



HUME CITY COUNCIL

Hume Food News

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hume.vic.gov.au/foodnews





Smoking and vaping restrictions

The Public Health team has received several complaints relating to patrons using e-cigarette products (vaping) within enclosed workplaces including some food premises.

We remind you that the Tobacco Act makes it illegal to smoke or vape in all enclosed workplaces and many public spaces where people can be exposed to second-hand tobacco smoke or aerosol from an e-cigarette.

To complement smoke-free outdoor dining, smoking and vaping are also banned in outdoor drinking areas if any part of that area is within 4 metres of an outdoor dining area, unless separated by a wall or partition of at least 2.1 metres high.

This means the two areas can be separated by:

- a 4 metre buffer zone; or
- a wall of at least 2.1 metres high

Smoke-free outdoor dining requirements are important and assist to:

- protect the community from the harmful effects of second-hand smoke
- de-normalise smoking behaviours, discourage children from taking up smoking
- support people who have recently quit smoking or who are trying to quit smoking
- improve Victorians' outdoor dining experience

Please contact the Public Health Unit at healthadmin@hume.vic.gov.au if you require "No Smoking" signage. For more information relating to Tobacco Act compliance please visit Tobacco reforms health.vic.gov.au

The Australian Food composition database

Food Standards Australia New Zealand has launched the second release of the Australian Food Composition Database (AFCD), previously called NUTTAB.

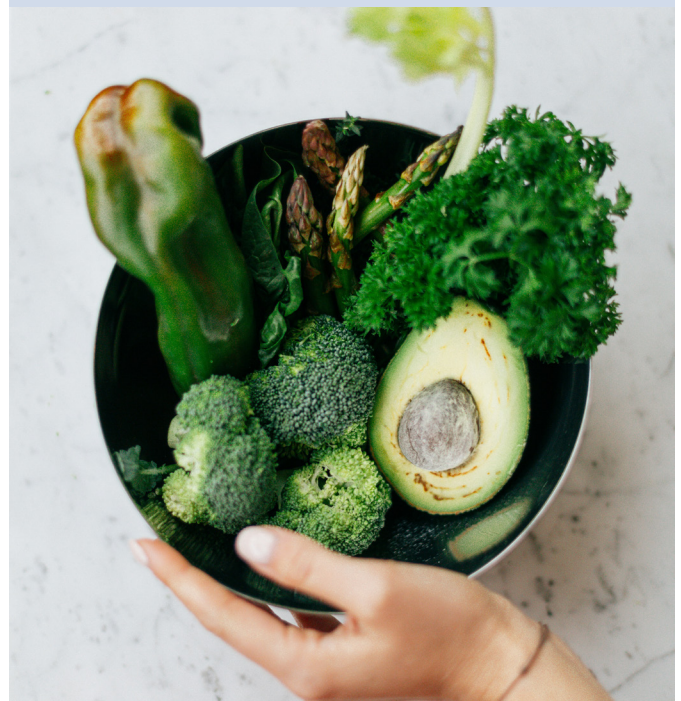
The AFCD is an easy to search database of the nutrient content of Australian foods.

The second release of the AFCD includes updated data for commonly consumed foods such as chicken, bread and coffee. It also contains data on foods included in the AFCD for the first time such as kombucha, plant-based meat alternatives, non-dairy yoghurts and beverages, snack bars and protein powder.

The Australian Food Composition Database now contains nutrient data for 1,616 foods available in Australia and up to 256 nutrients per food, an increase of 114 foods.

Want to know how much protein is in your porridge, or how much sodium is in your sourdough? Check out the database today!

The AFCD allows for whole files to be downloaded and can be found at from Australian Food Composition Database (foodstandards.gov.au)



Food allergens and business responsibilities



After some recent disappointing sampling results, we felt the need to highlight the importance of allergens again.

Food businesses must not:

- make allergen claims such as Gluten Free, Dairy Free, Nut free if you do not have the processes in place to guarantee this claim.
- make confusing claims such as Gluten Free Option, Vegan (ie indicating egg/dairy free) if you do not have the processes in place to guarantee the claim.
- make an allergen free claim in the menu but then place a disclaimer on the same menu that there may be traces of the allergen. This will not be considered a defence should there be an associated anaphylaxis.

