



COOKING

safely at home



CITY OF
Port Adelaide Enfield

Cooking safely at home

Food Safety is essential when donating or sharing food for events.

Some people are more at risk from food poisoning than others.

Vulnerable groups include pregnant women, young children, the elderly and anyone with a suppressed immune system.

Special care should be taken when preparing, cooking, serving and storing food for these groups.



Here are some tips for preparing food at home safely

- Food handlers must have appropriate skills and knowledge in handling and preparing food safely.
- Avoid food that seems spoiled, such as mouldy or discoloured product.
- Wash hands thoroughly before handling food.
- Check the date marking on food packaging, avoid using food past its use-by date.
- Advise the customer of the required storage temperature (Cold food below 5°C and hot food above 60°C).
- Store food in clean, covered, food-grade containers.
- Separate raw and cooked food and use separate utensils for both.
- Keep utensils and kitchen areas clean.
- Make sure foods containing ingredients that can cause reactions (such as eggs, gluten, sesame, nuts, milk and soybeans) are identifiable. Food handlers must provide accurate information about ingredients in food for the consumer.

Food poisoning bacteria grow more easily on some foods than others

These high-risk foods include:

- Raw and cooked meat, including poultry such as chicken and turkey, and foods containing them, such as casseroles, curries and lasagne.
- Dairy products, such as custard and dairy based desserts like custard tarts and cheesecake.
- Eggs and egg products, such as chocolate mousse, tiramisu, mayonnaise, aioli, salad dressings, and hollandaise sauces.
- Small goods such as hams and salami.
- Seafood, such as seafood salad, patties, fish balls, stews containing seafood and fish stock.
- Cooked rice and pasta.
- Prepared salads like coleslaws, pasta salads, rice salads and fruit salads and salads including sprouts.
- Ready-to-eat foods, including sandwiches, rolls, and pizza that contain any of the food above.

What if I'm sick?

Some illnesses can be passed to people through food, these are called foodborne illnesses. If you know or think you have a foodborne illness (e.g. you have vomiting, diarrhoea or fever) do not handle food until a doctor tells you are well enough or 48 hours after symptoms have stopped occurring.



Hand washing

It is important to wash and dry your hands:

- Before starting to prepare food or going back to handle food after touching raw meat, fish, eggs, or vegetables.
- After using the toilet.
- After touching an animal.
- After touching any sores or cuts.
- After touching your hair, scalp or a body orifice.
- Immediately after smoking, coughing, sneezing using a handkerchief or disposable tissue.
- After handling garbage.
- After changing nappies.

To wash your hands effectively and safely:

1. Wet your hands with water.
2. Apply soap or liquid hand wash.
3. Lather and wash for 20 seconds or more.
4. Rinse both sides of your hands with water.
5. Dry your hands thoroughly using paper towel or a dry clean hand towel.

Buying and transporting food

When transporting food ensure the food is protected from contamination e.g. containers with lids or covered in alfoil/ glad wrap and under temperature control. Use an insulated container or bag to transport chilled or hot food. Eskies with ice packs are suitable for cold food.



Preparing food

Before preparing food, make sure that hands, clothes, equipment and kitchen surfaces are clean. They will also need to be kept clean throughout food preparation.

If your event is to be held outdoors with limited facilities, prepare the food in a kitchen and then transport it.

This does not mean that you need to cook food before you take it to the event but, for example, you should slice the raw meat ready for cooking. In fact, food that is freshly cooked at the event and served straight away, such as barbecues, have less chance of becoming unsafe than food that is precooked and then taken to the event. Wherever possible, try to cook food at the event rather than pre-cooking it.

Making sandwiches

- Sandwiches are a popular product for community and fundraising events. Making them usually involves a lot of handling, which makes personal hygiene very important.
- Sandwiches are often filled with potentially hazardous food and should be handled and stored like any other high-risk food.
- Sandwiches should be made fresh as close to the start of the event as possible. If this is not practical, they should be kept in a refrigerator. Make sure that you have enough refrigerator space to store them safely - they may take up a lot of room.
- Because sandwiches require a lot of handling, the contact time with the person making them is increased. Because of this, it is very important that people who are ill do not make sandwiches.

Tips for BBQs at home

- Keep your meat in the refrigerator until you are ready to put it on the BBQ and keep all ready to eat food covered until you are ready to eat it. This will protect it from contamination by flies and the outside environment.
- Keep salads, patés, spreads, dips and other perishable products in the fridge until needed. It may seem like a great idea to leave food out so that guests can nibble throughout the whole day, but unfortunately bacteria will also have a feast. It's better to divide these higher risk perishable foods into small amounts and replenish with fresh portions as required.
- It is even more important than indoor events that you don't mix fresh top-ups with ones that have been outside for some time where they may also have been enjoyed by flies or stored out of temperature control for a long time.

