

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



IN THIS NEWSLETTER

1. Preparing food safely
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1. Preparing food safely

What you need to do

- Design your workflow so you can safely move around your area (e.g. so you don't carry raw chicken across areas where cooked/ready-to-eat food is being handled).
- Clean and sanitise your work areas as you go.
- Check additive requirements in the Code if you use additives to make your foods.
- Check composition requirements in the Code are met (if applicable).

What you need to show your verifier

Show via records or explain to your verifier how you work in your kitchen including:

- How you clean as you go.
- How your food preparation area flows to stop bugs from growing and spreading.
- Your recipes to show how you meet additive and composition rules if they apply to you.



2. Checking for pests

Pests such as mice, birds and insects can spread disease. They do this by picking up bugs from dirty items such as waste and transferring them to food and food equipment.

Make sure you are:

- Checking for and removing any signs of pests daily (e.g. droppings, empty full traps, dead insects).
- Cleaning and sanitising any affected equipment and areas that come into contact with food.
- Following the procedure on what to do 'When something goes wrong' (red section of your FCP) if you find signs that a pest may be present in your food business.



A good way to show your verifier how you are checking for pests would be to put it in your maintenance schedule and if pests are found, recording how you rectified the problem on your 'When something goes wrong' record sheet.

See the 'When something goes wrong' card in SS&S

When something goes wrong

Date: / /

What went wrong?

What did you do to fix it?

What did you do to stop it from happening again?

How you kept food safe or made sure no unsafe or unsuitable food was sold

See the 'Maintaining equipment and facilities' card in SS&S

Maintaining equipment and facilities record

• This includes water supply checks
• When something goes wrong with your equipment / facilities (e.g broken fridges, flooding) use to the 'When something goes wrong record'

Item requiring maintenance checks/repairs	Frequency	Date checked to be checked	Who does it	Description of maintenance	Notes*
Grease Trap	is monthly Feb and Aug		Greg's Grease Trap Services	Full service and clean out of passive grease trap	

any items marked with a * are not required by law to record but you may find them useful!

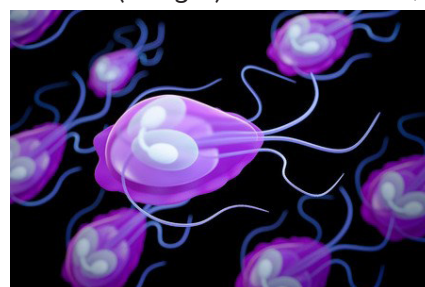
3. Bug news - Giardia

Giardia is a microscopic parasite that causes the diarrheal illness known as giardiasis. Giardia is found on surfaces or in soil, food, or water that has been contaminated with faeces from infected humans or animals.

Giardia is protected by an outer shell that allows it to survive outside the body for long periods of time and makes it tolerant to chlorine disinfection. While the parasite can be spread in different ways, drinking water and recreational water is the most common mode of transmission.

Once inside the human body the parasite sticks to the wall of the small intestine (the gut) where it feeds, multiplies millions of times, and causes damage and a bowel infection. Giardia is the most common intestinal parasite worldwide.

NOTE: Giardiasis is a notifiable disease - this means the local public health team may need to contact you and help trace the source of infection to reduce the risk of a large outbreak to others.



Giardia

How can I become infected?

- Drinking contaminated water or eating contaminated food
- Being in contact with infected animals that are carrying the parasite
- Being in close contact with someone who has giardia
- Swallowing water that contains the giardia parasite while you're swimming.

Symptoms:

- Foul smelling diarrhoea
- Stomach cramps and abdominal pain
- Nausea and vomiting
- Weight loss
- Bloating
- Slight fever
- Loss of appetite
- Headache
- Fatigue.

