

The art of
**FOOD
SAFETY**



TESTO NZ

THE FINER POINTS OF FOOD PREP

FIRST, START WITH CLEAN HANDS

20 SECONDS OF WARM WATER AND SOAP SHOULD DO IT.



CUT AWAY ANY DAMAGED OR BRUISED PARTS OF FRESH FRUIT OR VEGGIES. PRODUCE THAT LOOKS GROSS, PROBABLY IS; DISCARD IT.



ALL PRODUCE NEEDS A THOROUGH WASH BEFORE EATING. PUT IT UNDER RUNNING WATER BEFORE EATING, CUTTING OR COOKING.



OH, YOU'RE GOING TO PEEL THE PRODUCE? DOESN'T MATTER, YOU STILL WASH IT.

USUALLY PRE-CUT, PACKAGED PRODUCE HAS BEEN WASHED ALREADY. IF THE PACKET INDICATES THIS, THEN YOU'RE GOOD TO GO.



SEEMS OBVIOUS

BUT WASHING FRUITS AND VEGGIES WITH SOAP, DETERGENT OR COMMERCIAL PRODUCE WASHERS IS NOT RECOMMENDED.



IF IT'S FIRM, LIKE A MELON OR CUCUMBER, GIVE IT A SCRUB WITH A PRODUCE BRUSH.



AFTER WASHING

DRYING WITH A CLEAN CLOTH OR PAPER TOWEL HELPS STOP THE SPREAD OF NASTY BACTERIA.



TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

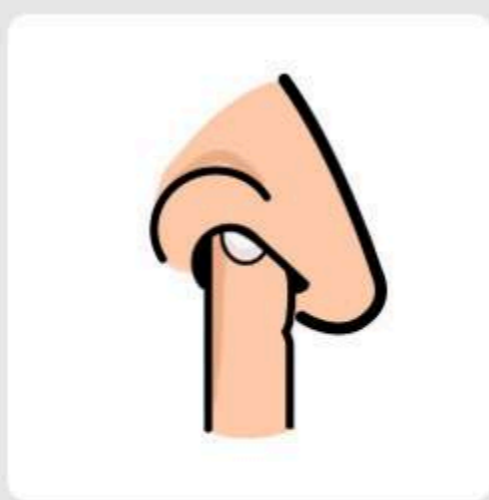
PREPARING TO PREPARE FOOD

PREPARING FOOD IS DELICATE BUSINESS, OR SHOULD BE. MAKING SURE YOUR FOOD IS CLEAN IS ONE THING, BUT YOU SHOULD BE THE CLEANEST OF ALL.

HAVE YOU CHECKED THE FOLLOWING?



HAIR: TIED BACK AND COVERED.



WHEN YOU'RE TOUCHING FOOD, YOU'RE NOT TOUCHING YOUR HAIR, MOUTH OR NOSE.



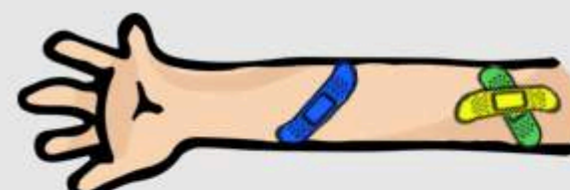
DO NOT GARNISH FOOD WITH COUGHS, SNEEZES OR SPIT.



IF YOU'RE FEELING UNWELL, TAKE THAT DAY OFF!

IF YOU MUST SMOKE, KEEP IT FAR AWAY FROM THE FOOD PREP AREA AND DON'T BRING THE ODOUR BACK WITH YOU.

CUTS AND SORES: COVERED IN WATERPROOF,



KEEP JEWELLERY MINIMAL; NO BLING.



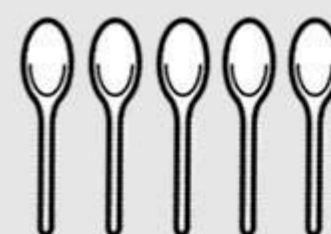
NAILS; SHORT AND CLEAN WITH NO DECORATION OF ANY KIND.



USE TONGS WHENEVER YOU CAN.



SAMPLE FOOD WITH A CLEAN SPOON EVERY TIME.

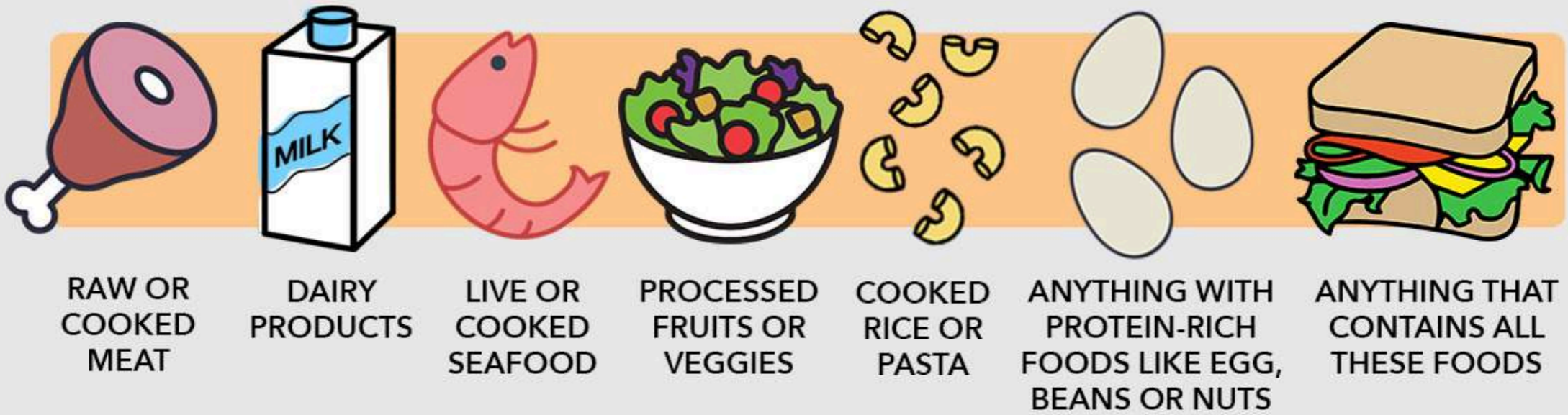


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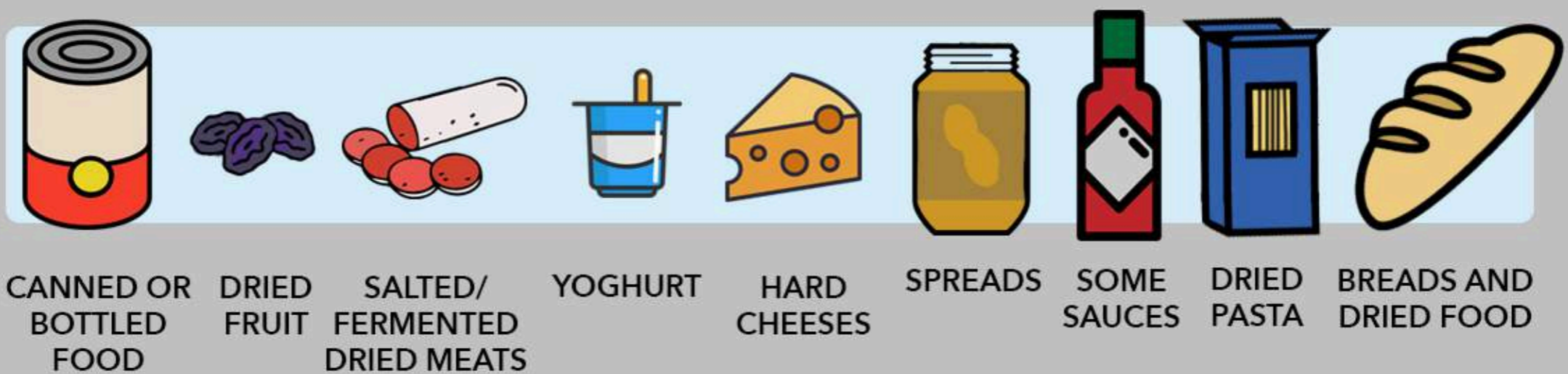
TEMPERATURE CONTROL NEED TO KNOW

TEMPERATURE IS SO IMPORTANT, ESPECIALLY WHEN YOU'RE DEALING WITH POTENTIALLY HAZARDOUS FOODS.

THESE FOODS ARE THE ONES TO BE PARTICULARLY CAREFUL AROUND:



YOU DON'T HAVE TO WORRY AS MUCH ABOUT THESE:



THE NUMBERS

WHEN RECEIVING, DISPLAYING, TRANSPORTING OR STORING HEATED OR CHILLED FOOD, THE KEY TEMPERATURES ARE:

BELOW
5°C

FOR CHILLED

ABOVE
60°C

FOR HEATED

COOLING/REHEATING FOOD FOR DISPLAY OR STORAGE:

COOL TO UNDER 5°C IN UNDER 6 HOURS



HEAT TO ABOVE 60°C IN UNDER 2 HOURS

BETWEEN THESE TEMPERATURES IS THE PERFECT ENVIRONMENT FOR BACTERIA TO GROW AND THRIVE, SO YOU WANNA PASS THROUGH THIS PART QUICKLY SO THEY DON'T GET THE CHANCE!

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RAW MEAT: THE RAW BREAKDOWN testo

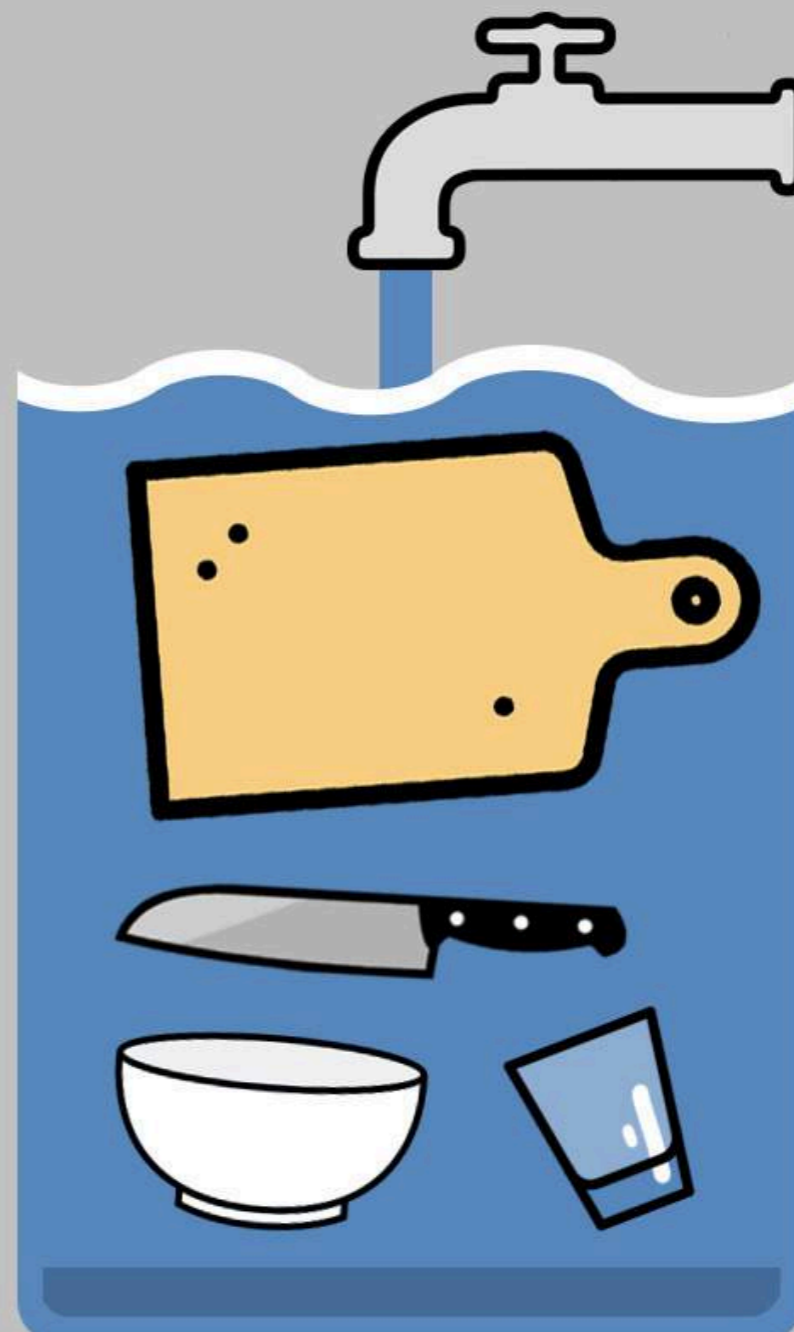
MOST OUTBREAKS OF FOOD BORNE ILLNESSES COME FROM CONTAMINATED RAW FOOD, THE MAJORITY OF WHICH IS RAW MEAT. SO HERE'S A FEW WAYS TO MAKE SURE YOU'RE NOT GIVING YOUR CUSTOMERS FOOD POISONING WITH YOUR MEATY MEALS.



