which foods you make or serve contain allergens. Ensure your staff are trained on this.
- Show your verifier that foods containing allergens are kept separate and poisons and dangerous chemicals are clearly labelled and kept away from food.
- Show or explain to your verifier how you separate:
  - ◊ raw and cooked/ ready-to-eat products
  - ◊ foods that contain allergens and foods that don't contain allergens
  - ◊ dangerous chemicals or poisons from food


Please refer to the **green** section of your Food Control Plan in regards to separating food.

Separating Food


Raw poultry




Fruit and vegetables




Raw meat




Raw seafood



Bread / Dairy



Cooked meat



Use separate chopping boards, equipment and prep stations to prevent cross-contamination.

#### Want to know more about allergens in food?

Check out this pdf document online regarding unexpected allergens in food.

<http://allergenbureau.net/wp-content/uploads/2013/12/Unexpected-Allergens-in-Food-18-April-2011.pdf>

Be Allergy Aware



PEANUTS



SHELLFISH



DAIRY



EGGS



FISH



SESAME SEEDS



SULPHITES



GLUTEN



TREE NUTS



SOY BEANS



LUPIN

Even small traces of allergens have the potential to **kill**.

Use separate chopping boards and equipment for allergy-free foods and label these if needed.

## 3. Bug News – Staphylococcal (Staph) Food Poisoning

### What is Staph food poisoning?

Staph food poisoning is a gastrointestinal illness caused by eating foods contaminated with toxins produced by the bacterium *Staphylococcus aureus* (Staph) bacteria. About 25% of people and animals have Staph on their skin and in their nose. It usually does not cause illness in healthy people, but Staph has the ability to make toxins that can cause food poisoning.

### How do people get Staph food poisoning?

People who carry Staph can contaminate food if they don't wash their hands before touching it. If food is contaminated with Staph, the bacteria can multiply in the food and produce toxins that can make people ill. Staph bacteria are killed by cooking, but the toxins are not destroyed and will still be able to cause illness. Foods that are not cooked after handling, such as sliced meats, puddings, pastries, and sandwiches, are especially risky if contaminated with Staph. Food contaminated with Staph toxin may not smell bad or look spoiled.

### Symptoms include:

- vomiting
- nausea
- diarrhoea, usually watery but sometimes with blood
- cramps
- other symptoms may include mild fever, weakness, dizziness and chills.

Symptoms usually start 1 to 10 hours after exposure and go away in 1 to 2 days. In some cases, the illness may be more severe. If you have serious symptoms, you should see your doctor.

### Treatment for Staph food poisoning

The most important treatment is drinking plenty of fluids and resting. Most people recover without seeking any more treatment. The administration of fluids is recommended if the diarrhoea or vomiting is severe. Antibiotics are not indicated as the symptoms are caused by the enterotoxin and not the bacteria.

To avoid contaminating the food with Staph, handle and prepare food safely:

- Ensure raw foods of animal origin are obtained following good hygienic practices, to reduce the possibility of *S. aureus* contamination.
- Food handlers should use appropriate protective clothing (e.g. gloves) and thoroughly wash hands.
- Food handlers with skin lesions should have them properly covered prior to handling food. If this is not possible, they should not work while handling food until the lesions have healed.
- Avoid cross-contamination by keeping work surfaces clean and ensuring separation between areas where raw and cooked foods are manipulated.

To prevent growth of Staph and the formation of enterotoxin:

- Ensure food is maintained either at a temperature above 60°C or refrigerated below 4°C.
- Cool cooked foods that will not be immediately consumed to below 4°C within 6 hours.
- When reheating food, ensure that the temperature reaches at least 75°C.



**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](mailto:environmentalhealth@marlborough.govt.nz)**