Food Safety & Hygiene

WALVIS BAY
YOUR OASIS OF OPPORTUNITIES

What is food safety?

Food safety is a scientific discipline describing the handling, preparation and storage of food in ways to prevent foodborne diseases. Food safety is something food service professionals should think about every day of the year.

To assist managers and personnel who are working in food outlets, the following basic requirements should be used at all times as guideline to ensure a safe food product for human consumption.

Receiving And Storage

- ✓ Check expiry dates when receiving and selling perishable foodstuffs to the public.

- ✓ Check the temperature of each storage area to ensure food is kept at 7ºC or below if refrigerated or -5ºC or below if frozen.

- ✓ Refrigerate cooked and ready-to-eat foods above raw food to avoid cross-contamination.

- ✓ Store large amounts of thick food, in shallow pans with a product depth no greater than 50 mm.

- ✓ Store frozen raw fish in airtight and moisture-proof wrapping.

- ✓ Rapidly cool foods by proper methods before refrigerating to prevent bacterial growth and to avoid raising the temperature of units and endangering other foods stored there.

- ✓ Label and date product, and use food in the order in which it is received, first in, first out.

- ✓ Quickly move received items to storage. Do not leave them on the dock or in hallways.

Preparation, Cooking And Service

- ✓ Thaw frozen food in a refrigerator or under running potable water at a temperature of 20ºC or lower, as part of the cooking process or in a microwave if in smaller quantities. Never thaw at room temperature for long periods.

- ✓ Wash fruits and vegetables in containers used only for food preparation. Use cleaned and sanitised cutting boards and knives to avoid cross-contamination.

- ✓ Prepare pasta, meat, egg and fish salads less than 24 hours before service.

- ✓ Measure internal food temperatures in several places including the thickest part of the product. Clean and sanitise thermometers before and after each use.

- ✓ Never mix new food with old food, or raw food with cooked food.

- ✓ Never use hot-holding equipment to cook or reheat food; only to keep food hot.

- ✓ Keep food that could spoil easily below cold at 5ºC or below.

Personal Hygiene

- ✓ Do not handle food if you have a fever, diarrhoea, upset stomach, nausea or vomiting, sore throat or sinus infection, coughing or sneezing or dizziness.

- ✓ Wash hands often using proper hand-washing techniques.

- ✓ Wash your hands before putting on gloves and when changing into a fresh pair of gloves.

- ✓ Change gloves at least every two hours during continuous use and more frequently if necessary.

- ✓ Keep nails short and clean. Do not wear fingernail polish or artificial nails.

- ✓ Hair, jewelry and clothing can contain and spread bacteria:
    - ▫ If you have long hair, tie it back or cover it
    - ▫ Wear only plain banded rings and plain sleeper earrings
    - ▫ Wear clean protective clothing

Good Hand Washing Technique

By rubbing your hands vigorously with soapy water, you pull the dirt plus the oily soils free from your skin. The soap lather suspends both the dirt and germs trapped inside and are then quickly washed away. Follow these simple steps to keep hands clean:

✓ Wet your hands with warm running water. Add soap, then rub your hands together, making a soapy lather for at least 10 seconds. Wash the front and back of your hands, as well as between your fingers and under your nails.

✓ Rinse your hands well under warm running water. Let the water run back into the sink, not down to your elbows. Turn off the sink with a paper towel and dispose in a proper receptacle.

✓ Dry hands thoroughly with a clean towel.

Any type of soap may be used. However, bar soap should be kept in a self draining holder that is cleaned thoroughly before new bars are put out and liquid soap containers should be used until empty and cleaned before refilling. Avoid the following when washing hands:

✓ DON'T use a standing basin of water to rinse hands.

✓ DON'T use a common hand towel. Always use disposable towels.

✓ DON'T use sponges or non-disposable cleaning cloths unless you launder them on a regular basis, adding chlorine bleach to the wash water. **Remember,** germs thrive on moist surfaces!

Cleaning And Sanitising

✓ Clean and sanitise worktable tops between uses and at the end of the day.

✓ Wipe up spills on floors as soon as possible.

✓ Store cleaning cloths, sponges and scrubbing pads in a sanitising solution.

✓ Unwrapped food displayed in a shop, must be covered to protect it from flies and dust and contamination by the public.

✓ Bread when sold to the public should be wrapped its full length in a clean wrapping, not in newspaper or other printed paper.

✓ All straws or other similar devices provided for the consumption of drinks should be factory wrapped.

✓ **No smoking** is allowed, on any part of the premises by persons who handle foodstuffs.

✓ The premises must be kept free of cockroaches, rats, mice etc. Cockroaches can be killed by spraying with a good insecticide, whilst traps and rodenticides should be properly used against rats and mice.

Good Hygiene is Good Business

Good personal hygiene is not only essential to prevent the contamination of food; it also makes good business sense. Customers like to see food handling staff who take hygiene seriously and practise safe food handling.

The people who handle food must have the appropriate skills and knowledge for the work they do. Put yourself in their shoes and watch how your work mates handle food. Would you want to eat at your business?

Contacts & Courses

The Health Division of the Municipality of Walvis Bay carries out regular inspections to ensure that all businesses that prepare, sell or handle foodstuffs and perishables adhere to the required health and hygiene standards. The Division also presents training courses on health and hygiene for kitchen staff and other workers.

For more information contact the Health Division at tel: 201 3288.