THE GOLDEN RULE

CLEAN EVERYTHING THAT COMES INTO CONTACT WITH THE MEAT OR IT'S JUICES WITH HOT, SOAPY WATER. THIS INCLUDES:

- COUNTER TOPS
- STOVE TOPS
- CHOPPING BOARDS
- KNIVES
- DISHES
- CONTAINERS
- ANYTHING YOU MAY HAVE TOUCHED WHILE WORKING WITH THE MEAT, LIKE A CUPBOARD HANDLE.



HOT TIPS

WEAR GLOVES TO SAVE YOURSELF
WASHING YOUR HANDS AGAIN
AND AGAIN.



CLEAN EVERYTHING WITH A MILD
CHLORINE BLEACH AND WATER
SOLUTION TO ASSURE BACTERIA
ARE KILLED.



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COOKING MEAT AND POULTRY

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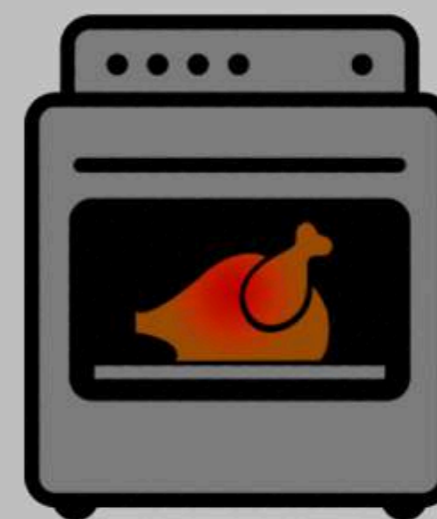
COOKING MEAT AND POULTRY RIGHT IS CRUCIAL IF YOU WANT TO KILL HARMFUL MICROBES THAT COULD MAKE YOUR CUSTOMERS ILL. HERE'S A FEW VALUABLE DETAILS TO HELP YOU.

WHEN COOKING

REMEMBER, THERE'S NO SUCH THING AS MEDIUM OR RARE CHICKEN. POULTRY MUST ALWAYS BE COOKED THOROUGHLY. THE SAME GOES FOR RED MEAT, UNLESS IT'S TO CUSTOMER ORDER FOR IMMEDIATE CONSUMPTION.

BASICALLY, MEAT AND POULTRY MUST BE COOKED SO THE CENTRE OF THE THICKEST PART EXCEEDS 75°C OR ONE OF THE TEMPERATURE/TIME COMBINATIONS BELOW:

INTERNAL TEMPERATURE	TIME
60°C	FOR 92 MINS
63°C	FOR 31 MINS
65°C	FOR 15 MINS
68°C	FOR 5 MINS
70°C	FOR 3 MINS
73°C	FOR 1 MIN
75°C	FOR 30 SECS



HOW TO MEASURE TEMPERATURE

USING A PROBE THERMOMETER, INSERT INTO THE THICKEST PART OF THE MEAT (SO, THE CENTRE OF THE MEAT JOINT, BREAST OR INNERMOST PART OF THE THIGH FOR POULTRY) AND CHECK THE READING IS **75°C**.



DON'T WORRY ABOUT PROBING DICED OR THINLY SLICED MEAT AND POULTRY, IT'S LIKELY THEY'RE COOKED THROUGH. PLUS, IT'S HARD TO GET A GOOD READING.

IF THERE'S A PROBLEM

IF IT'S NOT AT A HIGH ENOUGH TEMPERATURE, KEEP COOKING UNTIL IT IS. IF YOU'RE USING A STANDARD TEMPERATURE/TIME SETTING AND THE MEAT OR POULTRY ISN'T COOKED PROPERLY, ASK YOURSELF:

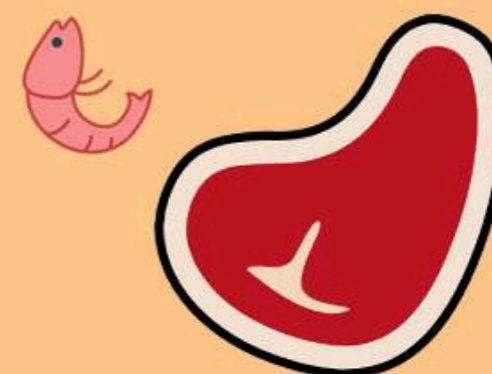
DID I FOLLOW PROCEDURE CORRECTLY?



WAS THERE A COLD SPOT OR DOES THE EQUIPMENT NEED REPAIRING?



WAS A DIFFERENT SIZE OF FOOD USED?



TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

THE MAKEUP OF BAKERY FOOD

THE HUMBLE BAKERY USUALLY HOUSES STAPLES SUCH AS THE MEAT PIE AND JAM DOUGHNUT, BUT THESE THINGS ARE ONLY WORTHY OF THAT NAME IF THEIR COMPOSITION IS RIGHT. ARE YOU CORRECTLY NAMING YOUR FOOD?



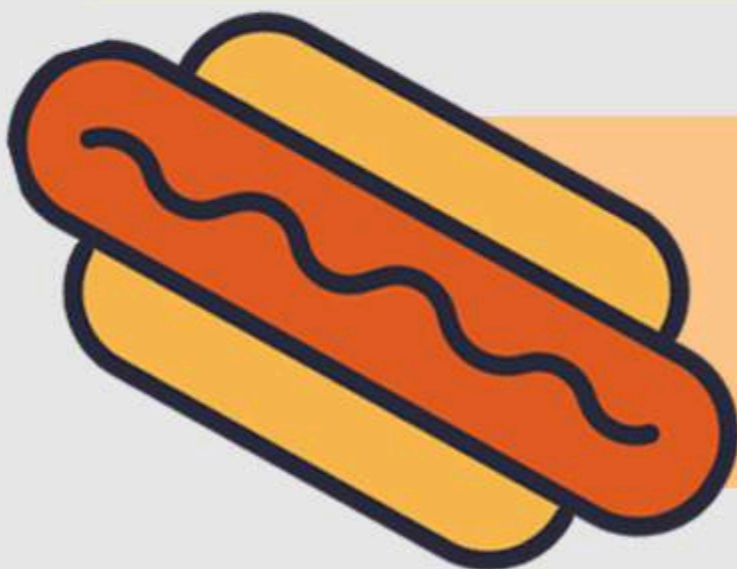
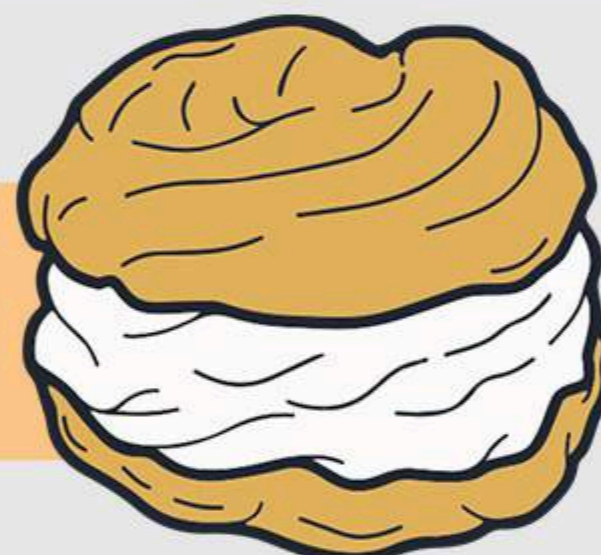
IT'S ONLY A SAUSAGE IF IT CONTAINS **500G/KG** OF FAT-FREE MEAT FLESH

TO BE CALLED A 'MEAT PIE', A PIE NEEDS TO HAVE **250G/KG** OF MEAT FLESH



IT'S A PROPER 'JAM' DOUGHNUT IF THE JAM IS MADE UP OF AT LEAST **400G/KG** OF FRUIT AND NO LESS THAN **650G/KG** OF WATER-SOLUBLE SOLIDS

TO CALL A PRODUCT 'CREAM', LIKE A CREAM PUFF, THE CREAM MUST CONTAIN NO LESS THAN **350G/KG** OF MILK FAT.



THE PRESENCE OF BRAIN, HEART, KIDNEY, LIVER, TONGUE OR TRIPE IN A FOOD MUST BE DECLARED BY ITS SPECIFIC NAME, LIKE 'LIVER', OR BY THE CLASS NAME, 'OFFAL'

IF A PRODUCT CONTAINING OFFAL IS EXEMPT FROM BEING FULLY LABELLED, THE CUSTOMER STILL NEEDS TO BE PROACTIVELY INFORMED, VERBALLY OR IN WRITING

THE PRESENCE OF OTHER OFFAL (BLOOD, PANCREAS, SPLEEN, THYMUS) MUST BE DECLARED BY ITS SPECIFIC NAME



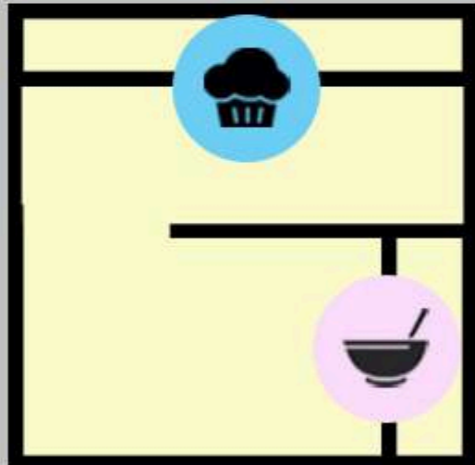
TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

TIPS FOR CAKES, SLICES AND BREAD

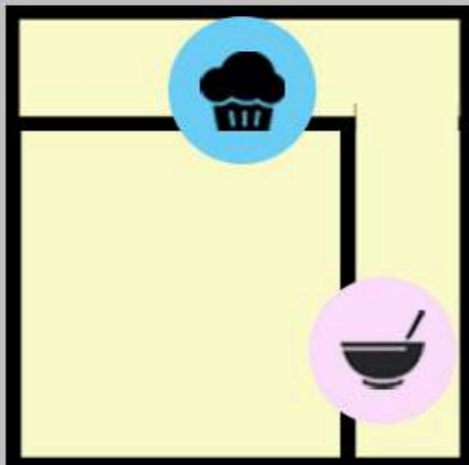
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EQUIPMENT

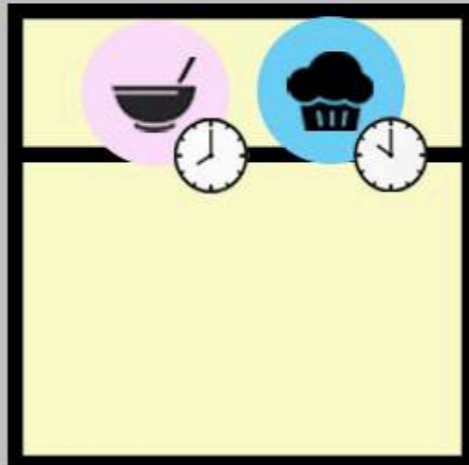
CAKES, SLICES AND BREAD MUST BE PREPARED IN ONE OF THE FOLLOWING SITUATIONS:



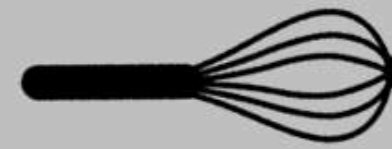
A DEDICATED AREA, PHYSICALLY SEPARATE FROM BAKED/FINISHED PRODUCTS



THE SAME AREA, BUT SEPARATE FROM BAKED/FINISHED PRODUCTS



THE SAME AREA BUT AT DIFFERENT TIMES TO BAKED/FINISHED PRODUCTS WITH THOROUGH CLEANING IN BETWEEN



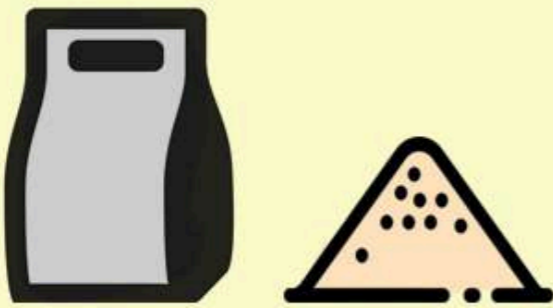
USING DEDICATED UTENSILS FOR PREPARING AND FOR BAKED/FINISHED PRODUCTS



USING THE SAME UTENSILS WITH THOROUGH CLEANING IN BETWEEN

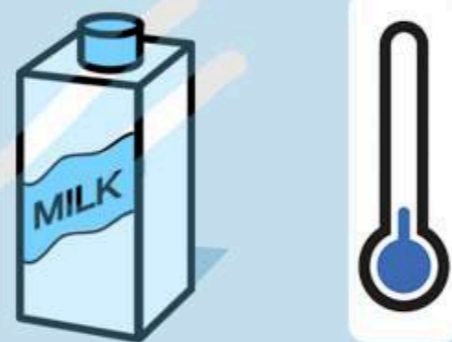
YEAST

FRESH YEAST NEEDS TO BE KEPT CHILLED AND ONLY TAKE OUT WHAT YOU NEED EACH TIME.