Handling eggs

- Eggs are a simple, cost effective and nutritious part of our diet but can be a source of food poisoning if not handled or cooked properly.
- This is particularly true for dishes containing uncooked or minimally cooked eggs such as like egg nog, uncooked desserts such as mousses and tiramisu, hollandaise sauces, fresh mayonnaise, aioli, health shakes with added raw egg or steak tartar.
- Dishes containing raw eggs as an ingredient, that aren't going to be cooked before being eaten, should not be served to those vulnerable people at greater risk from food poisoning such as small children, pregnant women, the elderly and people with compromised immune systems.
- Prepare raw egg foods just before you are going to consume them and refrigerate immediately at 5°C or below, so the bacteria cannot grow.
- Wash your hands with soap and running water and dry thoroughly before handling any food including eggs and after handling eggs so you don't contaminate other food.

Seafood

- At home, put seafood in the refrigerator in a covered container and make sure the refrigerator is running at 5°C or below. Live shellfish should be kept on ice and consumed as soon as possible after shucking.
- If the seafood is going to be cooked this will kill most bacteria but there could be a risk if it is consumed raw, for example raw oysters, sushi, sashimi. You will need to be particularly careful and hygienic in preparing these raw foods and also handling precooked seafood such as prawns.
- Raw seafood or cold cooked prawns are not recommended for pregnant women, people with reduced immune systems or the elderly because of the risk of Listeria.
- Consume prawns and live shellfish as soon as possible after purchase when they are at their best and use other refrigerated seafood within 2 to 3 days.

Cooking food safely

- Cooking food thoroughly and to the right temperature reduces the risk of food poisoning.
- Make sure there is no pink left in mince or sausages.
- Do not partially cook food and then warm it up later.
- Wherever possible, try to cook food as close to the time that you will be serving it, this reduces the chance of the food becoming contaminated after it has been cooked. It also means there won't be enough time for food poisoning bacteria to grow to dangerous levels before it is eaten.
- Digital probe thermometers are a great tool that can be used to check temperatures of food to make sure they are safe.
- When you reheat leftovers make sure all parts are steaming hot (70°C or above) and do not reheat food more than once.

How to thaw food safely

- Refrigerator: The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- Microwave: Microwave ovens can be quite useful for defrosting small items quickly. Cook food immediately after microwave thawing.
- Defrosting must never be done at room temperature, this means no defrosting of food on kitchen workbenches or sinks or other surfaces.

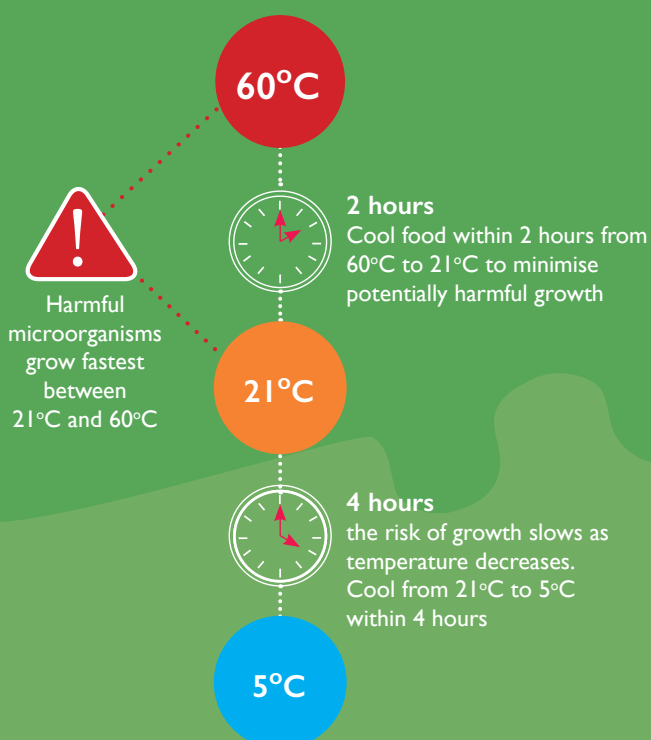


Cooling and storing food safely

- If you need to store food for later use, wait until the steam stops rising, cover the food and put it in the refrigerator.
- Large portions of food cool faster when you put them into shallow trays or divide them into smaller pieces.
- If you need to keep food warm, keep it hotter than 60 °C and out of the temperature danger zone.
- Under ideal conditions, cooked food can be stored in the refrigerator for a few days. If you want to keep cooked food longer, freeze the food immediately after cooling in the refrigerator.
- Always store cooked food separately from raw food, especially raw meats, poultry, eggs and fish.
- Keep raw meats and poultry at the bottom of the refrigerator to avoid raw juices dripping onto other food.
- Ensure that all food is covered or sealed.
- Potentially hazardous food should be stored in your fridge at or below 5°C.

Donations








- Donated food must be safe to eat.
- Ensure donated food has a list of ingredients to declare allergens and intolerances.
- Ensure donated food is traceable to determine who made the donate food.
- Donated food must have directions for use or storage if the food is not intended to be eaten immediately.



Food prepared at home which is sold or exchanged for other goods cannot operate unless we have been notified under the Food Act 2001.

