



NEWSLETTER

OCTOBER 2008

WELCOME TO THE OCTOBER NEWSLETTER – A QUICK EDITORIAL

This month we have information on all the regular topics as well as the third and final part of our special feature on the Basic Food hygiene. I hope our series on the Basic Food Hygiene has been of interest to you as well as informative.

UPDATE ON REGULATORY / LEGISLATIVE ISSUES:

Julie and Brian attended a REACH conference on 25.09.08. Kitchenmaster is doing everything by the book and has kept up to speed on all the necessary regulation to date.

EVENTS & EXHIBITIONS:

- Next year's CATEX exhibition, which runs from the 9th – 11th February in the RDS Dublin, has been open for bookings since July. Space is already beginning to fill with 45% of floor space pre-booked previously. The Catering Equipment Association is investing record funds in the exhibition promising to make it bigger and better than ever.
- The Cleaning Show in Birmingham's NEC arena will take place from the 10th – 12th March 2009. This is one of the cleaning industry's largest shows. Kitchenmaster will confirm over the next month or two whether we will be attending.

SPECIAL FEATURE: We have the final part of the special feature on the 'Basic Food Hygiene' this month. There will be information on food storage, safe food preparation, design of food premises and waste & pest control. For those who wish to read more please see appendix 1

F.A.Q 'S - Coffee Time Training

Q.1 What is Coffee Time Training?

A.1 Coffee Time Training is a number of training discs on the following topics:

1. Induction to Food Safety
2. HACCP
3. Managers Hygiene Check
4. The BHR Clean Glass Management
5. Accommodation / Housekeeping System
6. Washroom maintenance
7. General Maintenance Highlighting Floors

8. Laundry Processing System
9. Cleaning Processes

Q.2 What do the discs include?

A.2 Each disc has a colourful, interactive programme that is quick and easy to follow. This includes some text, some animation and a self marking test at the end of each module. If the pupil passes the test then a certificate can be printed. This states the user's name and the date. Two certificates can be printed, one for the user and one for the manager. This is great to keep on file for records.

Q.3 What are the benefits?

A.3 In essence Coffee Time Training takes the 'trainer' out of the training as the user works through each of the modules on their own and at their own pace. In the hospitality trade the staff turnaround can be quite high and not all managers have the time to do training but this rectifies this. Coffee Time Training is called so because basically a module can be completed in the time it takes to have a cup of coffee or tea. The modules can be done as often as the manager feels is necessary i.e. once every 6 months / once a year. This is an in-house training system which means that there is no costly consultation fee involved. This is a self managing, self recording training system.

For those who wish to see a demonstration on the training please refer to the website.

AND FINALLY... Does anyone think they are a good cleaner? Four young cleaners have been chosen to represent their country as part of a UK team which will take part in EuroSkills 2008. EuroSkills is a new, pan-European, skills competition which this year is being held in Rotterdam, Netherlands. Twenty-eight countries will be competing in 28 different competitions covering 46 different vocational skills, including IT, Cooking, Fashion, Cleaning, Automobile Technology and Hairdressing. Each team will face a tough three days of competition at the event, watched by an expected 40,000 spectators.

APPENDIX 1

BASIC FOOD HYGIENE

FOOD STORAGE

You must store all kinds of food safely and at the correct temperature to avoid contamination and waste.

- Dry foods store: dry foods like flour, rice, pasta and powdered foodstuffs should be kept in rooms or cupboards which are dry, cool, well lit and well ventilated. It is important to stock rotate i.e. old supplies of food are used before new stock
- Fruit & vegetables: these should be used as soon as possible. Keep them in a cool room and stored off the floor.

Perishable foods are foods such as meat, fish and dairy products that spoil quickly. These products need to be refrigerated to avoid contamination with bacteria. Fridges need to be maintained at a temperature of 1-4°C. Cooked foods, raw foods and dairy products should all be kept separate.

The safe temperatures for freezers is between (-18°C)-(-23°C). Frozen food stays in good condition because microbes are dormant at very low temperatures. In addition moisture is unavailable to them and this means they can't multiply.

