

# Food Safety Newsletter

Spring Edition: Volume 1

*Welcome to new look City of Mount Gambier Food Safety Newsletter. This issue provides a few simple food safety measures that may assist you when you next review your food safety operating procedures.*

## In focus this edition:

- ▲ Salmonella
- ▲ Clostridium Perfringens
- ▲ Listeria Monocytogenes
- ▲ Vibrio Parahaemolyticus
- ▲ Campylobacter Jejuni
- ▲ Staphylococcus Aureus
- ▲ Bacillus Cereus
- ▲ Clostridium Botulinum

Refer to the attached Food Poisoning Bacteria table for further information

For recall information visit [www.foodstandards.gov.au](http://www.foodstandards.gov.au)

## Costly food poisoning incident

On 16 May 2018, the Herald Sun newspaper reported that the Langham Hotel located in Southbank Melbourne had failed in its bid to have a series of food poisoning charges dismissed leaving it facing potential fines of \$6.6 million.

The Langham appeal was the result of a food poisoning incident at their Southbank Hotel in 2015 where a number of people suffered from salmonella food poisoning, including 16 hospitalisations after eating chicken sandwiches.

Following the food poisoning incident the local food authority (Melbourne City Council) conducted a food safety investigation which resulted in 39 charges being laid against Southgate Management Pty Ltd. These proceedings were subsequently heard in the Melbourne Magistrate's Court.

## What causes food poisoning?

The term food poisoning is used to describe the illness that results from the consumption of food containing pathogenic bacteria. The symptoms of food poisoning vary but they usually involve vomiting, diarrhoea and abdominal pain.

## Food safety training

- ▲ Monday 24 September 2018 - accredited TAFE SA Short Course (3.5 hours) from \$20  
Contact TAFE SA on (08) 8348 4662 to enrol
- ▲ Free online 'I'm Alert' refresher training suitable for volunteers

Visit the Food Safety page on Council's website for more information [www.mountgambier.sa.gov.au](http://www.mountgambier.sa.gov.au)



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## Bacterial food poisoning

The term food poisoning is used to describe the illness that results from the consumption of food containing pathogenic bacteria. Symptoms of food poisoning vary but usually involve vomiting, diarrhoea and abdominal pain.

The bacteria responsible for food poisoning may be derived from:

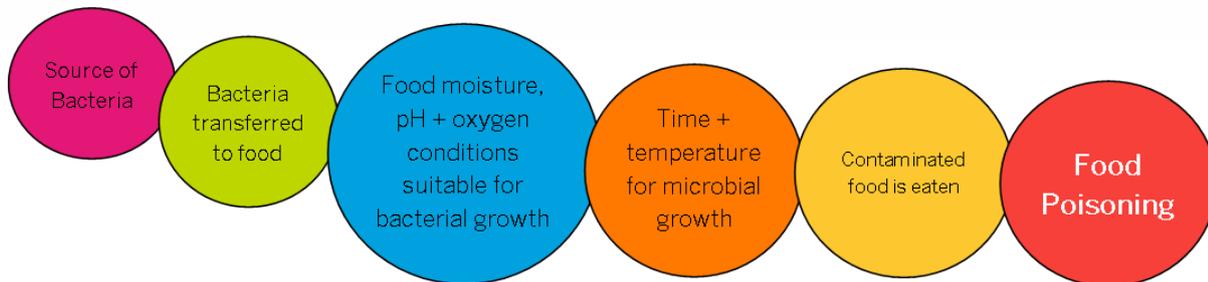
- ▲ Contaminated raw ingredients
- ▲ Infected food handlers
- ▲ Pests contaminating raw or processed foods
- ▲ The equipment, surfaces and utensils in the food preparation area

The growth of these bacteria can be accelerated by:

- ▲ Preparing food too far in advance
- ▲ Inadequate cooking
- ▲ Inadequate reheating
- ▲ Improper thawing
- ▲ Improper hot holding of cooked foods

Most food poisoning is the result of unhygienic practices.

