



HUME CITY COUNCIL
**HUME FOOD
NEWS**

Winter 2021

 hume.vic.gov.au



AN INTRODUCTION TO MICROORGANISMS

Eating food contaminated with harmful microorganisms can cause gastro, long-term illness or even death.

Microorganisms are very small organisms that you need a microscope in order to see. Some microorganisms are more common than others in food. For example:

- raw chicken and eggs are at higher risk of Salmonella
- rice and pasta are at higher risk of Bacillus cereus
- deli meats and pre-prepared salads are at higher risk of Listeria.

Most of these microorganisms can grow very quickly at warm temperatures between 5°C and 60°C. This is called the 'temperature danger zone'. Food should not be left at these temperatures for too long.

Some microorganisms can also live and grow in different conditions:

- Listeria can tolerate cold and salty environments and can continue to grow even in the fridge.
- Bacillus and Clostridium have spores that can survive cooking, continue to grow and produce toxins if food is cooled too slowly.
- Botulinum spores can grow where there is very low oxygen.

Food poisoning microorganisms do not change the smell, taste or appearance of the food, which is why it is important to always handle food in a way that keeps it safe.

Adapted from an article in FSANZ, *Food Standards News*, March 2021



TIPS FOR FOOD HANDLERS:

Cleaning

- Wash your hands thoroughly with soap and dry them before preparing and eating food.
- Keep your kitchen equipment and utensils clean.

Cooking

- Cook food thoroughly.
- Serve it immediately or keep it hot (60°C or hotter) before serving.
- Reheat chilled food quickly with a microwave or stovetop until it is piping hot (around 75°C).

Chilling

- Cool cooked food quickly if it is going to be consumed later.
- Keep cold food cold (check your fridge is below 5°C and your freezer is below -15°C).

Preventing contamination

- Keep raw food (especially meats) separate from foods that are ready to eat.
- Use different cutting boards for raw meat and salad (or other ready to eat foods).
- Store raw meats in the fridge below foods that are ready to eat.

If in doubt, throw it out

- Do not use and eat food that has passed its use by date.



STOP THE SPREAD OF GASTRO

With gastro outbreaks on the rise in Victoria, it's timely to practise good hand hygiene, especially when preparing food.

Norovirus is a very hardy virus that can survive long periods on different surfaces and across varied temperatures. While hand sanitiser is convenient, it's not as effective against the gastro causing norovirus as good old-fashioned handwashing.

Follow these handy food safety tips to keep gastro at bay:

- Wash your hands thoroughly with soap under running water for around 20 seconds before and during food preparation.
- Wash fruit and vegetables thoroughly under running water.
- If you are sick with norovirus don't prepare food for others until 48 hours after vomiting and diarrhoea have stopped.
- Keep your kitchen and equipment clean.

Don't forget – when it comes to the gastro causing norovirus, hand sanitiser isn't as effective as good old-fashioned handwashing with soap and water.

Source: FSANZ, *Food Standards News*, April 2021

MAYOR VISITS LOCAL INDUSTRIES

Mayor of Hume City Councillor Joseph Haweil recently paid a special visit to Living Legends at the Woodland Historic Homestead and the Nestlé Campbellfield Factory.

Living Legends recently received a grant from Council as a part of our COVID-19 Recovery and Reactivation Plan.