SAFE FOOD PREPARATION

Preparing food safely means thawing it properly and keeping food out of the danger zone (5-63°C). Planning food preparation can save time, energy and food.

To thaw frozen food put it in a cool area well away from other food preparation. Defrost food thoroughly. If food is still frozen the outside may cook while the inside may only reach room temperature. This means that any bacteria in the food will be able to multiply to a dangerous level. Never refreeze food.

When preparing food:

- Wash you hands regularly. Use the hand washing basin provided, not the sink. Always wash your hands after touching raw food, handling waste and cleaning.
- Prepare all raw food away from other foods. Throw away peelings and waste, and clean and disinfect all equipment before you prepare other foods. Clean as you go.
- You must separate equipment when preparing cooked meats and raw food. Take special care when dealing with high risk foods.

With cooked foods it is essential to make sure they are cooked through before being served. A food thermometer or probe is best to ensure food has reached a safe temperature.

If you are cooling food that is not going to be eaten straight away it must be done so rapidly. Never leave food out for more than one and a half hours. Don't put hot food straight into the fridge or cold store with other foods as this raises the temperature of the fridge and causes condensation.

When displaying hot and cold food the law states:

"The temperature of specified foods must be 8°C or below. Hot foods must be stored at 63°C or above. These temperatures apply to food at all stages of the food chain, including distribution".

DESIGN OF FOOD PREMISES:

Well designed food premises can help to prevent food poisoning. Inside food premises must be suitable for their use and they have to be registered with the local authority.

Lighting and ventilation: premises should be well lit and ventilated. This makes an area safer, easier to clean and more comfortable to work in.

Storage: there should be enough space for safe storage of food. Cleaning materials should be stored away from food, it is best if there is a separate area for cleaning equipment.

Facilities: food premises must have plenty of hot and cold water and good drainage. There should be separate toilets for staff and for customers. First aid boxes must be on the premises as well as fire blankets / extinguishers.

All food premises must be easy to clean:

- Walls and ceilings must be smooth, with no joints / cracks and impervious i.e. unable to absorb anything.
- Floors must be made of a material which is easy to clean and non slip.
- Windows that have to be opened for ventilation should have screens to prevent pests from getting in.
- Work surfaces should be smooth, with no cracks / joints and made of a non-absorbent, easy to clean material. Surfaces should be heat resistant.
- Stainless steel is best for shelving. It should be safe and firmly fixed. The bottom shelves must be off the floor.
- There should be enough fridges, freezers, cookers and other food equipment so that food can be prepared safely and efficiently.
- All crockery should be non-porous and dishwasher safe.

Plan the use of the work areas so that there is a logical flow from delivery to storage to final food production.

WASTE AND PEST CONTROL

The safe disposal of waste is important in food safety as waste attracts pests.

- Inside the workplace – waste food and scraps can be disposed of in a waste disposal unit. If your workplace doesn't have one then put all waste in polythene bin liners, inside bins with well fitting lids. Pedal bins are best as you don't have to touch the bin with your hand. Empty and clean bins regularly and always at the end of the day. Never let them overflow. Always wash your hands after handling rubbish.
- Outside areas for waste storage should be away from windows and doors of the workplace. The area should be kept tidy and hosed down regularly. Again they should have tight fitting lids and should be emptied regularly.

Food pests are any animals which live on our food. They contaminate food by:

- Eating the food and spreading bacteria from their saliva as they eat.
- Leaving droppings
- Carrying bacteria on their bodies
- Urinating on foods (rodents in particular)

Food pests include:

- Rodents – rats and mice
- Flying insects – flies
- Crawling insects – cockroaches, lice, ants and silverfish

Domestic pets and birds can also spread bacteria to food. Never let pets inside food preparation areas. Wild birds can carry diseases such as Salmonella and Campylobacter. Do not leave food out for birds – it will encourage them to visit and will also attract other food pests such as rats and mice.