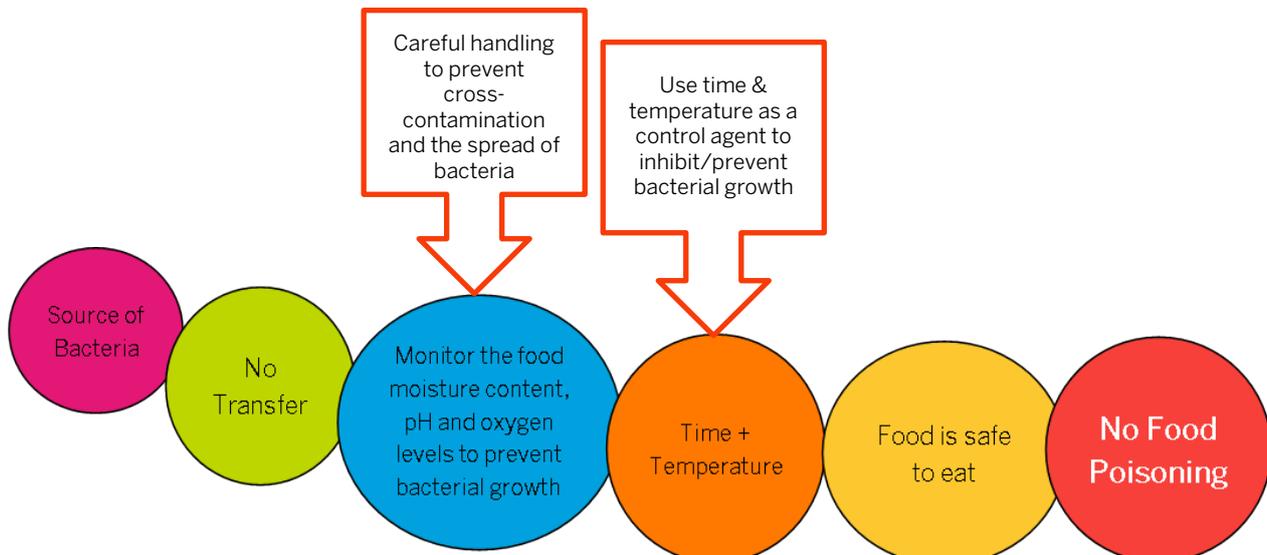
The causes of food poisoning are sometimes summarised as the food poisoning chain. There are six links in the chain:



## Breaking the food poisoning chain

Breaking any link in the chain will prevent food poisoning. Food service workers should organise their work so that the links in the food poisoning chain are broken. They should be especially careful when handling potentially hazardous foods.

These foods are high in protein and moisture and will readily support bacterial growth e.g. meats, poultry, fish, milk and eggs.



