

A Practical Guide to Food Safety

The Australian Aged Care Group has food safety programmes in place that meet all guidelines and government legislation. This ensures that food prepared and cooked for our residents is of high standard.

As part of this programme, we are required to ensure that all food brought into the facility also meets these food safety standards.

We encourage our residents, family members and friends to bring food and special treats into the facility, as we believe this enhances our resident's life. However, special care must be taken in food handling and transportation to ensure that no resident is affected by food poisoning.

The following information will act as a guide for handling and transporting food, particularly high-risk food that can rapidly deteriorate under incorrect conditions.

High Risk Food

Includes fish, eggs (raw and cooked), cooked rice and pasta, meats (raw and cooked), poultry, sandwiches and dairy products (e.g. cream cakes, milk products, custard-type fillings.)

Food Preparation and Handling

During food preparation, hygienic practices must be followed, and clean, sanitised working surfaces must be used.

Cooked foods should be cooled, then stored in clean, covered food containers and refrigerated within 30 minutes.

Reheating and Transportation

Foods need to be kept at or below 5 Celsius if being transported. This can be achieved by using ice packs in insulated containers such as Eskies.

Food that needs reheating should be transported cold and refrigerated upon arrival.

Reheating can be done by using a microwave.

When reheating, it is important to bring food to boil or above 75 Celsius.

Food Record Book

Any food brought into the facility should be recorded in the food record book by the resident or visitor.

Information recorded includes: Date food was prepared, main ingredients (e.g. seafood, chicken, eggs) resident's name and room number, name and a signature of the person bringing food.

Please note that food can be reheated once only, and then must be discarded.

Food not recorded on arrival in the food record book will not to be served by staff.

Food not served will be disposed of after 24 hours.

Senior Citizens are more vulnerable to infections, so we ask for your assistance and cooperation in this area of food.

Other Food Safety Hints

- Always check use-by dates and storage conditions on food items
- Never leave high-risk foods out of correct conditions for more than 30 minutes
- Purchase high-risk food as close to the end of shopping time as possible and store in an insulated Esky or refrigerate as soon as possible
- Never leave high-risk food in a car during hot weather for more than 15 minutes
- Ensure all stored food is covered, dated and correctly labelled
- Rotate food stuff on a first-in, first-out basis
- Never add new food to old foods
- Clean and sanitise storage containers between use
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- Never use or purchase green potatoes or food in dented cans
- Change utensils, chopping boards and equipment for raw/cooked foods by thoroughly cleaning and sanitising equipment after use
- Ensure correct storage of raw and cooked products
- Ensure chemicals are stored away from food and food utensils
- Never store chemicals in drink or food containers. Label chemicals clearly
- Air dry dishes after washing-even in a dishwasher or on a rack. Keep the use of tea towels to a minimum.