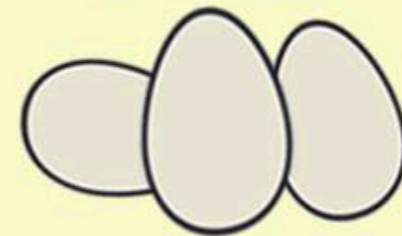
YEAST THAT'S DARK BROWN, MOULDY, SOFT OR GUMMY IS SPOILED AND MUST BE THROWN AWAY.

DAIRY PRODUCTS



MILK, CREAM AND OTHER DAIRY INGREDIENTS NEEDS TO BE KEPT AT OR BELOW 5°C UNTIL USED.

EGGS



WHOLE EGGS MUST BE CLEAN AND CRACK-FREE.

EGG-PULP TO BE PASTURISED WHEN USED FOR UNCOOKED OR LIGHTLY COOKED FOODS.

MUST BE USED IN ACCORDANCE WITH ITS DATE MARK.

'ALLERGEN-FREE' OR 'GLUTEN-FREE'

AVOID CONTAMINATION OF THESE PRODUCTS BY:

MAKING/HANDLING PRODUCTS CONTAINING GLUTEN/ALLERGENS SEPARATELY AND WITH THOROUGH CLEANING IN BETWEEN.

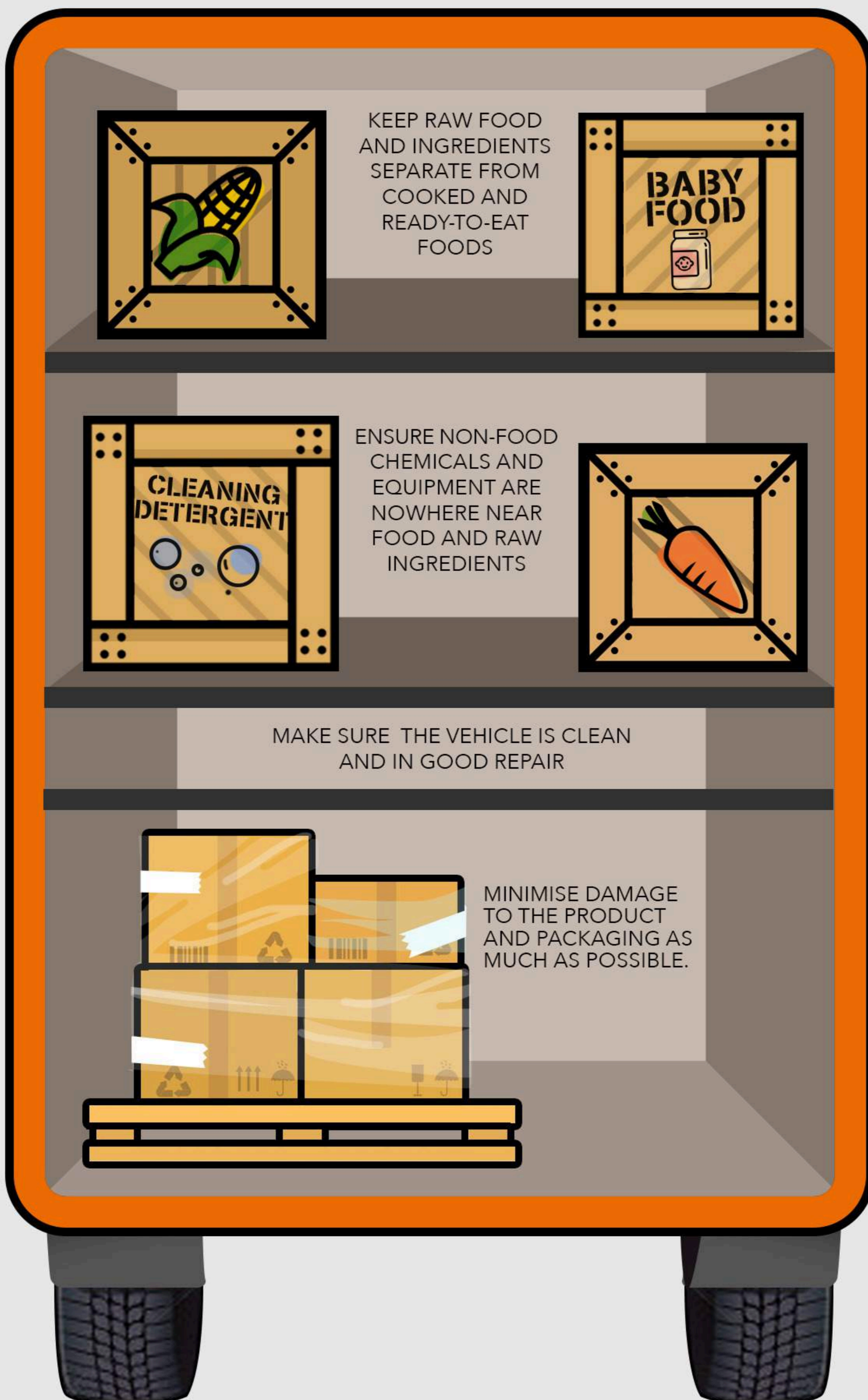


ENSURE ALLERGEN/GLUTEN-FREE PRODUCTS ARE ALWAYS STORED/RETARDED/PROVED/BAKED/DISPLAYED ETC. SO IT WON'T COME INTO CONTACT WITH OTHER PRODUCTS.

TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

PREVENTING CONTAMINATION IN TRANSIT

IT'S ONE THING TO STOP CONTAMINATION IN A FACTORY OR KITCHEN SETTING, BUT THE SAME PROCESSES CAN'T BE APPLIED WHILE TRANSPORTING FOOD ITEMS. SO, THE BEST METHOD IS PREVENTION AND SEPARATION.



TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

BRINGING YOUR TRANSPORT UP TO SPEED

TO MINIMISE THE GROWTH OF PATHOGENIC MICROORGANISMS DURING TRANSPORT, THE MOST IMPORTANT THING TO STAY ON TOP OF IS TEMPERATURE CONTROL.



HOW TO MONITOR REQUIREMENTS ARE BEING MET

RUN DELIVERY TRIALS TO CHECK TIME AND TEMPERATURE.



DO REGULAR TEMPERATURE CHECKS ON EQUIPMENT AND VEHICLES USING:



PROBE THERMOMETER

(MEASURES CORE TEMPERATURE)



INFRARED THERMOMETER

(MEASURES SURFACE TEMPERATURE)



DATA LOGGER

(RECORDS AREA TEMPERATURE AT PRESET INTERVALS)

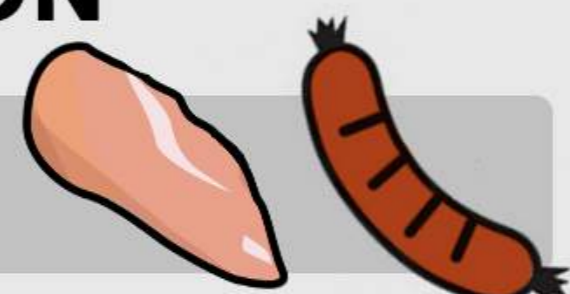
VISUAL INSPECTION



CLEANLINESS



SEPARATION OF FOOD FROM CHEMICALS



SEPARATION BETWEEN RAW AND COOKED FOOD



SIGNS OF PEST ACTIVITY



SIGNS OF DETORINATION OR DAMAGE



CONDUCT

TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

PREVENTION OF PESKY PESTS

WE ALL KNOW PESTS POSE A HUGE HEALTH RISK. THEY CARRY DISEASE-CAUSING ORGANISMS AND CONTAMINATE FOOD WITH FOREIGN MATTER SUCH AS HAIR, FUR, DROPPINGS/URINE, EGGS AND DEAD BODIES. HERE'S HOW TO MAKE SURE YOU'RE NOT GETTING THESE UNWANTED VISITORS:

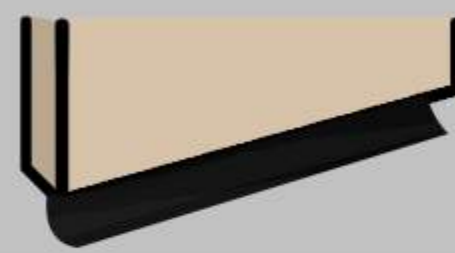
PROOF YOUR PREMISES



COVERS ON DRAINS



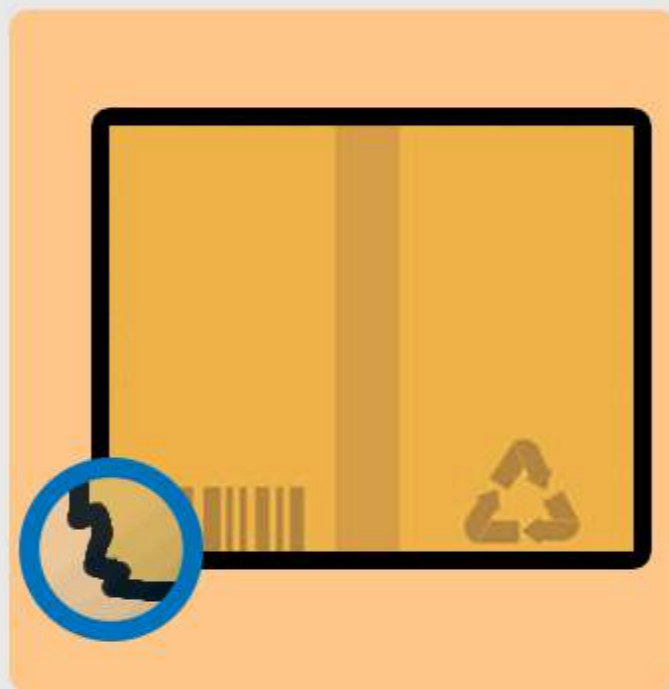
SCREENS ON WINDOWS



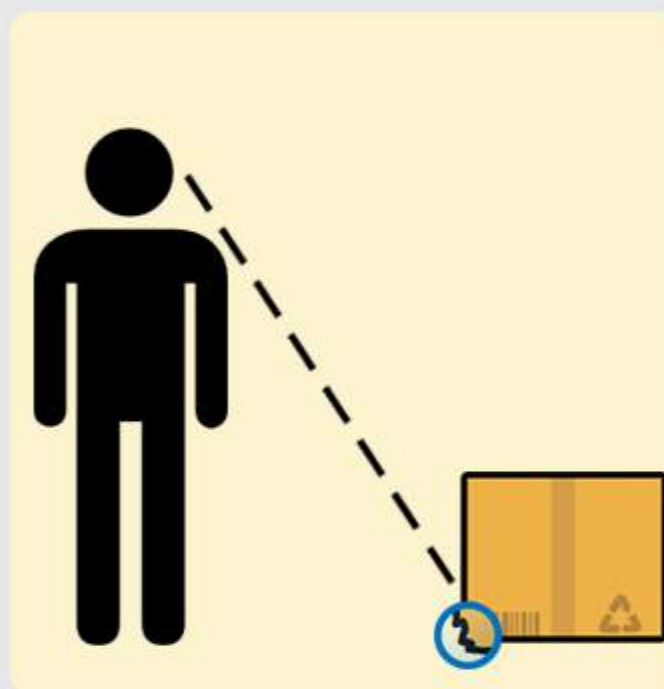
SEALS ON DOORS



REPAIRING HOLES IN WALLS



MONITOR INCOMING FOOD AND EQUIPMENT FOR SIGNS OF PESTS



TRAIN STAFF TO RECOGNISE AND REPORT SIGNS OF PEST INFESTATION, BUILDING DAMAGE AND POSSIBLE ENTRY POINTS



ENSURE THE REGULAR REMOVAL OF FOOD AND OTHER WASTE AND EFFECTIVE CLEANING OF WASTE

DON'T ALLOW WATER TO POOL AND IMMEDIATELY MOP UP ANY SPILLS

IMPLEMENT OTHER HYGIENIC PRACTICES TO PROTECT AGAINST PESTS (E.G. CLOSING DELIVERY DOORS AFTER RECEIVING OR DISPATCHING GOODS)



