

Salmonella Food Poisoning

Salmonella is a type of bacteria which can cause food poisoning in humans. The most common foods that are associated with *Salmonella* are raw meats, poultry and dairy products, mayonnaise, salads, milk, orange juice and sprouted seeds. Salmonella can get into foods by cross contamination from contact with raw foods, utensils, equipment and hands.

Eating food that has been kept in the temperature danger zone for too long, is often the cause of the illness. Numbers as low as less than 10 cells have been responsible for causing foodborne disease.

It usually takes 8 to 72 hours for symptoms of the illness to occur, but in some circumstances it can also take up to a few weeks, so it is not necessarily the last meal that you ate that made you ill. *Salmonella* cause a 'gastro-flu-like' infection which in most cases lasts about 2 to 5 days.

Most outbreaks occur through cross contamination from raw to cooked food, and contaminated food remaining in the temperature danger zone for too long. If cooking or reheating is inadequate then the bacteria will survive.

YOUR INPUT

If you would like an item included in the next edition, please contact Danielle Rippin on 9191 3443 or email ehoast3@broome.wa.gov.au

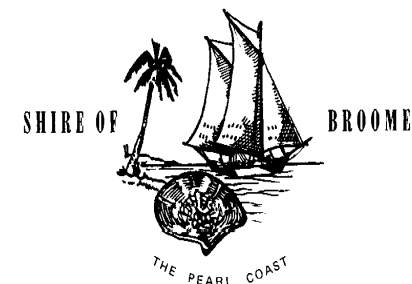
How to prevent Salmonella Food Poisoning

- Keep hot food hot and cold food cold. Don't keep food in the temperature danger zone (i.e. at or above 5 and below 60°C) any longer than necessary.
- Reheat food to steaming hot before serving (at least 75°C).
- Cook food properly, heat to at least 75°C.
- Keep raw and cooked food separate.
- Keep kitchen and utensils clean.
- Wash and dry your hands properly.
- Avoid handling food when you are ill.



Pop Quiz Answers

1. 75°C.
2. Only once
3. A food grade sanitiser
4. Campylobacter



"Food Facts"

How to run a healthy business

WHAT'S INSIDE :

- Smoking in food premises
- Kitchen Hygiene
- Salmonella Food Poisoning

Don't forget to visit our informative Shire of Broome website.

Check it out at:

www.broome.wa.gov.au

~ Touching Base ~

This is the third edition of "Food Facts". We hope you are finding these newsletters interesting and informative. In this edition we are concentrating on breaches that were most commonly found during recent food inspections throughout the Shire.

Routine food inspections of all food businesses are conducted by Shire Environmental Health Officers to ensure compliance with legislation and to also help you ensure that your business operations are being conducted in a safe and hygienic manner. The main goal is to prevent food poisoning from occurring.

We welcome any feedback you may have regarding this publication. We would also be happy to include any interesting food related information you might have. Please contact Danielle Rippin on 9191 3443 or email through any articles to ehoast3@broome.wa.gov.au.

Pass this newsletter around to your employees. They may pick up some valuable food hygiene safety tips.



Smoking within a food preparation area is strictly forbidden. If it is necessary for staff to smoke it must be in a designated area outside the premises. It is very important that staff wash their hands immediately after smoking and before handling any food. Bacteria can be transmitted from our mouths and fingers to the food and this may cause food poisoning. Not only can this make your customers very ill, but when customers see your staff smoking and then handling their food without washing their hands they will not come back again to buy your product and your business may gain a bad reputation.

Pop Quiz

1. What temperature should be reached when cooking food?
2. How many times can you re-heat food?
3. When cleaning, what can you use that will kill bacteria?
4. What type of food poisoning can you get from undercooked chicken?



Tip of the Day

Always thaw frozen meat in the refrigerator on the bottom shelf. This prevents any raw juices from dripping onto other foods and contaminating them with harmful bacteria.

Kitchen Hygiene

Clean kitchen surfaces after preparing foods. Try to 'clean as you go'. Remember that raw meat, poultry, fish and other raw foods can easily cross contaminate other foods. After handling these foods always wash hands, utensils and surfaces thoroughly and before any contact with other food, especially cooked and ready to eat foods.

After use, wash all crockery and utensils with hot water and washing up liquid. Change the water regularly then rinse in clean, hot water. Where possible leave to drain until dry. Tea towels can be a source of cross-contamination so use them sparingly; make sure they dry out after you've used them, change them regularly and wash in a hot wash cycle. Preferably, use disposable cloths or paper towels. Tea towels are to be used for drying utensils only. They should not be used for the drying of hands or the wiping down of benches.