# Food Poisoning Bacteria



BACTERIA	INCUBATION TIME	SYMPTOMS	DURATION	ENVIRONMENTAL/FOOD SOURCE	CONTROL TECHNIQUES
<b>Salmonella</b>	12 – 72 hours	Diarrhoea, vomiting, abdominal pain, fever	4 - 7 days	<ul style="list-style-type: none"> <li>Present in the intestine of animals.</li> <li>Spread by flies, cockroaches, rats &amp; mice.</li> <li>Meats, poultry and eggs contaminated with excreta during processing.</li> <li>Fish, shellfish from sewerage polluted waters.</li> <li>Vegetables grown using animal manure.</li> <li>Transferred from raw to cooked foods by hands, equipment and surfaces in the kitchen.</li> <li>Food handlers can be carriers of Salmonella.</li> </ul>	<ul style="list-style-type: none"> <li>Thorough cooking of foods. Temperatures above 65°C will destroy Salmonella.</li> <li>Wash hands and equipment between handling raw and cooked foods.</li> <li>Wash vegetables, especially those to be eaten raw.</li> <li>Enforce strict personal hygiene.</li> <li>Avoid cross contamination after cooking by keeping raw and cooked meat apart.</li> </ul>
<b>Clostridium Perfringens</b>	8 - 22 hours	Diarrhoea and abdominal pain. Vomiting is rare.	12 - 48 hours with less severe symptoms lasting for 1 – 2 weeks	<ul style="list-style-type: none"> <li>Present in intestines of animals, commonly found on meat and poultry.</li> <li>Spores occur widely in soil, dust, air and water.</li> <li>Vegetables contaminated with animal manure, soil or dust may harbour spores.</li> <li>Large quantity meat dishes that involve long slow cooking and roasts that are cooked ahead and then reheated. Spores may survive the cooking process.</li> <li>If cooling is slow and not under refrigeration spores may germinate and Clostridium perfringens bacteria grow to dangerous numbers</li> </ul>	<ul style="list-style-type: none"> <li>Keep soil carrying vegetables out of preparation areas.</li> <li>Avoid partial cooking of foods then reheating later.</li> <li>Cool cooked meat dishes quickly (within 1½ hours) and refrigerate.</li> <li>If foods must be reheated do it quickly and thoroughly.</li> <li>Enforce strict personal hygiene.</li> </ul>
<b>Listeria Monocytogenes</b>	3 - 70 days	Healthy people may not be affected at all, in persons at risk symptoms may include fever, headache, tiredness, aches and pains. These symptoms can progress to more serious forms of the illness, such as meningitis (brain infection) and septicaemia (blood poisoning). In pregnant women, Listeria infection is usually a mild illness. A high temperature before or during labour may be the only sign. However, even a mild form of the illness can affect the unborn baby (foetus) and can lead to miscarriage or a very ill baby at birth.	Up to 4 weeks	<ul style="list-style-type: none"> <li>Listeria bacteria are widespread and commonly found in soil, silage and sewerage.</li> <li>They have also been found in raw meat, raw vegetables and some processed foods.</li> <li>Outbreaks of Listeria infection due to foods such as soft cheeses, milk, coleslaw, hot dogs and pate have been reported in Europe, America and Australia.</li> </ul>	<p>Enforce strict personal hygiene and ensure that your food operating procedures comply with your Food Safety Plan</p> <p><b>Also avoid the following:</b></p> <ul style="list-style-type: none"> <li>High risk 'ready-to-eat' foods such as smoked fish and smoked mussels/oysters or raw seafood such as sashimi or sushi.</li> <li>Pre-prepared or stored salads, including coleslaw.</li> <li>Precooked meat products which are eaten without further cooking or heating, such as pate, sliced deli meat and cooked diced chicken (as used in sandwich shops).</li> <li>Any unpasteurised milk or foods made from unpasteurised milk.</li> <li>Soft serve ice-creams.</li> <li>Soft cheeses such as brie, camembert, ricotta (these are safe if cooked and served hot).</li> <li>Contact with any animal afterbirth (placenta) and with aborted animal foetuses, as Listeria infection has been known to cause illness and abortion in animals.</li> </ul>
<b>Vibrio Parahaemolyticus</b>	12 - 24 hours	Vomiting and diarrhoea	1 - 2 days	<ul style="list-style-type: none"> <li>Vibrio Parahaemolyticus is associated with the consumption of raw or inadequately cooked seafood (e.g. raw fish, calamari, the shells of crabs, prawns, crayfish and oysters) or foods processed in brackish or seawater.</li> </ul>	<ul style="list-style-type: none"> <li>Thorough cooking. Temperatures above 65°C will destroy Vibrio Parahaemolyticus.</li> <li>Keep fish and shellfish below 0°C to inhibit growth.</li> <li>Prevent cross contamination (e.g. raw oysters contaminating cooked fish).</li> </ul>
<b>Campylobacter Jejuni</b>	2 - 5 days	24 hour flu-like symptoms, then acute gastroenteritis abdominal pain, diarrhoea and fever.	7 -10 days	<ul style="list-style-type: none"> <li>Farm and domestic animal faeces.</li> <li>Raw or poorly cooked contaminated meat or poultry.</li> <li>Unpasteurised milk.</li> </ul>	<ul style="list-style-type: none"> <li>Deny domestic pets access to food preparation areas.</li> <li>Thorough cooking of foods, especially poultry.</li> <li>Proper hand washing after handling raw poultry and meat.</li> </ul>
<b>Staphylococcus Aureus</b>	2 - 6 hours	Acute vomiting, abdominal cramps and sometimes diarrhoea.	6 - 24 hours	<ul style="list-style-type: none"> <li>Food handled with contaminated hands.</li> <li>Food handler coughing or sneezing over food.</li> <li>Ham, cold meats, sausages.</li> <li>Bakery items (cream filled cakes, trifles, custards).</li> <li>Salads (pasta, potato).</li> <li>Unpasteurised milk from cows with infected udders.</li> </ul>	<ul style="list-style-type: none"> <li>Enforce strict personal hygiene.</li> <li>Food handlers with colds should not work with food.</li> <li>Use gloves, tongs, spoons etc. to minimise contacting food with bare hands when mixing, slicing, serving etc.</li> <li>Store food items under refrigeration.</li> <li>Guard against cross contamination.</li> </ul>
<b>Bacillus Cereus</b>	1 - 12 hours	Vomiting, some diarrhoea and abdominal pain.	12 - 24 hours	<ul style="list-style-type: none"> <li>Found in soil, dust and water.</li> <li>Frequently present in rice, cornflour, dried peas and beans.</li> <li>Mostly associated with spore germination in cooked foods incorrectly stored and reheated.</li> </ul>	<ul style="list-style-type: none"> <li>Hold food out of the temperature danger zone (particularly rice and products containing corn flour).</li> <li>Discard water used for soaking dried peas and beans.</li> <li>Refrigerate leftovers quickly.</li> <li>Thoroughly reheat leftovers.</li> </ul>
<b>Clostridium Botulinum</b>	12 - 36 hours	Toxins act on the central nervous system. Vision and speech are impaired. Respiratory muscles are paralysed. In the worst cases breathing stops. An anti-toxin is available.	Can be fatal	<ul style="list-style-type: none"> <li>Found in soil, sea water.</li> <li>Low acid canned/bottled foods that have been inadequately heat processed (beetroot, corn, beans, mushrooms, fish).</li> <li>Vacuum packed fish eaten raw.</li> <li>Most outbreaks are the result of poor home canning processes.</li> </ul>	<ul style="list-style-type: none"> <li>Do not use defective "blown" canned foods.</li> <li>Ensure there is sufficient time-temperature combinations in the cooking process.</li> <li>Heat low acid foods to 90C for 10 minutes &amp; corn, spinach &amp; meats for 20 minutes prior to consumption.</li> <li>Add acid (vinegar, wine, lemon juice) to low acid foods bottled on the premises.</li> </ul>