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BEING SAFE WITH THOSE VEGGIES

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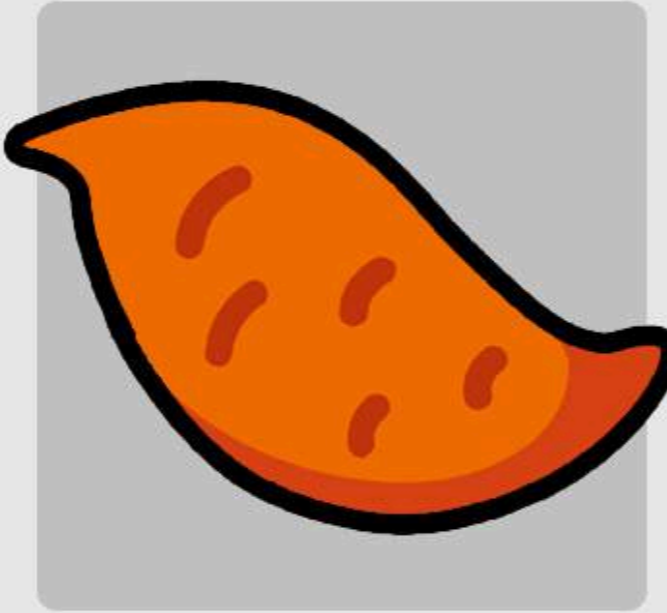
EVERYONE KNOWS VEGETABLES ARE GOOD FOR YOU, BUT EVEN VEGETABLES CAN BE REALLY BAD FOR YOU IF CERTAIN THINGS ARE NEGLECTED WHEN YOU'RE PREPARING THEM. HERE'S A QUICK GUIDE TO HELP YOU MAKE SURE YOU'RE NOT PUTTING YOUR DINERS AT RISK:

POTATO



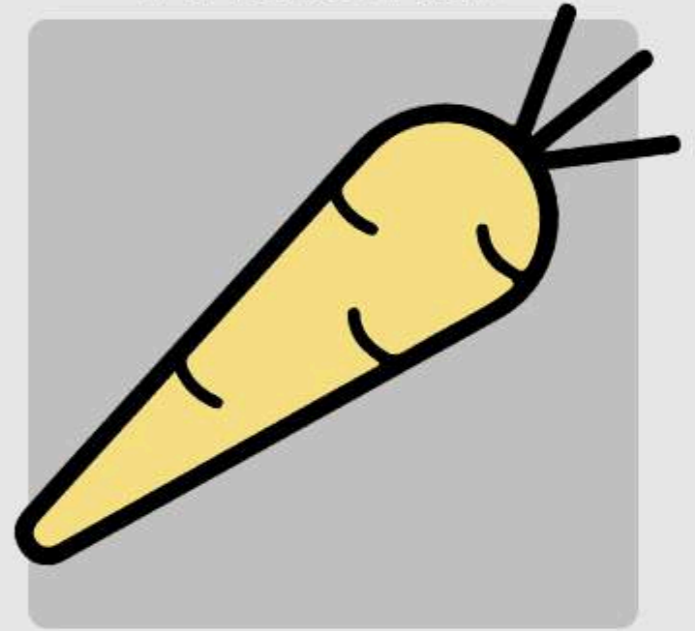
REMOVE GREEN OR DAMAGED PARTS BEFORE COOKING
DON'T EAT THE SPROUTS
DON'T EAT IF IT TASTES BITTER AFTER COOKING

KUMURA



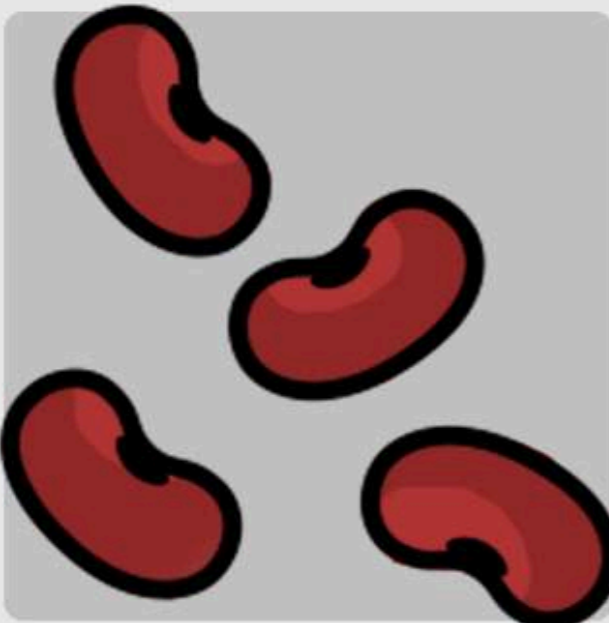
REMOVE DAMAGED PARTS BEFORE COOKING
DON'T EAT IF IT TASTES BITTER AFTER COOKING

PARSNIP



PEEL BEFORE COOKING AND REMOVE DAMAGED PARTS
IF BOILING, DISCARD USED WATER

KIDNEY BEANS



SOAK BEANS FOR AT LEAST 5 HOURS, THEN BRISKLY BOIL FOR AT LEAST 10 MINUTES
TINNED BEANS CAN BE USED WITHOUT FURTHER COOKING

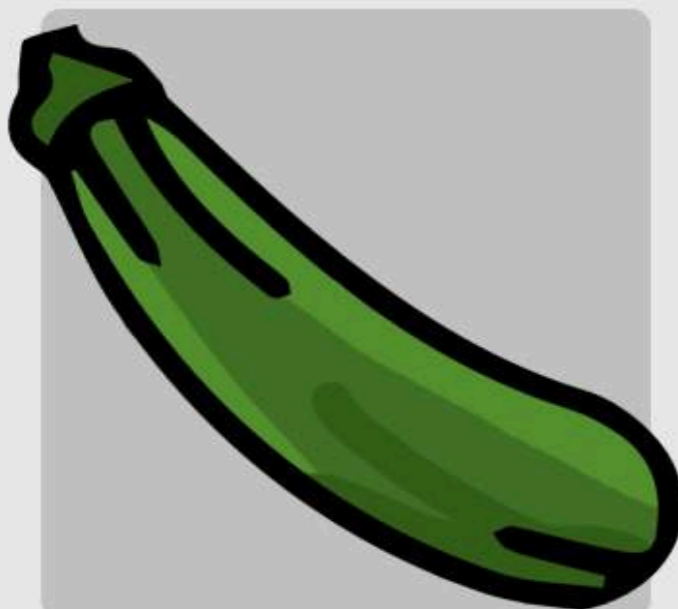


BAMBOO SHOOTS



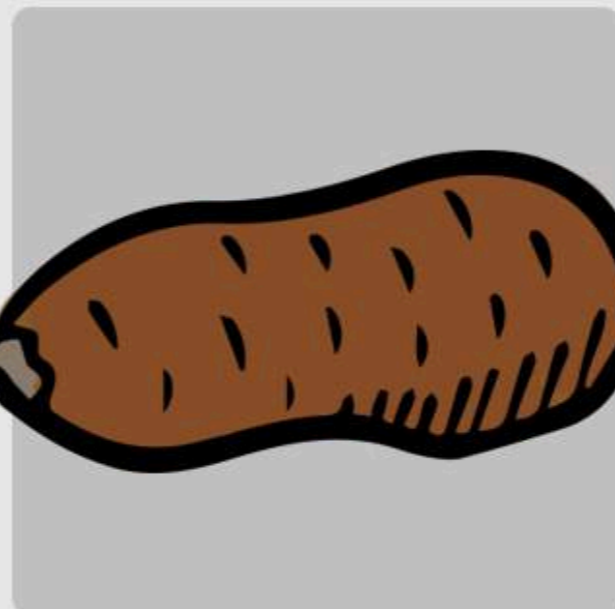
SLICE IN HALF LENGTHWISE, PEEL OUTER LEAVES AND CUT OFF FIBROUS TISSUE AT THE BASE
THINLY SLICE THE FRESH SHOOTS AND BOIL IN LIGHTLY-SALTED WATER FOR 8-10 MINUTES

COURGETTE



DON'T EAT IF IT HAS A STRONG UNPLEASANT SMELL OR TASTES BITTER

CASSAVA



PEEL AND SLICE BEFORE COOKING THOROUGHLY

RHUBARB



DON'T EAT THE LEAVES

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TESTO.NZ

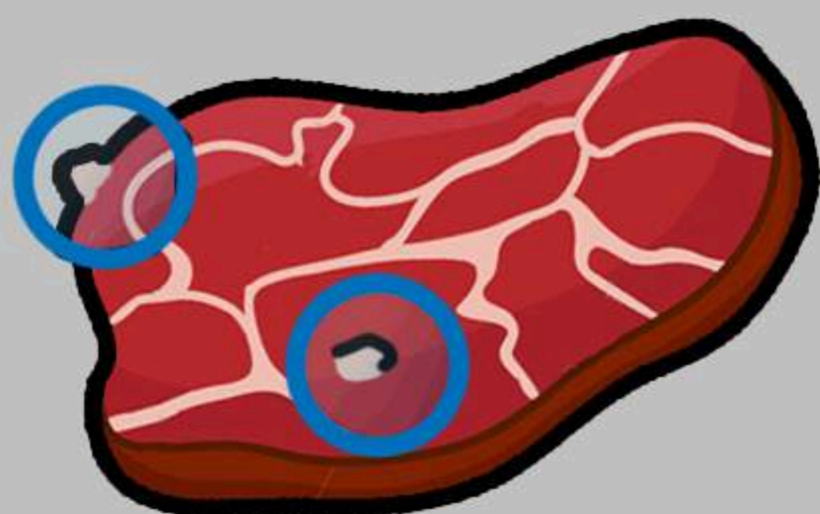


LUMPS IN MEAT: ARE THEY ANY GOOD?

ALTHOUGH LUMPS IN MEAT ARE RATHER UNSIGHTLY, THEY DON'T ALWAYS MEAN THERE'S A SAFETY RISK WITH THE MEAT. IN FACT, MEAT LUMPS ARE GENERALLY SAFE. THERE'S TWO WAYS LUMPS COME ABOUT IN YOUR MEAT:

LYMPH NODES

THESE ARE A NATURAL PART OF THE ANIMAL AND ARE NOT CONSIDERED A DEFECT.



THEY SHOW UP AS A GREY OR LIGHT-BROWN, MARBLE-SIZED LUMP OF TISSUE IN THE FATTY AREAS BETWEEN MUSCLES, OR BESIDE THEM.

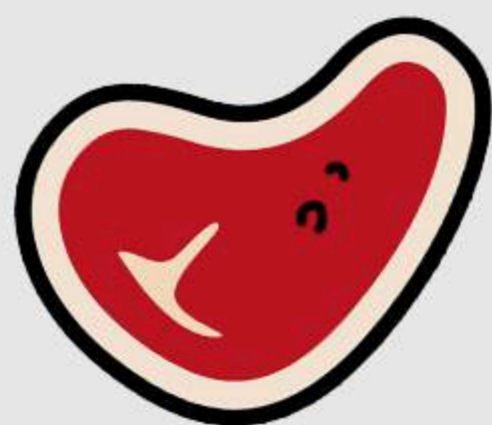
HEALING FROM AN INJURY

THE ANIMAL CAN GET AN INJURY SUCH AS DEEP MUSCLE INJECTIONS, INGROWN FOREIGN OBJECTS (LIKE PRICKLES), SMALL BACTERIAL INFECTIONS OR PARASITES THAT LODGE IN ITS MUSCLES.



THE ANIMAL'S BODY WILL NATURALLY SURROUND THESE SORTS OF THINGS WITH WHITE FLUIDS TO FORM AN ABSCESS, OR ENCLOSE THEM WITH A HARD MATERIAL-LIKE CALCIUM. IT CHANGES THE WAY THE MEAT FEELS BUT DOESN'T MAKE IT UNSAFE.

