



VIEW CLUBS

Food Handling Guide

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Information in this document outlines accepted industry standard for food handling and is provided for VIEW members to ensure compliance with the organisation's ethical and insurance obligations. All information correct at the time of publication.

For more comprehensive information contact Food Standards Australia and New Zealand www.foodstandards.gov.au or Phone: 02 6271 2222 and/or the Department of Health in your State.

Introduction

VIEW Clubs play an important role in the community. In the course of its activities, our organisation is sometimes involved in food handling and food sale.

In Australia, there are many responsibilities that the law expects food handlers and sellers to adhere to. VIEW and The Smith Family have agreed that we need to be aware of our responsibilities - Duty of Care rests with VIEW (and in turn The Smith Family) in those situations where our members are involved in food handling.

To promote safe food practices and comply with our insurance obligations, all VIEW members and Clubs involved in food handling are required to follow the simple and sensible guidelines as set out in this document.

The most common activities where VIEW needs to implement the VIEW Food Handling Procedures are:

- Trading tables e.g. making jams or biscuits to sell;
- Home catering/bring a plate e.g. sandwiches for a committee meeting
- Fundraising barbecues at retail venues eg. Bunnings

However, if your club has other food handling situations you should discuss requirements with your Zone and/or National Councillor or National Office.

Food handlers need 'skills' that show 'knowledge' of food safety and hygiene matters in three key areas:

- Food preparation and transportation (for sale or catering)
- Temperature control during food transportation
- General hygiene for all food handling

The guidelines for "best practice" in these areas can be found over the page (you may be doing many of these things without even knowing it).

A "**Food Safety Record**" for Club use has been provided for your Club to use for any VIEW activity that requires a VIEW member to prepare food. Your Club, as a record of compliance, should file a copy of the completed form for that event.

The Food Safety Record can be photocopied as needed or obtained from the VIEW.org website. Any VIEW member or Club involved in the preparation or sale of food will be required to follow the instructions set out in this document. Those clubs/members that cannot show that they have followed these guidelines when preparing or selling food in a VIEW capacity (e.g. completed checklist) cannot be covered in the event of an insurance claim against their catering.

It is the collective responsibility of each VIEW Club Committee to ensure that their Club complies with the guidelines set out in this document. This includes providing the information to each member who is involved in the preparation of food for either selling or sharing.

Should any further questions arise, contact your Zone and /or National Councillor or National Office.

Keep it low risk

At trading tables, **encourage**:

- Sponge, fruit and other similar types of cakes with water or butter icing (no cream fillings)
- Biscuits
- Scones (no cream)
- Fruit pies

For **at home** catering/bring a plate, **discourage** foods that contain ingredients that are more sensitive to bacteria:

- Stews, casseroles and soups containing meat or chicken
- Pasta dishes
- Quiches and flans
- Rice dishes (or plain boiled rice)
- Spring rolls and other meat or vegetable rolls, rissoles or patties

FOOD PREPARATION AND TRANSPORTATION - FOR SALE OR CATERING

Ensure that a sick person does not handle food;

Food must only be defrosted in the refrigerator and once defrosted must be cooked and once cooked must be eaten within 30 minutes;

All foods should be prepared at less than 25°C;

Foods should not be held in the kitchen for more than 2 hours;

Wash all vegetables, fruit or any food in contact with the soil, before peeling and cutting;

Wash utensils, such as knives, between each use;

Use separate knives for raw and cooked food;

Avoid unnecessary contact with ready-to-eat food;

Never touch lips of cups or glasses, blades of knives/forks etc;

Wrap or contain any food that is on display (e.g. individually wrap sandwiches);

Never store raw foods with cooked foods;

When transporting food, always consider how to keep the food from contamination and if the food is a potentially hazardous food, how to keep it cold (5°C or colder) or hot (60°C or hotter);

Containers of cool food should be placed in the coolest part of the vehicle e.g. if the inside of the car is air-conditioned, cold food may be transported more safely in there than in the boot;

Vehicles used for transportation of food should be clean;

When taking prepared foods to a venue, pack the food into insulated boxes as your last job;

When you arrive at the venue, make it your first job to unload any hot or cold food and place it in temperature-controlled equipment.

TEMPERATURE CONTROL DURING FOOD PREPARATION

Safe temperatures are 5°C or colder or 60°C or hotter. Potentially hazardous food being prepared needs to be kept at these temperatures to prevent food-poisoning bacteria. These bacteria grow at temperatures between 5°C and 60°C, which is known as the danger zone.

Foods considered to be potentially hazardous are:

- Raw meats, cooked meats and food containing meat, such as casseroles, curries, lasagne and meat pies;
- Dairy products and foods containing dairy products, such as milk, cream, custard and dairy-based desserts;
- Seafood and food containing seafood (e.g. prawn salad sandwich)
- Processed fruits and vegetables, such as prepared salads and ready-to-eat fruit packs
- Cooked rice and pasta
- Processed foods containing eggs, beans, nuts or other protein-rich food, such as quiche and soya beans products
- Sandwiches, pizzas and sushi

The 2 Hour/ 4 Hour Guide

Although potentially hazardous food should be kept at 5°C or colder or 60°C or hotter whenever possible, this kind of food can be kept between these temperatures FOR LESS THAN FOUR HOURS within certain guidelines. The times below refer to the life of the food, including preparation and cooling, not just display times, so remember to add up the total time that the food has been between 5°C and 60°C. These times are also a good general guide for temperature control for all foods.