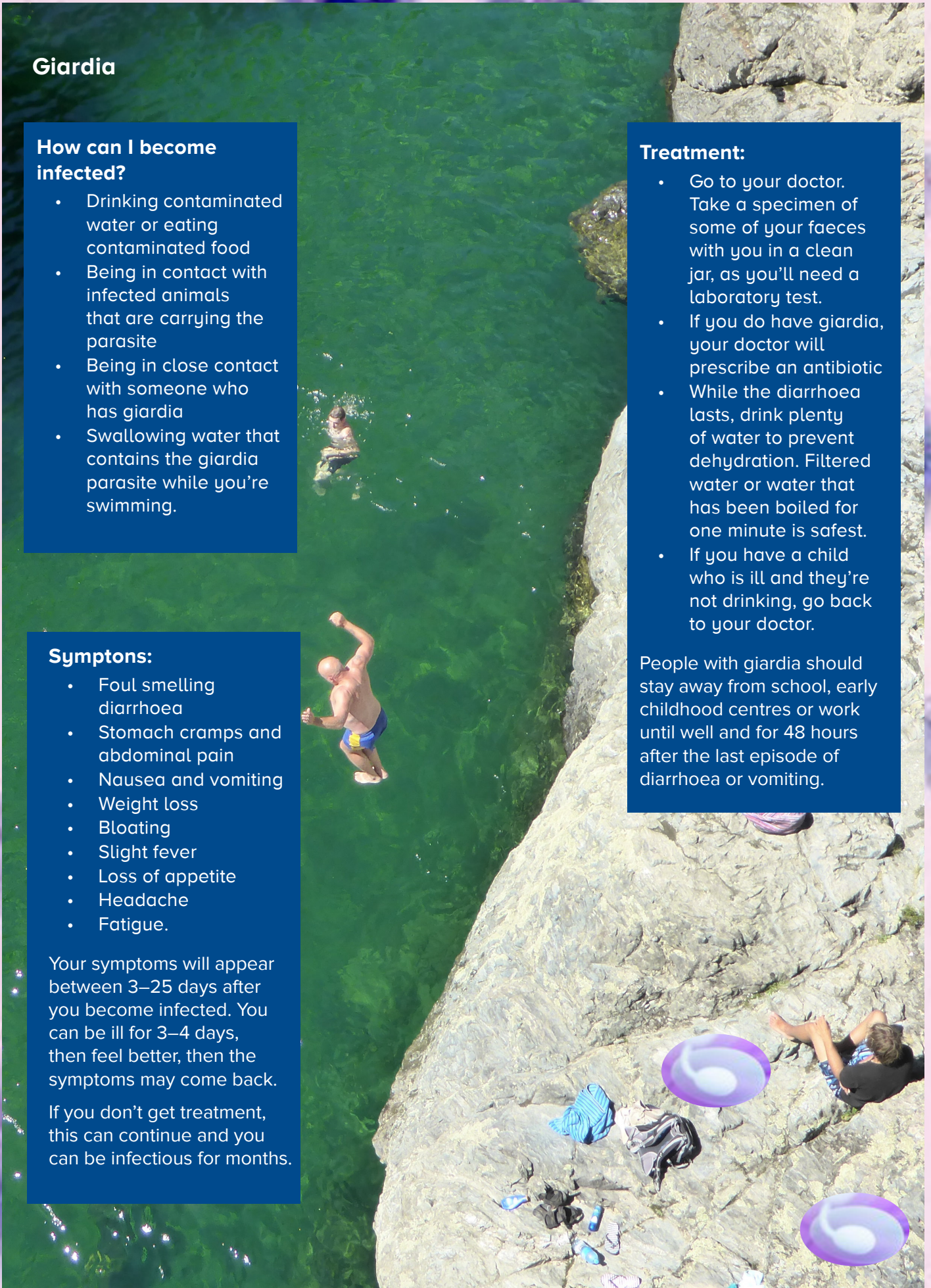
Your symptoms will appear between 3–25 days after you become infected. You can be ill for 3–4 days, then feel better, then the symptoms may come back.

If you don't get treatment, this can continue and you can be infectious for months.

Treatment:

- Go to your doctor. Take a specimen of some of your faeces with you in a clean jar, as you'll need a laboratory test.
- If you do have giardia, your doctor will prescribe an antibiotic
- While the diarrhoea lasts, drink plenty of water to prevent dehydration. Filtered water or water that has been boiled for one minute is safest.
- If you have a child who is ill and they're not drinking, go back to your doctor.

People with giardia should stay away from school, early childhood centres or work until well and for 48 hours after the last episode of diarrhoea or vomiting.



4. Summer food safety tips



Safe barbequing

- Make sure your barbeque and cooking tools have been cleaned with soap and water before using.
- Have separate utensils, plates and other equipment for raw and cooked foods – using just one set will mean you transfer pathogens from raw meats to cooked foods.
- Don't place or prepare raw meat on the grill next to cooked or partially cooked meat or other ready-to-eat foods.
- Precook chicken, sausages and minced meat, then barbecue until meat is steaming hot (over 75 degrees Celsius) all the way through.
- Turn food regularly so that it cooks evenly.
- Marinate meat in a covered container in the fridge and cook the marinade before pouring it over cooked foods.
- Keep all food covered and cool until ready to cook or eat.

Food poisoning is more likely to occur in the Temperature Danger Zone, which is between 5 and 60 degrees Celsius, so:

Show via records or explain to your verifier how you work in your kitchen including:

- Keep hot food hot and cold food cold.
- Don't overcrowd the fridge.
- Keep all food covered until you are ready to eat.
- Transport foods in a chilly bin or cooler bag packed with ice bricks or frozen water bottles.
- Thoroughly cook chicken, sausages and patties on the BBQ.

**ALWAYS
REMEMBER...
CLEAN, COOK, CHILL**



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

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