

A national program by



THE  
OZHARVEST TEAM  
CAN BE REACHED ON  
**1800 108 006**  
OR AT  
[INFO@OZHARVEST.ORG](mailto:INFO@OZHARVEST.ORG)  
[WWW.OZHARVEST.ORG](http://WWW.OZHARVEST.ORG)



# BASIC FOOD SAFETY FACTSHEET

## FOOD HANDLERS

People handling and preparing foods should take all reasonable precautions to make sure the food they are handling is safe and suitable to be consumed. There are specific requirements regarding:

**1 HEALTH    2 HYGIENE    3 FOOD PREPARATION    4 HAND WASHING    5 GLOVES**



### 1 HEALTH

If a food handler has a contagious disease or is suffering gastric symptoms such as diarrhoea or vomiting, **they should not go to work or be in a food preparation area.**

### 2 HYGIENE

- Hands should be washed and dried thoroughly before handling food and after handling raw foods.
- Washing your hands is also necessary at any other time when there might be a risk of spreading germs (for example: after going to the toilet, sneezing, coughing, eating, drinking and touching your hair, scalp or body).
- Cover any sores, scratches etc. with a water proof bandage or dressing.
- Cover coughs and sneezes with a tissue or your arm. Avoid using your hands and turn away from others and food if you cough or sneeze.
- Dispose of tissues immediately in a rubbish bin.
- Clothing (including aprons) should be clean.
- Don't handle food unnecessarily.
- Do not smoke around food or food surfaces.

### 3 FOOD PREPARATION

- Benches should be kept clean.
- Avoid cross contamination by thoroughly washing and drying hands and all utensils used after handling raw foods.

### 4 HAND WASHING

- Wet hands with warm running water.
- Add soap and rub over all areas of the hands, including fingers, thumbs and backs of hands.
- Wash for at least 10 seconds.
- Dry thoroughly using a single-use paper towel.
- Alcohol-based hand rubs may be used, but they don't work as well if you have **particularly dirty** hands.

### 5 GLOVES

If you choose to use gloves, they must be exchanged for a new pair or disposed of at any time when you would normally wash your hands.

For example, after:

- Handling raw food
- Using the toilet
- Coughing, sneezing, using a tissue or handkerchief
- Touching your hair, scalp or body
- If they are torn



**NEST – NICE. EASY. SIMPLE. TIPS.**

A national program by



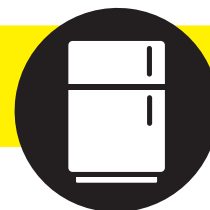
Nourishing Our Country

THE  
OZHARVEST TEAM  
CAN BE REACHED ON  
**1800 108 006**  
OR AT  
**INFO@OZHARVEST.ORG**  
**WWW.OZHARVEST.ORG**



# BASIC FOOD SAFETY FACTSHEET

## FOOD STORAGE: FRIDGE AND FREEZER



### FRIDGE

**Top shelves:** the top shelves in the fridge are great for storing things like open jars of food, margarine and leftovers. Easy to access and to see what is available to use.

**Fridge door:** the fridge door is often a haven for random things. Typically you will find milk, fruit juice and eggs, amongst other things hidden in the fridge door. It is good to keep in mind that the fridge door tends to be the warmest area of the fridge so the items that are particularly perishable, such as raw meat and seafood, should not be stored in the door.

**Bottom shelves:** Raw meats and seafoods are best to live as close to the bottom of the fridge as possible. There are a few reasons for this – this tends to be one of the coldest areas of the fridge and therefore increases shelf life of the product also there is less chance of cross contamination from raw meat juices dripping down through the shelves in the fridge if the meat is at the bottom of the fridge. It is best to store the raw meats in a container that could capture any leaks that may occur during refrigerating.

**Crisper:** This is the perfect spot to keep your fresh fruits and vegetables, especially the fruits and veggies that are perishable. Green leafy veggies and soft fruits are best kept in the crisper to get the most out of them.

### STOCK ROTATION

With any form of food storage it is really important to rotate the stock meaning that the oldest products are at the front and the new food is at the back. By making sure that you put your shopping away in this order will help to keep the amount of food you waste down and therefore save you money and time.

### FREEZER – FREEZING TIME FRAMES

Fruits and vegetables	Up to 1 year
Poultry, raw pieces	Up to 9 months
Poultry, raw whole	Up to 1 year
Poultry, cooked	4 months
Seafood	4-6 months
Soups and stocks	Up to 6 months
Beans and grains	Up to 6 months
Dairy, ice cream	Up to 2 months
Dairy, butter	Up to 6 months
Leftovers	Up to 6 months
Breads and baked goods	4-6 months

**DEFROSTING** The best way to defrost any food product is to remove it from the freezer ahead of time, place it in an appropriate container and then into the fridge to defrost in a safe environment and at a safe temperature.



## NEST – NICE. EASY. SIMPLE. TIPS.

A national program by



THE  
OZHARVEST TEAM  
CAN BE REACHED ON  
**1800 108 006**  
OR AT  
**INFO@OZHARVEST.ORG**  
**WWW.OZHARVEST.ORG**



# BASIC FOOD SAFETY FACTSHEET

## FOOD STORAGE: DRY STORE



### STOCK ROTATION

With any form of food storage it is really important to rotate the stock meaning that the oldest products are at the front and the new food is at the back. By making sure that you put your shopping away in this order will help to keep the amount of food you waste down and therefore save you money and time.

### **BEST BEFORE/USE-BY DATES: WHAT'S THE DIFFERENCE?**

The use-by date on a product is the manufacturers or producers recommendation for the time which the product should be consumed before. It is the last day that the manufacturer will vouch for the products quality. Products can still be fine to consume after the use-by date however the manufacturer will not be responsible if it is not. Products that are past their use-by dates are not at their peak quality even if they are still suitable for consumption.

Best before dates are an indication of a time frame that the product would be best consumed before the date on the packaging however it will still be fit for consumption past that date. A best before date often applies to products which have a long shelf life and

are regarded as non-perishable such as canned and jarred goods. Again it is at the consumers discretion if the food is safe to eat.

### **AIR-TIGHT CONTAINERS, LABELS AND DATES**

A good habit to get into is to place any food product that you open into an air-tight container, labelling it and putting a date on it so that you can keep track of how old it is. This will help to increase the shelf life of the product that will ultimately save you money and time.

### **FOODS THAT CAN BE STORED IN BOTH THE FRIDGE AND CUPBOARD**

Onion, garlic, potatoes (although they do need to be stored in a dark area as the skin tends to turn green, the green skin of a potato can cause food poisoning if consumed in large quantities), apples, pears, citrus, bananas, eggs.



**NEST – NICE. EASY. SIMPLE. TIPS.**