For a business that wants to provide a gluten option but cannot guarantee gluten free, the Food Standards Code allows a “low gluten” claim for foods that have less than 0.02 % of the allergen present i.e. traces.

Food businesses must:

- have the appropriate processes and cleaning procedures to guarantee an allergen free claim.
- have an effective communication process between front and back of house when taking and serving orders of allergen free meals.
- be able to separate and easily distinguish meals that are allergen free when serving the customer.
- create a food matrix (see chart below).
- safely store allergen to prevent cross contamination with other ingredients or food i.e., clean sealable containers.
- regularly review menus, processes, and train all staff about allergens.
- a free online course is available at foodallergytraining.org.au

Menu item	Food matrix									Tree nuts								Gluten containing cereals					
	Milk (dairy)	Egg	Fish	Crustacean	Mollusc	Sesame	Lupin	Peanut	Soy	Almond	Brazil nut	Cashew	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Wheat	Gluten	Barley	Oats	Rye

Foodtrader

Streatrader is being decommissioned in June 2022 and a new system, FoodTrader is being implemented by the Department of Health to manage all temporary and mobile food businesses.

The FoodTrader is a new system which comprises an online, one-stop food business registration portal, available for use by all food businesses in Victoria.

The Food Safety Reform Program

The Department of Health's Food Safety Reform Program, developed from the Small Business Regulatory Review is currently working towards implementing the changes identified by the review to:

- streamline regulatory requirements and make it efficient for businesses to identify what their responsibilities are under the *Food Act 1984*
- promote consistency in the application of the Act across Victoria
- reduce the regulatory burden on food businesses in managing their obligations under the Act

FoodTrader has been developed to deliver on several of the review's recommendations, namely, making it easier for food businesses in Victoria to register and comply with their obligations under the Act.

Ancillary components of the system include portals allowing specific-task access to other stakeholders in the food safety regulatory ecosystem including food safety auditors, and organisations wishing to coordinate community events involving the attendance of multiple food vendors.

If you currently have a Streatrader account, keep an eye out for communication from the Department of Health about the implementation of FoodTrader.



Listeria in food

What is it?

- *Listeria monocytogenes* (*Listeria*) is a type of bacteria commonly found in soil, water, sewage and the gut of animals
- *Listeria* can grow in cold conditions, even in refrigerated food
- Foods at higher risk of contamination include ready-to-eat foods

What's the risk?

- *Listeria* can cause an illness called listeriosis
- Listeriosis is rare but for pregnant women, the elderly, and people with weak immune systems the illness can be serious
- *Listeria* may cause pregnancy complications

Reduce your risk

- If you are pregnant, elderly or have a weak immune system, avoid pre-prepared ready-to-eat foods
- Do not eat foods that are past their use by date
- Cook food thoroughly and eat it immediately

- Refrigerated leftovers should be eaten within 3-4 days (or within 1 day for vulnerable people)
- Reheat food thoroughly – until it is steaming hot (75°C)
- Make sure your fridge is running at 5°C or colder
- Wash raw fruit and vegetables thoroughly under running water
- Avoid cross contamination – use separate cutting boards and knives for raw and ready-to-eat food, and store cooked food separately from raw foods
- Wash your hands with soap and dry them before preparing and eating food
- Keep your kitchen and equipment clean.

Symptoms of listeriosis

- Symptoms usually start about 3 weeks after eating contaminated food, but can present from 3 to 70 days from infection
- Mild symptoms (in healthy people) include fever, headache, muscle aches, nausea, and diarrhoea
- More severe illness can cause blood poisoning, inflammation of the brain and spinal cord, miscarriage, or death.

Hume City Council recognises the rich Aboriginal heritage within the municipality and acknowledges the Wurundjeri Woi Wurrung, which includes the Gunung-Willam-Balluk clan, as the Traditional Custodians of this land. Council embraces Aboriginal and Torres Strait Islander living cultures as a vital part of Australia's identity and recognises, celebrates and pays respect to the existing family members of the Wurundjeri Woi Wurrung and to Elders past, present and future.

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