



Waste not: what to do about single use plastics

In an increasingly eco-conscious world consumers are seeking to minimise their environmental impact by going 'plastic free'. This can create opportunities for businesses seeking to build customer loyalty and create a competitive advantage.

Going plastic free, reducing your waste and environmental impact, is easier than you think. In some cases it will even save you money rather than costing the earth.

What are single use plastics?

- Disposable cups (coffee and cold) and lids
- Cutlery (and stirrers)
- Plates and bowls
- Takeaway containers
- Straws
- Shopping bags.

Check out suppliers such as Vegware, Biopak or Earthens for alternative products...

Recent prosecutions in WA

In May there were three food premises prosecuted through the courts:

A RESTAURANT IN THE CITY OF GOSNELLS:

Failing to maintain the premises and equipment to a standard of cleanliness and failure to provide single use towels or other means of effectively drying hands. Penalty \$26,800

A MARKET STALL IN THE CITY OF BELMONT:

Failing to store food in such a way that it is protected from contamination and non-compliant labelling. Penalty \$46,800

A RESTAURANT IN THE CITY OF NEDLANDS:

Failing to store food in such a way that it is protected from contamination, failing to maintain equipment clean and in a good state of repair, as well as pest issues. Penalty \$25,382



A comprehensive list of prosecutions can be found at: <https://ww2.health.wa.gov.au/Health-for/Environmental-Health-practitioners/Food>



Free food safety training: I'M ALERT

Make the most of the Town's free interactive online training programs that provide consistent training throughout the food industry. Food handlers are able to complete the training in their own time and location.

Head to the Town's website: www.bassendean.wa.gov.au and click on the Develop and Build icon, then the Health Services icon which leads to the Town's Food Safety page. Here you will have access to the I'M ALERT Food Safety Training Program and other food safety information.

This training is free and can be used as many times as required. It's a great way to help ensure that your staff are developing the required skills and knowledge in food safety and food hygiene.



Food safety information

Please see below for some useful websites on food safety and regulation of food businesses:

- WA Health Department: ww2.health.wa.gov.au/Health-for/Environmental-Health-practitioners/Food
- Standards Australia & New Zealand: www.foodstandards.gov.au
- Food Safety Information Council: www.foodsafety.asn.au



Alternatively if you cannot find the information you are after please contact the Town's Environmental Health Officers on 9377 8094.

A word from your EHO

It's a great time to go through all your food preparation and storage areas to have a good declutter and clean.

Try looking at things with a fresh set of eyes. Focus on those 'hard to reach' areas. If items are not essential for food preparation or storage, find a new home for them. The less clutter, the easier it is to clean!

Think your kitchen is already clean enough?

Shine a torch or bright light into those hard to reach areas. I'm talking about underneath cooking equipment, the back of storage shelving, inside extraction canopy gutters, etc.

You might just be shocked to see what is really lurking there...



Food safety risks from raw and lightly cooked eggs



Many recent Salmonella and Campylobacter outbreaks in Australia have been traced back to food that contained raw or lightly cooked egg products, such as mayonnaise and hollandaise sauce.

You can reduce the risks for these types of products by:

- Ensuring eggs used are stored under refrigeration.
- Check eggs used are clean, without cracks and have the supplier's stamp on the shell.
- Washing your hands after handling raw eggs.
- Making only small batches daily or more than once a day.
- Always store products that contain raw or lightly cooked egg at 5°C or below until ready to serve.
- Use a clean and sanitised egg separator rather than an eggshell to separate egg whites.
- Always clean and sanitise equipment used with raw or lightly cooked eggs between batches.
- If you are able, use commercially available products as these products have been pasteurised.

*Always store products
that contain raw or
lightly cooked egg at
5°C or below*



Fresh cut fruit and vegetables

Once fruit and vegetables are cut there is a risk of harmful bacteria contaminating and growing on them unless they are handled correctly. This makes them a potentially hazardous food.

