



•• Second Edition

# Food Safety Insights Newsletter

## Welcome!

Welcome to the second edition of the City's Food Safety Insights newsletter!

In this edition we will be focusing on food sampling, cleaning, sanitising and the bacteria *Bacillus Cereus*. The purpose of this newsletter is to communicate food safety matters to food businesses and food handlers.

If you have any questions or feedback, contact Health Services at the City of Armadale on 9394 5000 or [info@armadale.wa.gov.au](mailto:info@armadale.wa.gov.au)

## Cleaning schedules

**Food businesses must be maintained to a clean and sanitary condition to comply with the Food Standards Code. The standard of cleanliness is characterised as no accumulation of food waste, dirt, grease or any other visible matter.**

The best way to ensure your food business is maintained to a level of cleanliness is to develop a cleaning schedule. Your schedule should include all items that require cleaning such as walls, floors, ceiling, equipment, fittings and fixtures. It is important to list items that may not require frequent cleaning to ensure they are still addressed regularly.

Below is an example of a cleaning schedule, it is recommended that you tailor your schedule to suit your food business:



### DAILY

**Clean and sanitise:**

- ✓ Benches
- ✓ Sinks
- ✓ Bins
- ✓ Utensils, cutlery, crockery, pots & pans etc.
- ✓ Fridge door seals & handles
- ✓ Walls and floors
- ✓ Staff toilets
- ✓ Chopping boards

### WEEKLY

**Clean and sanitise:**

- ✓ Walk-in cool rooms or freezers
- ✓ Ovens
- ✓ Shelving, cupboards
- ✓ Fridge/freezer internals
- ✓ Exhaust filters

### MONTHLY

**Clean:**

- ✓ Light fittings
- ✓ Ceiling for cobwebs
- ✓ Air conditioner vents

## Food sampling

**Did you know that the City conducts monthly food sampling of food businesses and participates in a sampling program that is coordinated by the Local Health Analytical Committee (LHAAC)?**

These monthly samples are taken to routinely test food products for aspects like microbial contamination, nutritional labelling accuracy, allergens.

If your business is selected for sampling, City officers will visit your premises and notify you that they will be conducting either legal or non-legal sampling, along with the specific type of testing to be performed.

Once lab results are available, a letter with the findings will be sent to the food business. If any samples are found non-compliant with the Food Standards Code, the City may resample the food product or conduct a food business inspection to ensure compliance.

More information on the LHAAC sampling program, including sampling results, can be found at [www.lhaac.org.au/the-sampling-program](http://www.lhaac.org.au/the-sampling-program)



# Why do I need to sanitise?

Harmful bacteria that can cause food poisoning (such as *E.Coli*, *Salmonella* and *B.cereus*) are commonly found on raw foods and can easily spread to surfaces and equipment through cross-contamination. Effective cleaning and sanitising practices in your food business help reduce the risk of bacteria spreading that could lead to illness.

For sanitisers to be effective, surfaces must firstly be thoroughly cleaned. Effective cleaning should remove dirt, grease, grime, and food debris from surfaces, equipment, fixtures and utensils using detergents and water. After cleaning, chemical sanitisers are applied to benches and equipment to kill any remaining bacteria.

An effective sanitiser for a food premises should kill 99.9% of bacteria. Most commonly used chemical sanitisers are chlorine based, such as hypochlorites (bleaches) and quaternary ammonium products.

Different sanitiser brands vary in their usage instructions, so it is essential to follow the manufacturer's guidelines. Always check whether the sanitiser needs to be rinsed off after application.



## Under the microscope - *Bacillus cereus*

***Bacillus cereus* is a toxin-producing bacterium that can cause severe illness when ingested. This spore-forming bacterium is commonly found in soil, vegetation and food. Due to its resistance to heat, cooking at temperatures above 60°C does not eliminate it. When food containing *B.cereus* is left at room temperature, the bacteria can multiply rapidly, making it especially dangerous.**

*Bacillus cereus* causes two types of foodborne illness: emetic (vomiting) syndrome or enterotoxins (diarrheal) syndrome.

The emetic syndrome results from consuming toxins already present in the food, with symptoms typically appearing 1-6 hours after ingestion and lasting 6-24 hours.

Diarrheal syndrome, on the other hand, occurs when toxins are produced inside the body after ingestion.

Symptoms generally begin 8-16 hours after consumption, with recovery time ranging from 12 hours to several days.

The best ways to reduce the risk of *Bacillus cereus* causing foodborne illness is to:

- ✓ Consume cooked food immediately or keep it at or above 60°C to prevent bacterial growth.
- ✓ Cool cooked food quickly by following the cooling of cooked foods procedure
- ✓ Discard refrigerated leftovers after 3 days, or after 1 day for vulnerable people
- ✓ Maintain cleanliness and sanitation for all food preparation surfaces and areas
- ✓ Wash hands thoroughly before handling food

## Cleaning & sanitising food contact surfaces



Remove dirt and debris



Apply appropriate detergent & scrubs



Rinse surface with clean water



Apply sanitiser approved for use on food contact surfaces in accordance with manufacturer's guidelines



### CLEANING

- ✦ Removes visible matter & odours
- ✦ Uses detergent & physical action



### SANITISING

- ✦ Kills/deactivates microorganisms
- ✦ Uses chemical sanitiser or heat

## Future Newsletters

Would your food business like to receive future *Food Safety Insights* Newsletters electronically?

If yes, please email [info@armadale.wa.gov.au](mailto:info@armadale.wa.gov.au) and let Health Services know.

This document is available in alternative formats on request.