ALL IN ALL, LUMPS AND DEFECTS ARE RARE



IT'S NOT COMMON TO FIND LUMPS OR DEFECTS IN MEAT. BY LAW, TRAINED INSPECTORS CHECK PRODUCTS BEFORE THEY'RE SOLD. THEY'LL OFTEN TAKE OUT HARMLESS LUMPS AND DEFECTS. IF THEY FIND ANYTHING DANGEROUS, THEY'LL REJECT THAT MEAT OR THE WHOLE CARCASE.

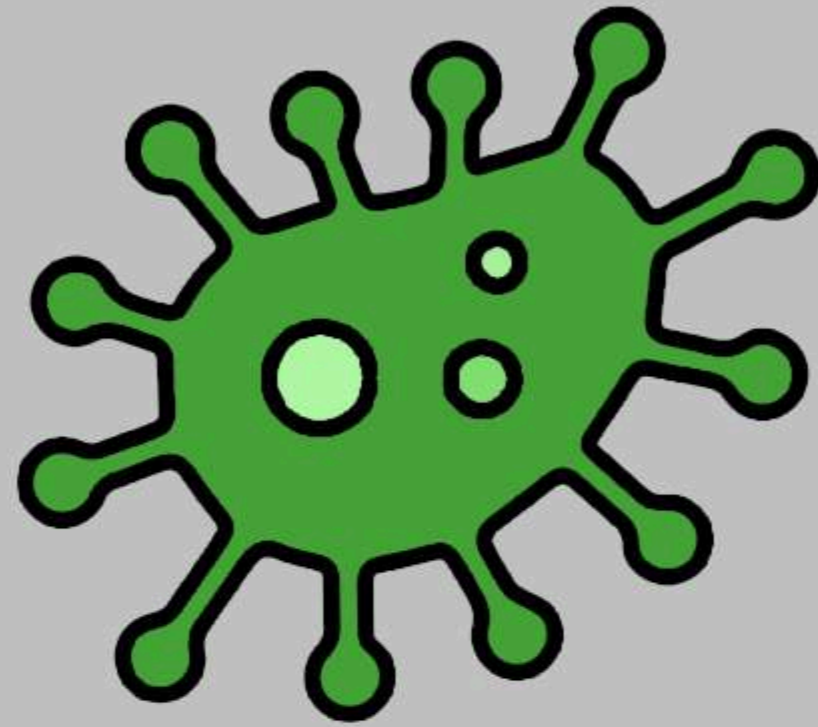


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BACTERIA IN STARCH FOODS

RICE AND OTHER STARCHY FOODS LIKE POTATO FLAKES, CUSTARD POWDER AND PASTA CAN BE INFECTED WITH SOMETHING CALLED BACILLUS CEREUS, A BACTERIUM THAT CAN CAUSE NAUSEA AND VOMITING.

THE BACTERIA GROW WHEN THESE FOODS HAVE BEEN COOLED TOO SLOWLY, OR NOT CORRECTLY STORED IN A REFRIGERATOR.



HOW TO AVOID INFECTION

DON'T LEAVE COOKED OR PREPARED FOOD TO COOL SLOWLY AT ROOM TEMPERATURE. MAKE SURE THE COOKED PRODUCT IS EITHER:

- EATEN IMMEDIATELY
- KEPT HOT AT ABOVE 60°C
- COOLED AND STORED UNDER REFRIGERATION UNTIL USED



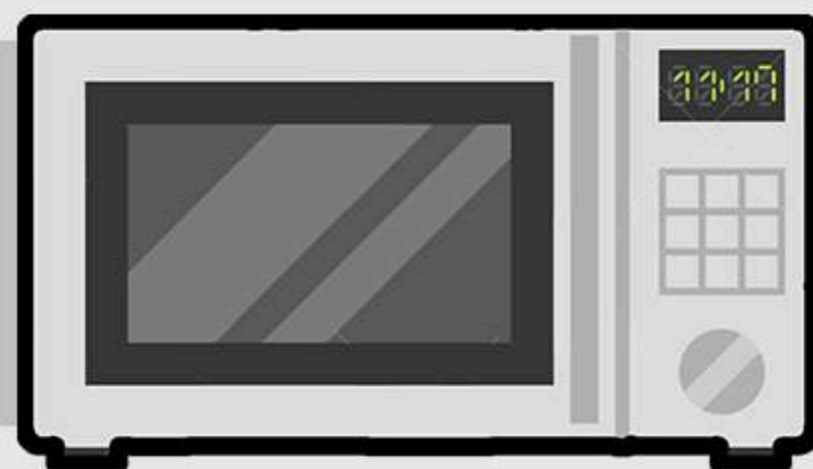
IF RICE HAS BEEN COOKED FOR SUSHI OR EGG-FRIED RICE, COOL IT IN THE REFRIGERATOR UNTIL IT IS READY TO BE USED.



THE VINEGAR AND MIXTURE OF SUGAR AND SALT IN SUSHI RICE WILL HELP PREVENT THE GROWTH OF BACILLUS CEREUS.



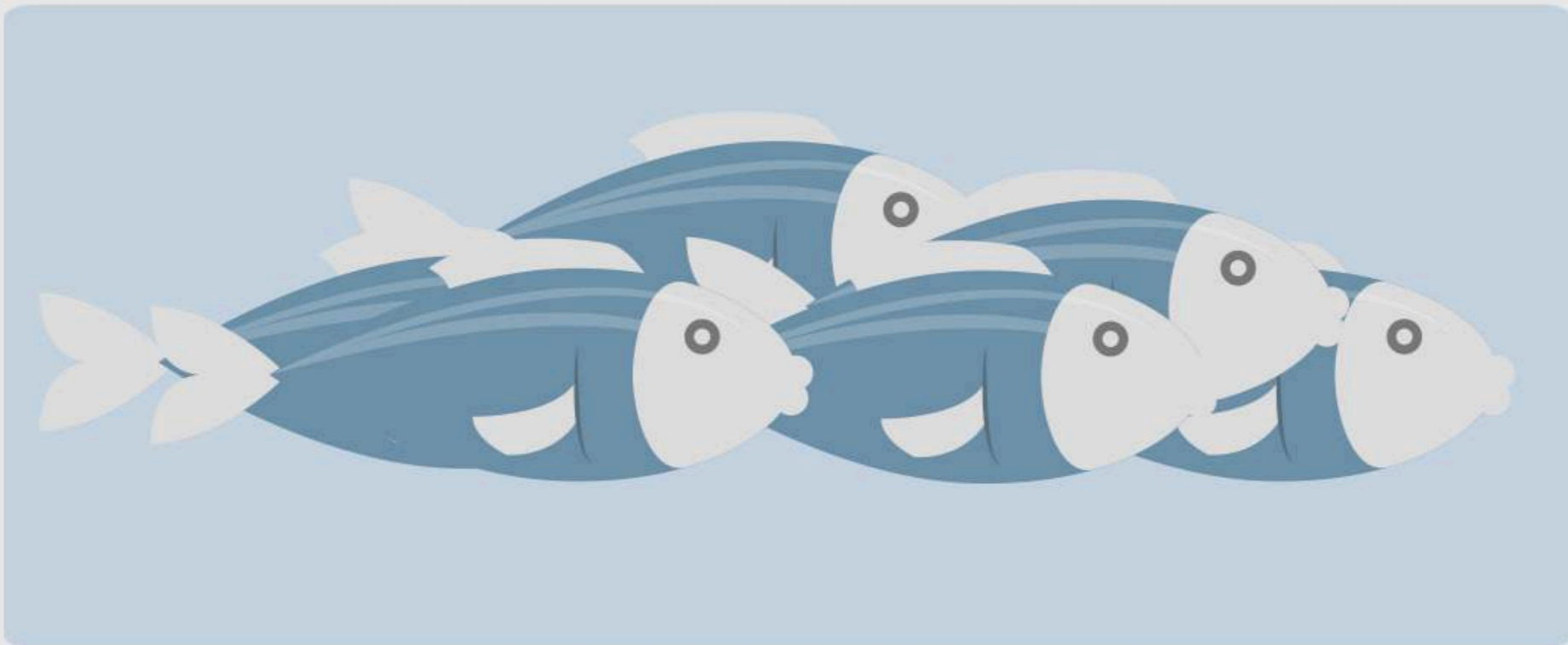
REHEATING RICE OR OTHER STARCHY FOODS DOESN'T KILL THE BACTERIA. THE BACTERIA CAN WITHSTAND HEATING FOR 90 MINUTES AT A TEMPERATURE OF 126 DEGREES CELSIUS.



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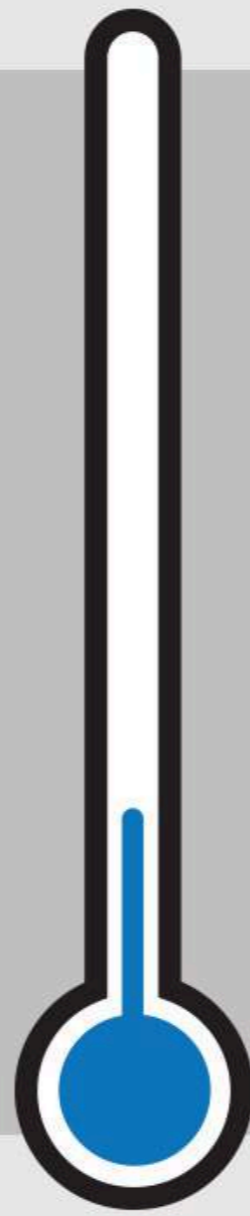
PREVENTING SEAFOOD SICKNESS

WHEN IT COMES TO SEAFOOD, YOU CAN'T TAKE ANY RISKS.
KEEP SEAFOOD FROZEN UNLESS YOU'RE PREPARING IT FOR
IMMEDIATE CONSUMPTION.



STORE
SOON TO BE
PREPARED
SEAFOOD

**BELOW
5°C**



AND
WHEN
THAWING
KEEP

**BELOW
7°C**

ONCE THAWED, SEAFOOD CANNOT BE RE-FROZEN.

WHEN NOT CHILLED ADEQUATELY, THE FOLLOWING FISH CAN
PRODUCE HISTAMINE THAT CAN BE TOXIC TO HUMANS:



KAHAWAI



MACKEREL



TUNA



KINGFISH



MARLIN



BONITO



PILCHARDS



SARDINES



ANCHOVIES



HERRING

TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

CREATING A FOOD SAFETY CULTURE

THE MOST EFFECTIVE WAY OF BEING FOOD SAFE IN YOUR RESTAURANT IS INTEGRATING THE PRACTICES INTO YOUR CULTURE. IT'S A CRUCIAL STEP TO TAKE TO PREVENT FOODBORNE ILLNESS AND THE NEGATIVE EFFECT IT HAS ON YOUR BUSINESS. WHEN IMPLEMENTING OR ANALYSING YOUR RESTAURANT'S FOOD SAFETY STANDARDS, TRY ASKING YOURSELF THESE QUESTIONS:

FIND YOUR SYSTEM



1. IS MY CURRENT FOOD SAFETY MANAGEMENT SYSTEM EFFECTIVE? IF NOT, WHY ISN'T IT?
2. WHAT TRAINING CERTIFICATION PROGRAM IS THE BEST FIT FOR MY RESTAURANT?
3. WOULD INCORPORATING COMPANY-SPECIFIC TRAINING BENEFIT MY STAFF AND CUSTOMERS?

SET THE STANDARD

1. AM I AND OTHER SENIOR LEADERS EXHIBITING STRONG MODELING BEHAVIOR?
2. DOES OUR TRAINING MESSAGING USE CONSISTENT TERMINOLOGY?
3. DO MY EMPLOYEES KNOW SENIOR LEADERSHIP WAS INVOLVED IN THE TRAINING DEVELOPMENT PROCESS?



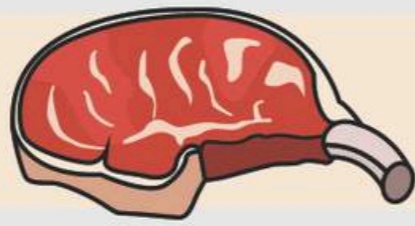
EMPOWER YOUR TEAM

1. DO I EMPHASISE THE VALUE AND PURPOSE OF FOOD SAFETY TRAINING TO MY STAFF?
2. AM I HIGHLIGHTING THE IMPORTANCE OF FOOD SAFETY ON INDIVIDUAL AND TEAM LEVELS?
3. DO MY TEAM MEMBERS, IN TURN, FEEL CONFIDENT IN THEIR FOOD SAFETY KNOWLEDGE?

KNOW YOUR PERISHABLES

FOODS CAN BE CLASSIFIED INTO THREE GROUPS.

