



FOOD MATTERS

SPRING 2019

SHIRE OF
MANJIMUP

Welcome to the Shire's second edition of Food Matters

Welcome to the second edition of *Food Matters*, the Shire of Manjimup's quarterly food safety newsletter which is designed to assist food business owners and food handlers understand their legal responsibilities under the *Food Act 2008* and the Food Standards Code. It will also provide interesting and up to date information about current topics.

Ensuring your premises are clean and having proper food handling practices are essential for the good health of our community as well as the success of your business. Given the serious implications of food poisoning, we hope this newsletter provides plenty of useful advice on safe food practices to keep both the consumer and your business safe.

If there are any topics you would like us to cover, we welcome your ideas and feedback via email at info@manjimup.wa.gov.au

Inside this issue:

Why eggs can be unsafe?	2
Dangers of raw-egg products	2
Storing & handling eggs	3
Food Business Responsibilities	3
Annual Registration fee	4
Food Prosecutions	4
FoodSafe Training	4



A word from your Environmental Health Services Team.....

Many foodborne illness outbreaks have been associated with foods that have been prepared using raw and lightly cooked eggs and egg products such as mayonnaise, aioli, custard or mousse.

While eggs are a great source of protein, make delicious breakfasts and are useful for baking, when it comes to egg safety there can be a lot of confusion. Keep them in the fridge or on the shelf? Wash or don't wash? Are foods containing raw eggs safe to eat?

In this edition of *Food Matters*, we will be focusing on egg safety and providing you with useful advice on how you can keep nasty bugs like *Salmonella* at bay to ensure the safety of your customers.

If you have any questions regarding any of the issues raised in this edition, please contact the Shire's Environmental Health Services Team on (08) 9771 7777 who will be happy to assist.

Why can eggs be unsafe to eat?

Eggs aren't just for breakfast anymore. With the popularity of low-carbohydrate diets, more people are consuming eggs. Unfortunately, if eggs — just like raw meat, poultry and fish — are not handled, stored and prepared safely, there can be health risks.

While eggs contain great nutrients, they can also contain a germ called *Salmonella*, a naturally occurring bacteria which can make you sick, especially if you eat raw, lightly cooked eggs or uncooked foods containing raw egg.



You cannot tell if an egg contains *Salmonella* as it won't look or smell different however, you can reduce the risk of *Salmonella* infection by following a few simple rules.

Salmonella infection causes gastroenteritis ('gastro') and symptoms include headache, fever, stomach cramps, diarrhea, nausea and vomiting which can last for days or weeks.

DID YOU KNOW?

Foods containing lightly cooked or raw eggs are not recommended to be eaten by elderly people, young children, pregnant women or those with weakened immune systems.

Cooking eggs all the way through reduces the risk of *Salmonella* infection, as the heat kills the bacteria. Eggs of any type should be cooked until the yolks and whites are firm.

The danger of raw eggs in ready-to-eat foods

Many food businesses use raw eggs in ready-to-eat foods such as mayonnaise, aioli and hollandaise sauce. You can minimize the risk of *Salmonella* infection from these foods by:

- ♦ only using eggs that are from a reputable supplier, are clean and not cracked;
- ♦ making the food item on the day you plan to serve it;
- ♦ keeping the eggs refrigerated until you are ready to use them; and
- ♦ storing the raw egg food products in the fridge until serving.

REMEMBER

NEVER leave foods containing raw egg out of the fridge for longer than four hours in total. If not consumed within a day, THROW IT OUT.



If you produce your own sauces, it is recommended that you use pasteurised egg products (e.g. liquid or frozen egg substitute) to reduce the likelihood of food poisoning.

Pasteurisation will kill *Salmonella* but will not affect the colour, nutritional value, flavor or use of eggs.

Alternatively, commercially available versions of these foods are generally safe.