Total time between 5°C and 60°C What you should do

Less than 2 hours:	Refrigerate or use immediately
2 hours to 4 hours:	Use immediately
4 hours or longer:	Throw out

MAKING FOOD FOR SALE

Food labels identify the food and provide information to help people decide if the food is suitable for their consumption. It also helps the event organiser know what food is being sold, what it contains and where it has come from.

The following high risk foods should not be sold (or raffled): fish, oysters, prawns, crabs, custards, cream cakes, unbaked cheese cakes, soft cheeses, milk, cream, yoghurt, salami, raw meat/poultry, raw eggs, pate; any food in dented or rusted tins or food in containers with broken seals or food past its use by date.

Foods for sale must be labelled with the name of the food and its ingredients, which should include:

- A description of the food (e.g. strawberry jam);
- The name and address of the person or company that made the food so that the maker can be traced if there is any problem with the food - PO Box not to be used;
- A full list of ingredients (if it is made up from a packet mix, then write the ingredients as listed on the packet);
- A 'best before' date to indicate how long the goods will keep;
- Any special storage conditions (e.g. keep refrigerated).

A sample label is provided for you below; note that instead of including the specific details of each maker, a separate code can be used where the organiser keeps a record of each person's code.



Cleaning and Sanitising

One of the most important areas of food safety is cleaning and sanitising.

Bacteria and other harmful contaminants can be present on surfaces, equipment, hands, food and in liquids. This means it is essential that all necessary precautions are taken to reduce the risk of potential contamination.

The best way to avoid contamination and to reduce the risk of food causing illness is to properly clean and sanitise all surfaces, utensils, hands and equipment which comes into contact with food.

GENERAL HYGIENE FOR ALL FOOD HANDLING

Hand Hygiene

Wash hands frequently before and during food preparation and serving, also after coughing, sneezing and other times when the hands are contaminated;

Wash hands after touching raw food and before touching cooked food;

Wash hands, fingernails, wrists and lower arms with soap and warm running water;

Make sure soap and nailbrush are available at all times at the hand washing area;

Use paper towels for drying hands only once and dispose of properly;

No touching of the body or face during preparation or serving of food to prevent contamination;

Gloves only need to be worn if there are cuts, sores or Band-Aids on the hands; however, if wearing gloves they should be changed whenever you would otherwise wash your hands;

Equipment and Surface Hygiene

No eating over unprotected food or surfaces that are likely to come into contact with food;

Clothing must be clean;

Food preparation area must be free from accumulated dirt, grease, garbage and recycled matter and food waste;

Clean food processing equipment after each use to prevent the accumulation of food waste, dirt and grease;

Only use clean eating and drinking utensils;

Only use clean bain-marie or BBQ etc;

Clean and sanitise all food preparation services after each use, or every hour in high use areas;

Keep all areas clean and free from food scraps;

Do not allow animals into the food handling area.

SAUSAGE SIZZLES AND BBQs

Sausage sizzles and BBQs are a popular way to raise money for charities and community organisations.

Food can be safely kept at these events by taking some simple food safety precautions and selling freshly cooked food straight from the barbecue. Food should not be cooked beforehand as there is a greater chance of food becoming unsafe when it is pre-cooked and taken to an event.

Make sure the general requirements are followed and take these additional precautions:

- Finish preparing raw meat before leaving for the site e.g. slicing, marinating or skewering
- Pack raw meat into insulated boxes with ice bricks for transportation
- Handle food with tongs or other equipment rather than with hands
- Use separate equipment to handle raw and cooked meats
- Hands should not be used to touch any food unless absolutely necessary, and hand washing facilities must be available
- Wash hands each time after handling any raw meats, both at home and at the event
- Keep cooked meat and salads separate from raw meat at all time to prevent contamination
- Ensure food is covered to protect it from contamination
- Use clean and dry utensils for serving the food
- Never place cooked meat back on the trays that held the raw meat
- Cook sausages and hamburgers until juices run clear - steaks can be cooked to preference
- Chicken should be cooked on a separate plate/grill to avoid cross contamination with red meat
- Throw away leftover food

Disposable utensils

Single-use disposable utensils such as knives, forks, plates and cups are recommended so that they can be used once and thrown away after use. These items should be kept covered until required and should be handled carefully to minimise any risk of contamination. Reusable items such as mugs should not be used unless there are facilities available on-site to wash and sanitise them, or there are enough items for the duration of the event.



Water

There must be access to an adequate supply of drinkable quality water to last the event if water is needed for hand washing or for washing up. If using containers to transport water to the event make sure they are clean and have not been used to store chemicals.

If there is no access to hot water for washing up, make sure that there are enough utensils, or disposable utensils, so that you can use separate utensils for the raw and the cooked food at the event.

Hand washing and Hand washing facilities

You will need to have access to water for hand washing facilities. Set up a temporary hand washing facility to provide running water by using a large water container with a tap at its base. Another container, such as a bucket, should collect the wastewater, to keep the site dry and clean.

A supply of soap and paper towels must be provided at the hand washing facility so that hand washing can be undertaken properly. Supply a bin for used towels, which will help keep the site tidy and prevents contamination from used towels.

Step-by-Step guide on handwashing

1. Wet your hands with clean running water – preferably warm
2. Apply enough soap to cover hands
3. Lather soap
4. Rub lathered soap all over hands – including under fingernails and back of hands
5. Completely rinse the soap off hands with clean running water
6. Thoroughly dry hands with a disposable paper towel or a clean towel
7. Use towel or elbow to turn off the water faucet

Alternative - Using Sanitiser

Antibacterial hand sanitisers (Alcohol content 75%) can be used as an alternative to washing hands with soap and water. If using hand sanitisers it must be checked to ensure that it is food safe.