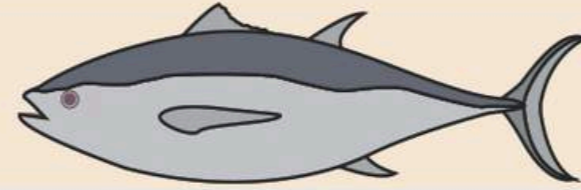
PERISHABLE FOODS



MEAT



POULTRY



FISH



MILK



EGGS



RAW FRUITS
AND VEGETABLES



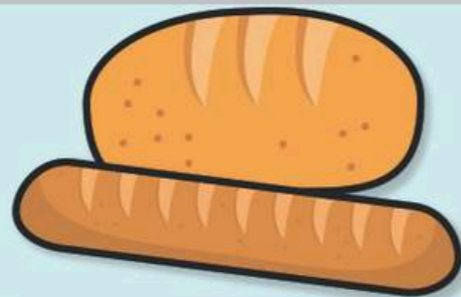
ALL COOKED FOODS

TO STORE THESE FOODS FOR ANY LENGTH OF TIME, PERISHABLE FOODS NEED TO BE HELD AT REFRIGERATOR OR FREEZER TEMPERATURES. IF REFRIGERATED, PERISHABLE FOODS SHOULD BE USED WITHIN SEVERAL DAYS.

SEMI-PERISHABLE FOODS



FLOUR



GRAIN PRODUCTS



DRIED FRUITS



DRY MIXES

IF PROPERLY STORED AND HANDLED, SEMI-PERISHABLES MAY REMAIN UNSPOILED FOR SIX MONTHS TO ABOUT ONE YEAR.

STAPLE FOODS (NON-PERISHABLE)



SUGAR



DRIED BEANS



SPICES



CANNED GOODS

STAPLE FOODS DO NOT SPOIL UNLESS THEY'RE HANDLED CARELESSLY. BUT, THESE FOODS WILL LOSE QUALITY IF STORED OVER A LONG TIME, EVEN IF STORED UNDER IDEAL CONDITIONS.

TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

DETERMINING STORAGE LIFE

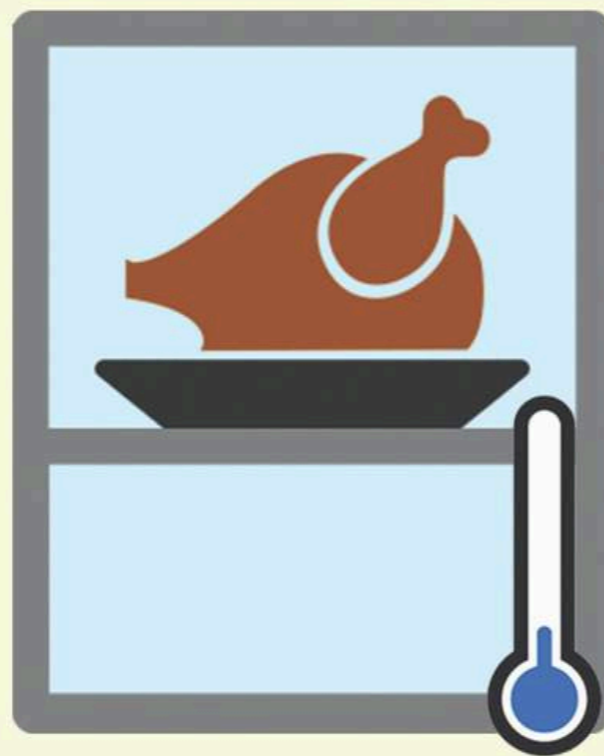
testo

THERE IS NO EXACT METHOD TO DETERMINE HOW LONG ANY FOOD WILL MAINTAIN QUALITY AND BE SAFE TO EAT, BECAUSE MANY CONDITIONS AFFECT QUALITY. THE STORAGE LIFE OF FOODS IS AFFECTED BY THE FOLLOWING THINGS:



1. THE FRESHNESS OF THE FOOD WHEN IT REACHED THE GROCERY STORE

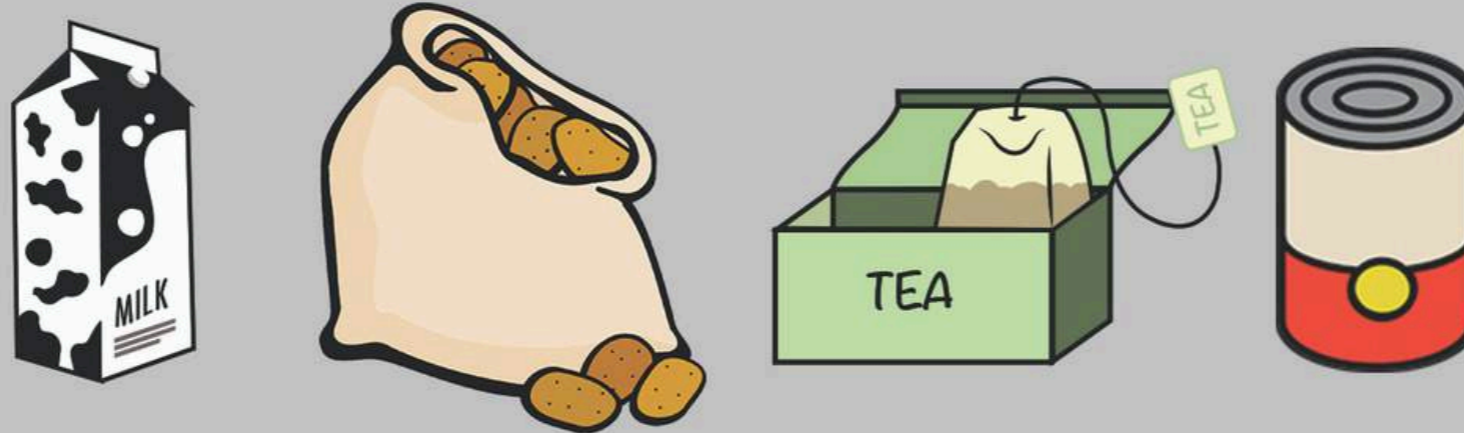
2. THE LENGTH OF TIME AND TEMPERATURE AT WHICH IT WAS HELD BEFORE PURCHASE



3. THE TEMPERATURE OF YOUR FOOD STORAGE AREAS



4. THE HUMIDITY LEVEL IN YOUR FOOD STORAGE AREAS



5. THE TYPE OF STORAGE CONTAINER OR PACKAGING THE FOOD IS STORED IN



6. THE CHARACTERISTICS OF THE FOOD ITEM

WHEN APPLYING BEST PRACTICES FOR FOOD STORAGE, IT ALWAYS A GOOD IDEA TO GO ON A CASE-BY-CASE BASIS

TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

KNOW THE DIFFERENCE BETWEEN DATES

NO FOOD LASTS FOREVER, NO MATTER HOW WELL IT'S STORED. MOST PRE-PACKAGED FOODS DISPLAY EITHER A "USE-BY" OR A "BEST BEFORE" DATE. AND YES, THERE'S A VERY DISTINCT DIFFERENCE.

"USE-BY" DATES

THESE APPEAR ON FOODS THAT GO OFF QUITE QUICKLY. IT CAN BE DANGEROUS TO EAT FOODS PAST THIS DATE.

FOOD CAN LOOK AND SMELL FINE EVEN AFTER ITS "USE-BY" DATE BUT THAT DOESN'T MEAN IT'S SAFE TO EAT. IT COULD STILL CONTAIN BUGS THAT COULD MAKE YOU ILL.



"BEST BEFORE" DATES



THESE ARE FOR FOODS WITH A LONGER LIFE. THEY SHOW HOW LONG THE FOOD WILL BE AT ITS BEST.

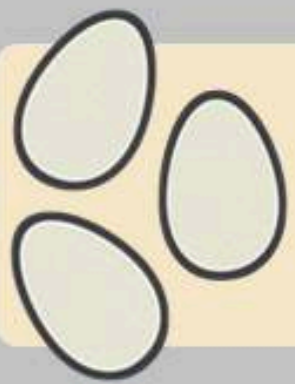
EATING FOOD PAST ITS "BEST BEFORE" DATE ISN'T DANGEROUS, BUT THE FOOD MAY NOT BE GOOD QUALITY.

TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

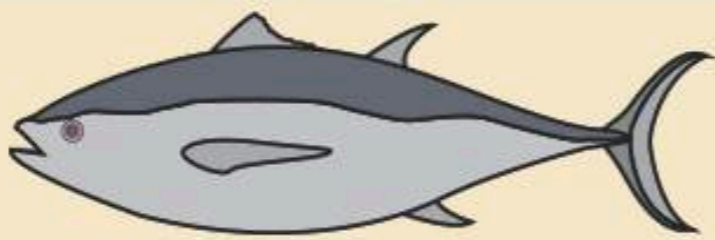
DECLARE THOSE ALLERGENS

THE FOOD STANDARDS AUSTRALIA NEW ZEALAND AUTHORITY
KEEPS A LIST OF ALLERGENS THAT ARE MANDATORY TO DECLARE
ON FOOD LABELS.

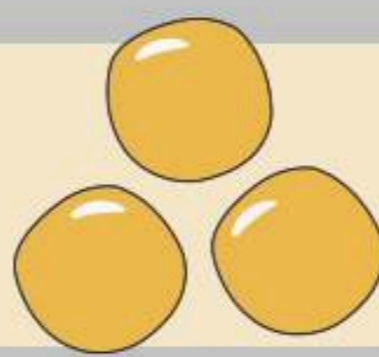
HERE IS THAT LIST OF ALLERGENS FOLLOWING AN UPDATE BY THE
FSANZ IN JUNE 2017:



EGGS



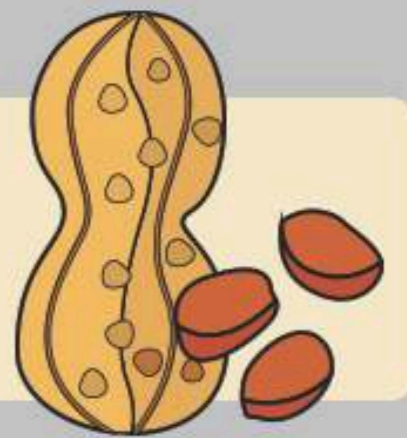
FISH



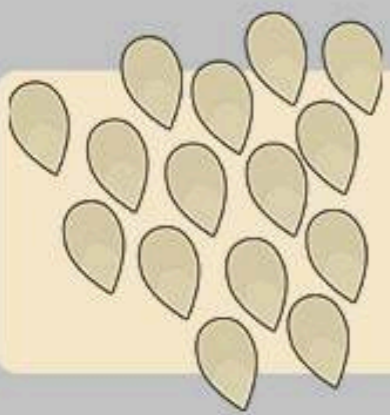
LUPIN



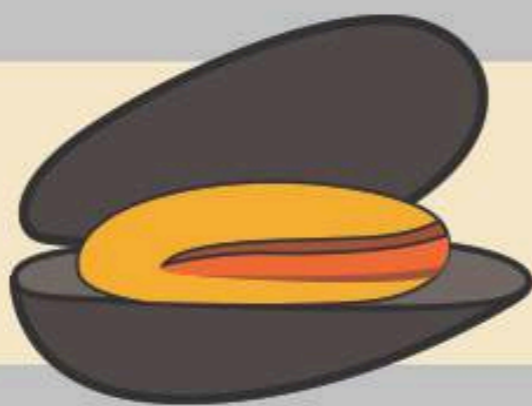
MILK



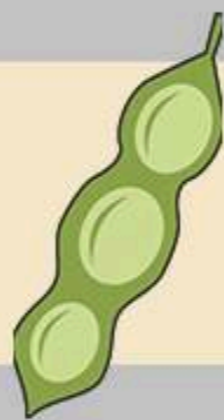
PEANUTS



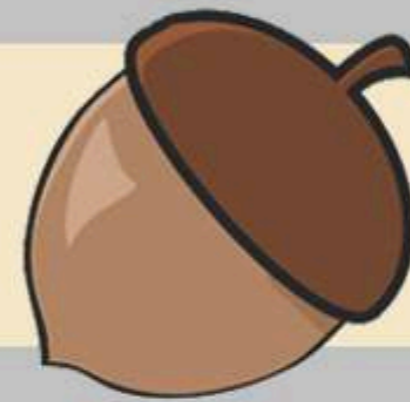
SESAME SEEDS



SHELLFISH



SOY



TREE NUTS



WHEAT



WHILE NOT ON THE LIST OFFICIALLY, THE FSANZ
SUGGESTS ADDING SULPHITES TOO.