Contact the City of PAE for further information about home based food businesses or visit our website www.cityofpae.sa.gov.au

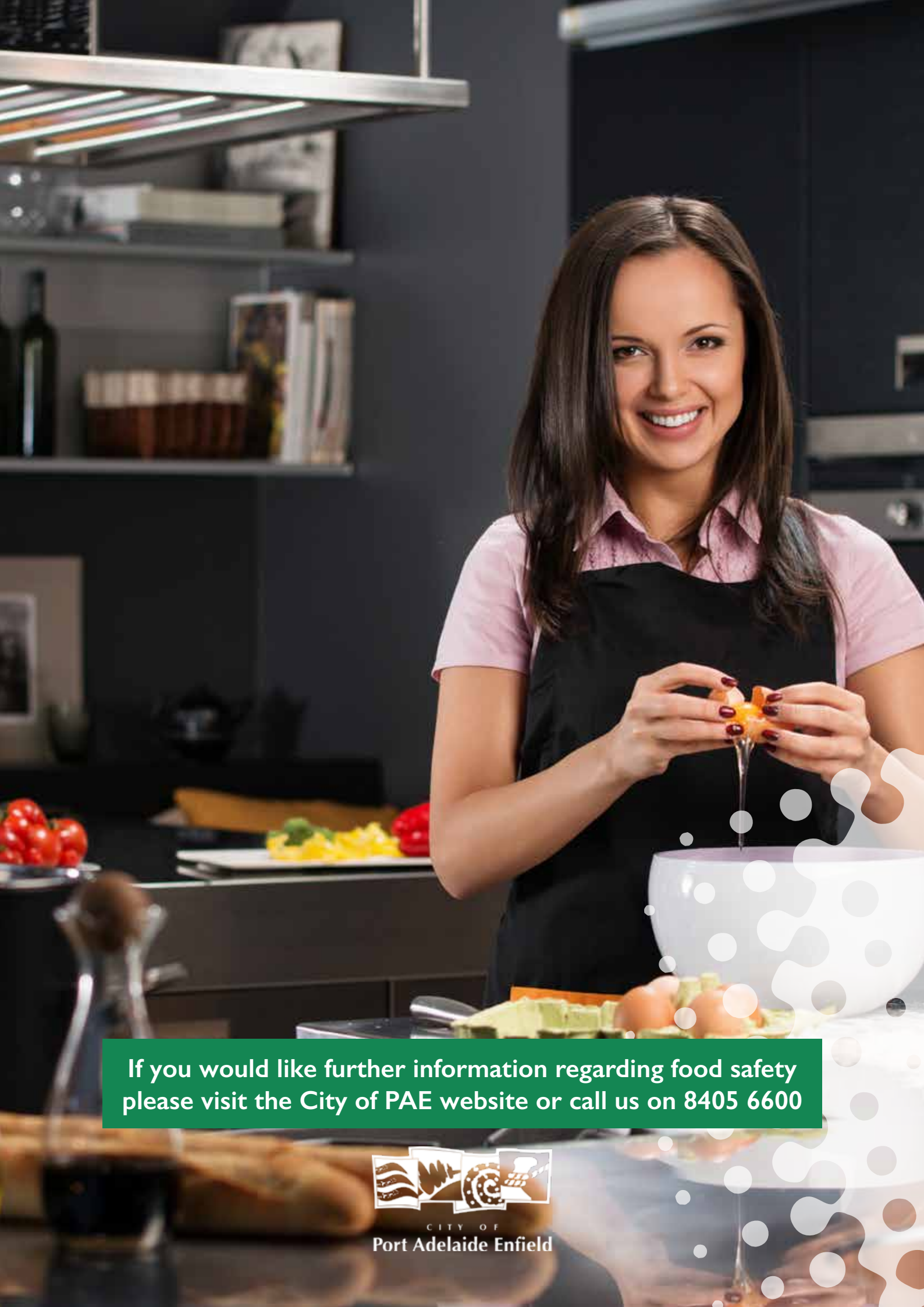
Food Safety Guide

Food	Expected fridge life (below 5°C)* when uncooked	Cooking temperature**	Cooking tips
Poultry (chicken, turkey, duck) 	3 days	75°C	Cook right through to the centre.
Red meat steaks (beef, veal, lamb) 	3 to 5 days	63°C rare 71°C medium 77°C well done	Steak need only be seared on the outside and can be rare inside.
Mince, sausages & other processed meats 	3 days	75°C	Cook right through to the centre.
Fish 	3 days	69°C	Cook until flesh is opaque (so you can't see through it) and separates easily with a fork.
Pork 	3 days	70°C	Can be cooked like red meat.
Seafood (shellfish) 	2 days	63°C	Cook until flesh is pearly and opaque or until shells open during cooking.
Eggs 	3-6 weeks	72°C	Cook until yolk and white are firm.

Any leftovers should be reheated to 75° in the centre.

* Many of these products are labelled with a 'use-by' date. This can be used as a guide to the fridge life of the unopened product.

** Use a food thermometer to measure cooking temperatures.



If you would like further information regarding food safety please visit the City of PAE website or call us on 8405 6600



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