To minimise the risk of cut fruit and vegetables being contaminated and to prevent harmful bacteria from growing:

- Keep these separate from other raw foods (e.g. meat, chicken, fish, eggs) to avoid contamination.
- Use a clean and sanitised chopping board (colour-coded) and knife when cutting.
- Wash them thoroughly in clean, potable water just before preparing and serving.
- Use them on the same day as they are prepared.
- Store them under temperature control, below 5°C.
- Cover them whilst stored in the refrigerator or coolroom.
- Refrigerate and date-code packaged fruit salads and stir fry mixes.

The importance of hand washing

Hand washing is a very important step a food handler **must** undertake to reduce the risk of food-borne illness in food businesses.

The steps to correct hand washing are:

- Keep the hand wash facility easily accessible.
- Maintain a supply of warm running water, soap and disposable paper towels.
- Wash your hands prior to commencing any food handling, after handling money, garbage, raw foods or chemicals, and after sneezing, coughing, smoking or visiting the toilet etc.
- Wash your hands thoroughly for at least 10 seconds including the fingers, wrist, and the front and back of the hands.
- Rinse your hands thoroughly using warm running water.
- Dry your hands using disposable paper towels or an air drying device.

Providing healthy choices can be good business

Increasingly, consumers are seeking healthier food choices so offering healthy options on your menu can increase your clientele. You can do this by offering healthier food and drink options throughout your menu whether you are a small kiosk or a large café.



Simple steps to get started

Use reduced fat options

Use reduced fat varieties of milk, cheese, yoghurt, cream, mayonnaise, salad dressings, coconut milk and coconut cream.

Include more fruits and vegetables

Try to include fruit or vegetables in all meals and snacks.

Use lean meat

- Trim visible fat and use lean cuts.
- Drain fat from meat after cooking.
- Minimise or avoid using processed meat (e.g. salami).

Avoid adding salt to cooking

Substitute added salt with other flavours such as herbs and spices.

Avoid deep frying

Instead of deep frying use healthier cooking methods such as oven baking, grilling, steaming and barbecuing.

Reduce sugary drinks (e.g. soft drinks)

- Stock a variety of healthier drinks like plain, still or sparkling water, 100% fruit or vegetable juice (250ml bottles), reduced fat milk, flavoured milk (in small sizes) and artificially sweetened drinks.
- Reduce the number of soft drink flavours available.
- Reduce the rows of sugary drinks in fridges.
- Place sugary drinks on the least visible rows.

What is an Improvement Notice?

Issued by Health Officers, Improvement Notices record defects observed during a food business inspection, the actions that must be taken to rectify the defect, and the date by which the actions must be completed.

Each defect identified in the Improvement Notice is an offence under the *Food Act 2008* and the majority of these attract a fine starting at \$250 for an individual or \$1000 for a body corporate.

Receiving an Improvement Notice means that the food business proprietor has failed to maintain compliance with the requirement of the Food Safety Standards, and that the systems and controls in place at the food business, are not effectively managing food safety.



No smoking outside enclosed public places legislation: 2019 changes



Smoking is not allowed within 5 metres of a public entrance to an enclosed public place and within 10 metres of air conditioning intakes.

Existing restrictions on smoking inside enclosed public places mean that smokers are required to smoke outdoors. Problems arise when smokers cluster around building entrances and exits. People entering and exiting the building are exposed to environmental tobacco smoke (ETS) and there may be problems with smoke drift into indoor smoke-free areas.

The new restrictions reduce exposure of the public and employees to ETS, minimise the risk of smoke drift, and contribute to the de-normalisation of smoking in the community.



Please remember!

Housekeeping

It is important to let the Town of Bassendean know if there is any change to your food business.

This may include:

- a change of postal address;
- a change to any business activities;
- a change of ownership; and/or
- a new ABN.

If there is a change of owner, the previous owner needs to notify the Town that they have sold the business and the new owner is required to complete the *Food Act 2008 – Food Business Notification and Registration Form*. Please call 9377 8094.



9377 8094