Storing and handling eggs

When handling and storing eggs, food businesses must ensure:

- ♦ eggs are stored at 5°C (avoid keeping eggs above 15°C);
- ♦ eggs are stored in their original packaging to ensure traceability and shelf life information of the product;
- ♦ use only eggs that are within their use by dates;
- ♦ food handlers must wash and dry hands before and after handling eggs;

NEVER WASH EGGS

- ♦ Washing eggs allows bacteria to move from the outside of the shell to inside the egg. **Always throw away eggs with cracked or dirty shells, both of which increase the risk of *Salmonella* infection;** and
- ♦ clean and sanitize equipment and food contact surfaces before and after use.

SEPARATING EGGS

In order to minimise cross-contamination, egg shells **SHOULD NOT BE USED** to separate the egg white from the egg yolk as *Salmonella* bacteria on the surface of the shell can be transferred to the contents of the egg.



Separating eggs using your hands is also a risk as hands may become contaminated. **USE A CLEAN EGG SEPARATOR** instead.

Responsibilities of food businesses

The Food Safety Standards (Chapter 3) place obligations on Australian food businesses to produce food that is safe and suitable to eat, and also place health and hygiene obligations on food handlers.

Unhygienic practices used by food handlers during preparation of food containing egg have been reported as contributing factors to the risk of Salmonellosis.

When storing and handling eggs, food businesses must manage risks when also handling and preparing other primary products such as raw chicken, meat, seafood and salad ingredients.

As cracked and dirty eggs pose a serious risk to safe food production, they should not be received or present in a food business.



Different batches of any product made with raw egg must also be kept in separate containers and not mixed, including topping up the container with a new batch.



For further information regarding your obligations, please visit :

[http://www.foodstandards.gov.au/foodsafety/standards/Pages/Food-Safety-Standards-\(Chapter-3\).aspx](http://www.foodstandards.gov.au/foodsafety/standards/Pages/Food-Safety-Standards-(Chapter-3).aspx)



PO Box 1/ 37-39 Rose Street
MANJIMUP WA 6258

T: (08) 9771 7777

F: (08) 9771 7771

E: info@manjimup.wa.gov.au

W: www.manjimup.wa.gov.au

Reminder to pay your annual food business registration fee for 2019-20

Invoices were issued by the Shire in July to all registered food businesses for payment of the 2019/20 annual registration fee.

A number of food businesses have still not paid their annual registration fee and prompt payment is appreciated. This will ensure that your food business registration is not cancelled.

Thank you to all those food businesses that have already paid. For further information regarding payment of the annual fee, please contact the Shire's Environmental Health Services on (08) 9771 7777.

Recent Prosecutions in WA

Since May 2019 there have been a number of prosecutions of food premises through the courts including:

An independently owned café in the City of Nedlands

Failure to:- keep premises and equipment clean; store and protect food from likely contamination; keep potentially hazardous food under temperature control; maintain easily accessible hand-washing facilities; and inadequate pest control.

Penalty \$45,000 plus court costs

A fruit and vegetable market in the City of Belmont

Failure to:- store and protect food from likely contamination; supply correct labelling and nutritional information.

Penalty \$45,000 plus court costs.



FOOD SAFETY IS YOUR BUSINESS FOOD SAFETY IS YOUR RESPONSIBILITY

The Food Safety Standards place obligations on food businesses to produce food that is safe and suitable to eat. Food handlers are also required to have skills and knowledge of food safety and hygiene matters.

With more and more people eating out on a regular basis, food poisoning is on the increase. Therefore it makes sense for food businesses to protect themselves by making sure their products are as safe as possible.

FoodSafe Online Food Handler Training has been developed by Environmental Health Australia for individuals and is an ideal first step towards safer food. It is an interactive food handler training program and is available **free of charge** to all food businesses, community groups and residents within the Shire of Manjimup. The program is fully online with training videos and questions and a certificate is issued upon completion of the course.

To access the free FoodSafe Online Food Handler Training please visit www.manjimup.wa.gov.au/foodsafeline