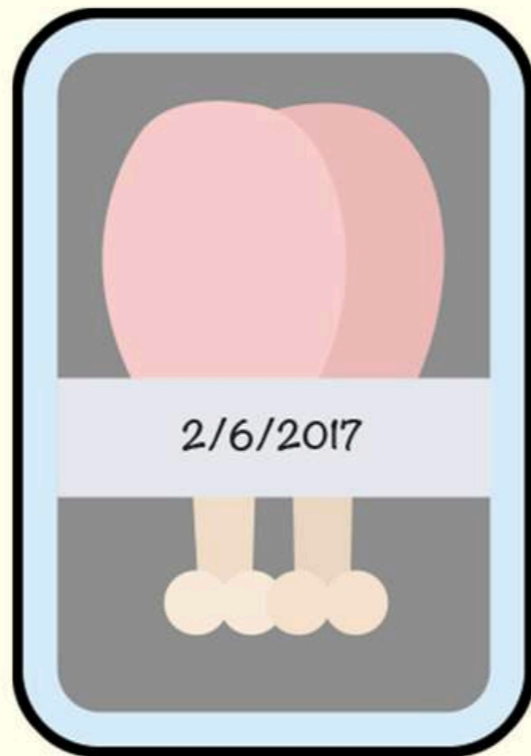
TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

FREEZING AND DEFROSTING MEAT AND FISH

testo

IT'S ESSENTIALLY SAFE TO FREEZE MEAT AND FISH AS LONG AS YOU DO THE FOLLOWING:

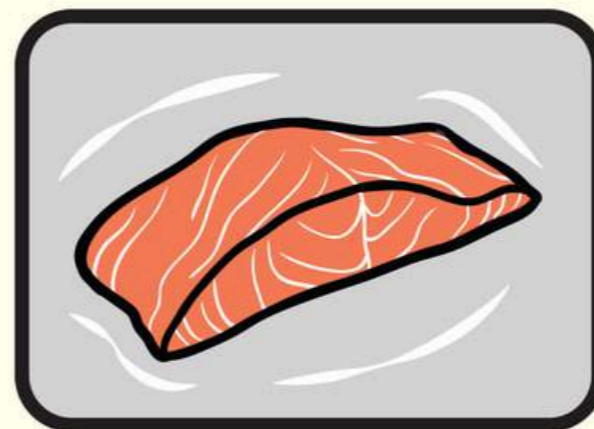
WHEN FREEZING



DATE AND LABEL THE MEAT OR FISH AS FREEZING FOR OVER SIX MONTHS CAN DETERIORATE QUALITY (BUT STILL SAFE TO EAT)



FREEZE IT ANY TIME BEFORE ITS USE-BY DATE

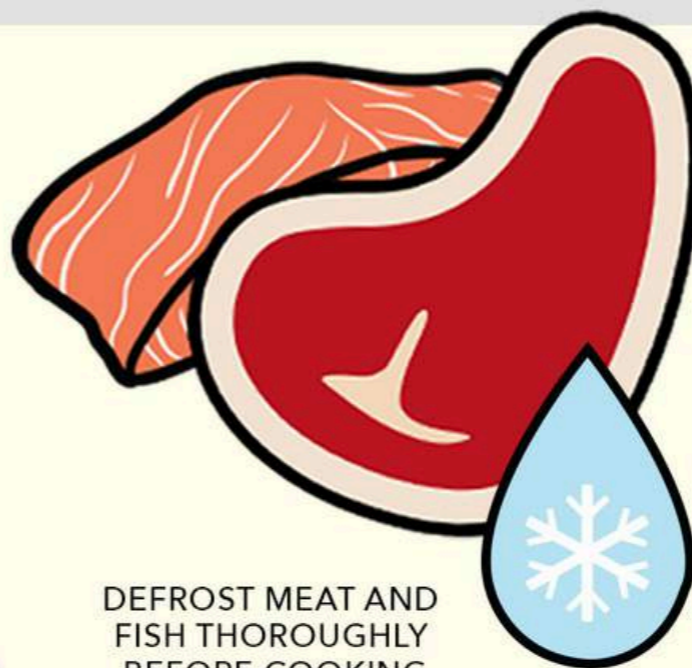


PREVENT FREEZER BURN BY WRAPPING THE MEAT OR FISH

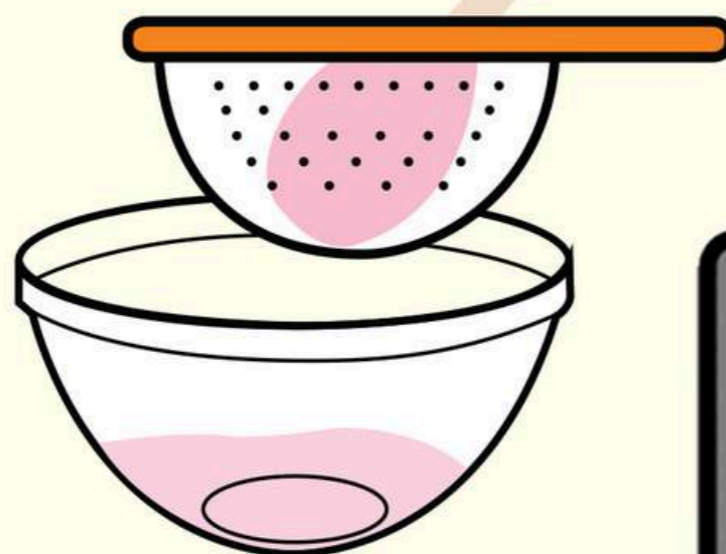
WHEN DEFROSTING



EAT MEAT AND FISH WITHIN 24 HOURS OF DEFROSTING



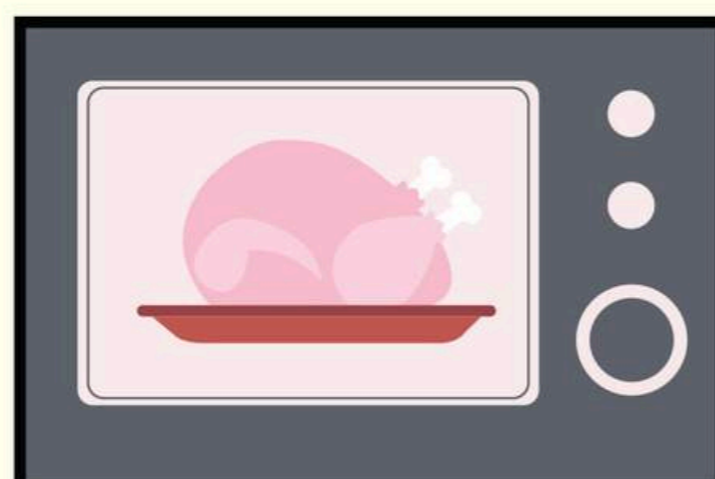
DEFROST MEAT AND FISH THOROUGHLY BEFORE COOKING



WHEN DEFROSTING, COLLECT ALL LIQUID IN A BOWL TO STOP BACTERIA IN THE JUICE SPREADING TO OTHER THINGS



COOK DEFROSTED FOOD UNTIL IT'S STEAMING HOT THROUGHOUT

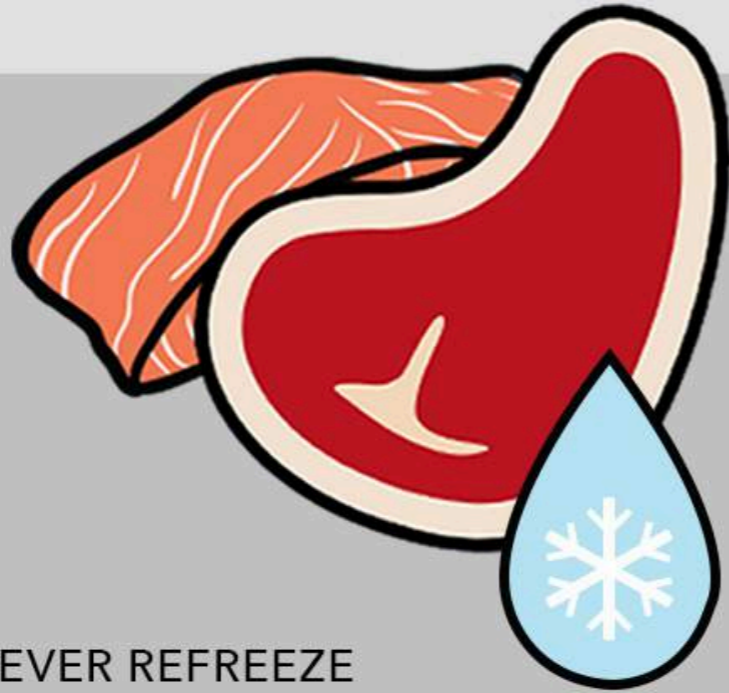


DEFROST MEAT OR FISH IN A MICROWAVE IF YOU INTEND TO COOK STRAIGHT AWAY. OTHERWISE, IT'S BEST TO DEFROST IN THE FRIDGE OVERNIGHT SO IT DOESN'T GET TOO WARM

TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

REFREEZING RAW OR COOKED MEAT AND FISH

THE RULES ON REFREEZING ARE PRETTY STRAIGHTFORWARD:



NEVER REFREEZE RAW MEAT (INCLUDING POULTRY) OR FISH THAT HAS ALREADY BEEN DEFROSTED.

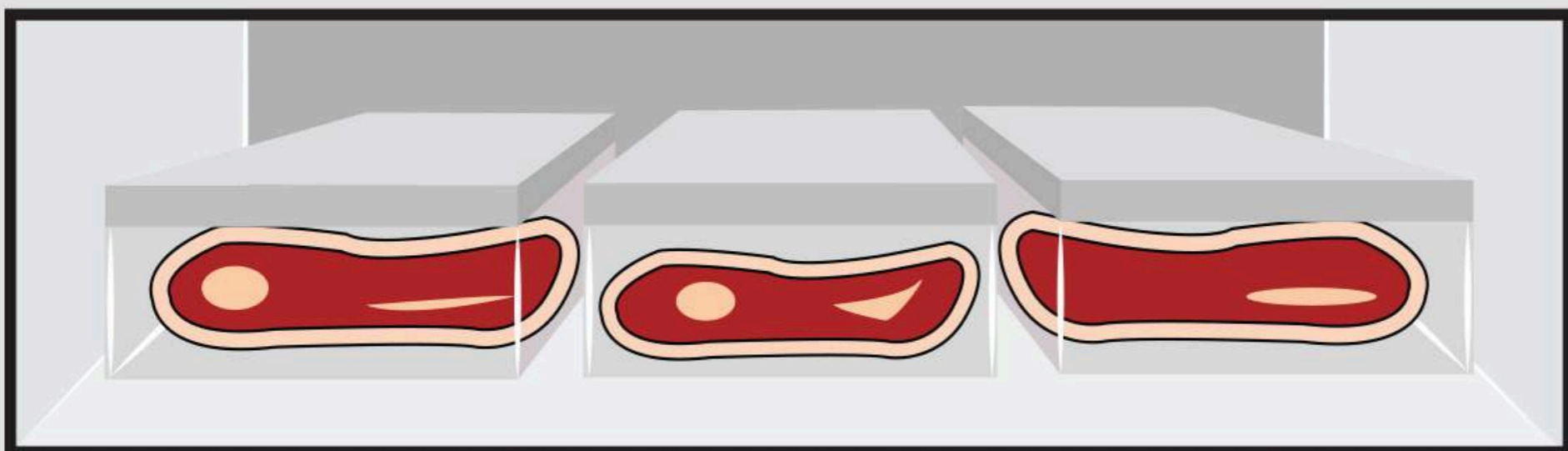
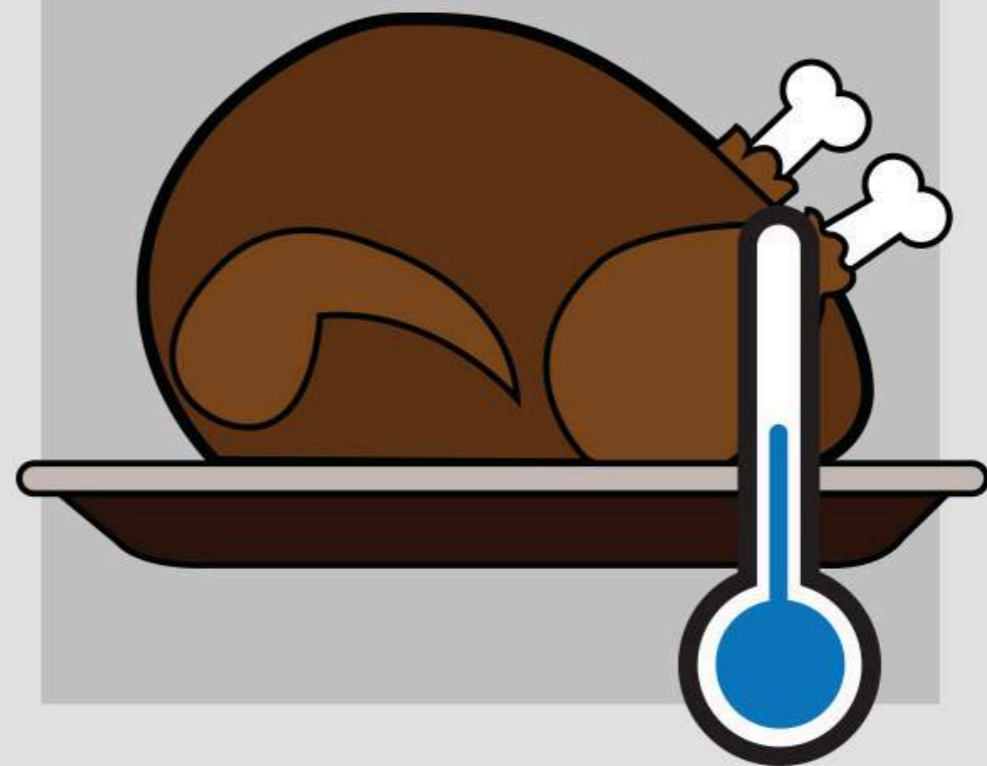


YOU CAN REFREEZE MEAT AND FISH IF THEY'VE BEEN DEFROSTED AND COOKED



FROZEN RAW FOODS CAN BE DEFROSTED ONCE AND STORED IN THE FRIDGE FOR UP TO 24 HOURS BEFORE THEY NEED TO BE COOKED OR THROWN AWAY.