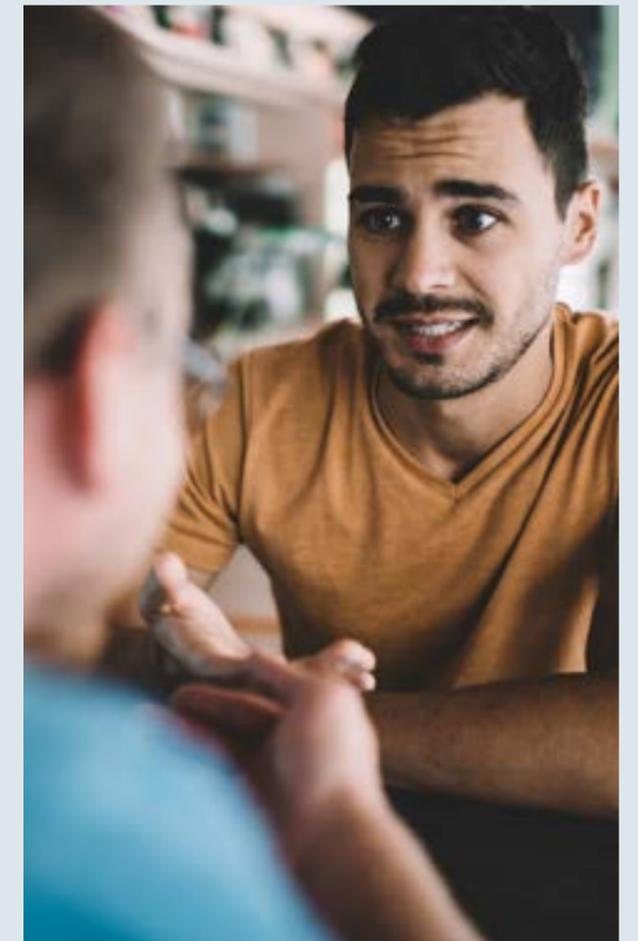
The grant will help them to bring more outdoor dining and tourism opportunities to Hume City.

Grants are now available for small businesses in Hume City. Hume City Small Business Grants will support businesses that aspire to Council's strategic directives of: "A well-educated and employed community" and "Create conditions which support business growth and create local jobs for Hume residents". You can find more information at hume.vic.gov.au/grants

Cr Haweil also donned high-vis and face masks to tour the Nestlé Campbellfield Factory in April.

Nestlé is one of the many employers in Hume City that Council has partnered with to connect local jobs with local residents. If your business is looking for local employees, visit our Local Jobs for Local People online at hume.vic.gov.au/localjobs

You can view short videos of both industry visits at youtube.com/c/HumeCityCouncilVictoria



IT'S TIME TO TALK ABOUT MENTAL HEALTH

The food and hospitality industry has had some tough times recently, and it's important to reach out if you or someone you know needs help.

According to the Department of Health and Human Services (DHHS), almost half of all Victorians will experience mental illness in their lifetime, but most people still feel too uncomfortable and uncertain to talk about it.

That is why they have shared the *It's Time to Talk about Mental Health* video series.

The series shows people from all walks of life sharing their personal experience with their mental health and shows how we are all affected in different ways.

This includes Darce Manihera, a café worker from Glenroy. He encourages everyone who needs support to keep trying until they find the support that works for them.

You can view the video series at betterhealth.vic.gov.au/timetotalkvic

If you or someone you know is struggling with their mental health, don't wait to say something. It's always the right time to talk about mental health.

If you or someone you know is in crisis or needs support, you can call Lifeline on 13 11 14 or beyondblue on 1300 224 636. In an emergency, call 000.

UNDECLARED ALLERGENS TOP FOOD RECALLS IN 2020

There was a total of 109 recalls in 2020, with 47 per cent of these due to undeclared allergens.

Undeclared allergens have been the most common reason for food recalls for nine of the last 10 years.

FSANZ has reviewed allergen-related recalls and identified five root causes of undeclared allergens:

1. Accidental cross contamination either of a raw ingredient or during the final production process.
2. Lack of skills and knowledge to fulfill labeling requirements, for example:
 - pasta was declared as an ingredient, but wheat was not
 - ingredients were reformulated; however, labelling did not reflect the new ingredients
 - ingredients were not fully translated into English from the original language.
3. Packaging errors, for example:
 - product packed in the wrong packaging
 - front of pack dairy free claim instead of a gluten free claim
 - incorrect ingredient list.
4. Supplier verification issues, for example:
 - a raw ingredient contained an allergen but this information was not passed on to the manufacturer.
5. Unknown, for example:
 - the food business did not provide enough information to FSANZ.



The most common corrective action reported by food businesses for undeclared allergen recalls was altered product labels. This was followed by training of staff and amending processing/handling procedures.

Source: Food recall statistics (foodstandards.gov.au), May 2021



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