YOU CAN ONLY DO THIS ONCE, AS LONG AS THEY'VE BEEN COOLED BEFORE GOING INTO THE FREEZER. IF IN DOUBT, DON'T RE-FREEZE.



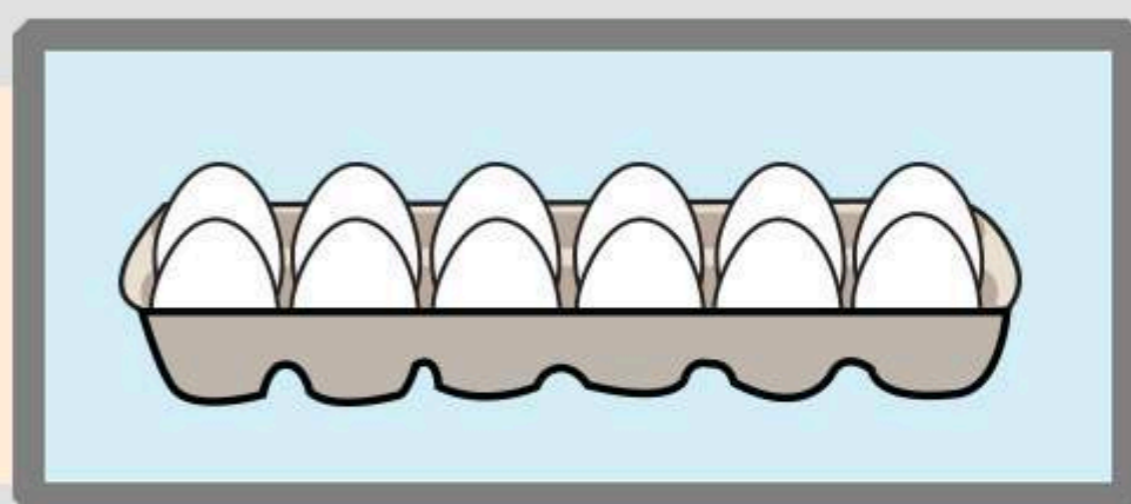
TO REDUCE WASTAGE, DIVIDE MEAT INTO PORTIONS BEFORE FREEZING AND THEN DEFROST WHAT YOU NEED.

TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

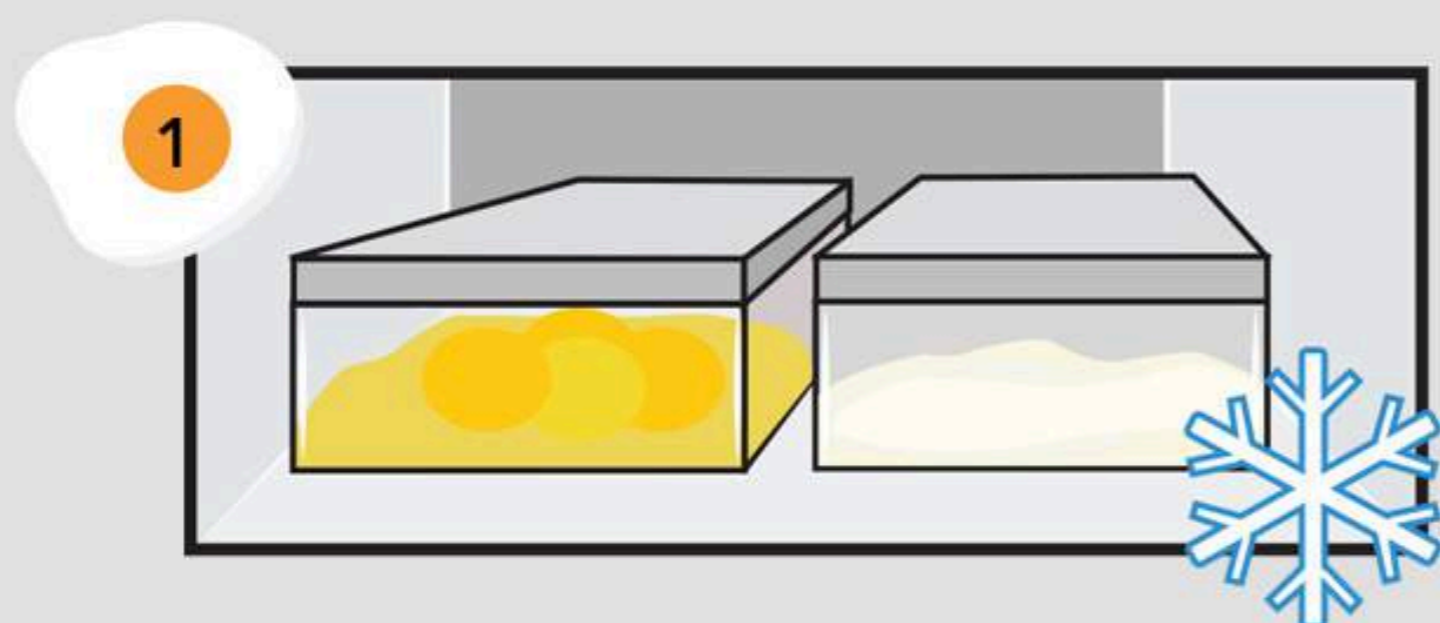
ST^{testo}ORING EGGS

EGGS ARE AN INTEGRAL INGREDIENT FOR A LOT OF DISHES, SO IMPORTANT WE TAKE CARE OF THOSE LITTLE BEAUTIES IN STORAGE. HERE'S HOW:

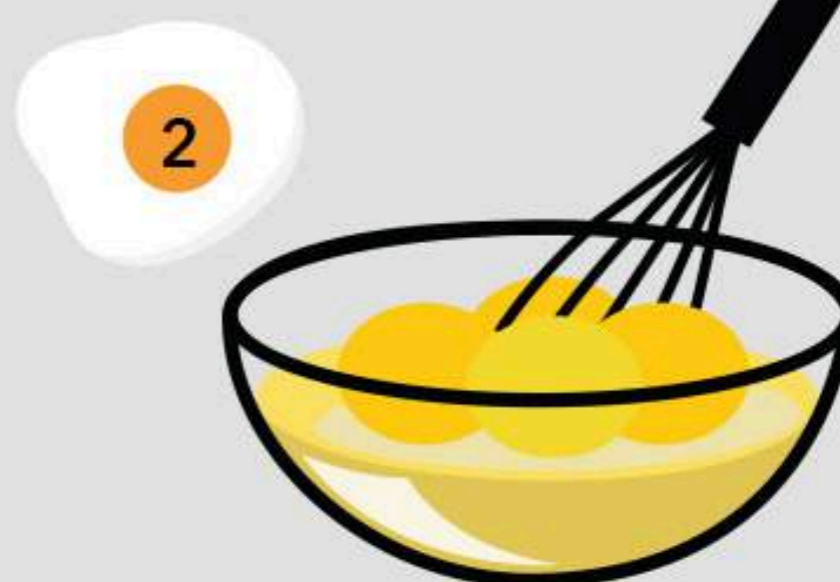
EGGS ARE BEST STORED IN THE FRIDGE AS THEY'RE KEPT AT A CONSTANT TEMPERATURE.



EGGS CAN ALSO BE FROZEN. TWO WAYS TO FREEZE EGGS:

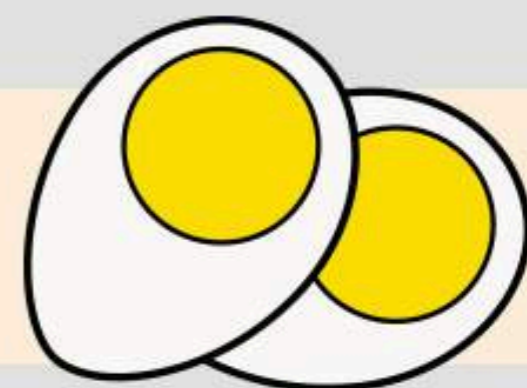


CRACK THE EGG AND SEPARATE THE YOLKS AND WHITES INTO SEPARATE PLASTIC CONTAINERS OR FOOD BAGS BEFORE FREEZING (HANDY FOR BAKING).



CRACK THE EGG INTO A PLASTIC TUB AND BEAT IT BEFORE FREEZING (GREAT FOR OMELETTES AND SCRAMBLED EGGS).

YOU CAN SAFELY STORE A BOILED EGG IN THE FRIDGE (FOR A COUPLE OF DAYS) OR FREEZE THEM.



TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

ALWAYS WASH YOUR HANDS

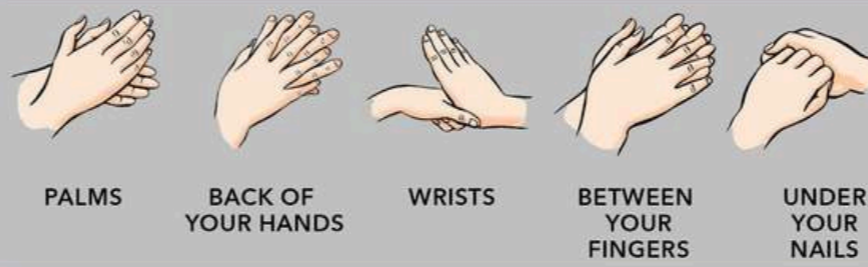
testo

IT'S PRETTY OBVIOUS HOW IMPORTANT IT IS TO WASH YOUR HANDS WHEN PREPARING FOOD. THE WHOLE GOAL IS TO NOT SPREAD GERMS AND DISEASE. IF THIS IS NEWS TO YOU THEN PAY ATTENTION:

WHEN TO WASH YOUR HANDS



HOW TO PROPERLY WASH YOUR HANDS



TO GET EVEN MORE CLUED UP ON FOOD SAFETY, CHECK OUT OUR WEBSITE FOR MORE INFOGRAPHICS.

OUR FOOD SAFETY PRODUCTS



Testo 1113 Waterproof Mini Probe Thermometer



Testo 805 - Mini Infrared Thermometer



Testo 831 - Two Point IR thermometer



Testo 106-T3 Digital Thermometer Only



Testo 106-T3 Digital Thermometer Set with Topsafe



Testo 103 Mini Folding Thermometer



Testo 104 Waterproof Thermometer



Testo 108 Waterproof Digital Food Thermometer



Testo 108-2 Waterproof Digital Food Thermometer with Lockable Probe



Testo 105 Robust Food Thermometer



Testo 105 Robust Food Thermometer with Frozen Food Tip



Testo 104-IR Folding Combo Infrared Thermometer



Testo 826-T2 - Infrared Thermometer



Testo 826-T4 penetration probe + I/R Thermometer



Testo 926 Professional Insertion Thermometer Set with probe and Topsafe



Food Probe Wipes - 100 Wipe Tub



Food Probe Wipes Refill Packs

VIEW THE COMPLETE RANGE

