



Kids@Weldon

## **FOOD SAFETY PLAN**

Food safety is vitally important within the child care industry. A cook will be required to hold a food handling qualification in line with the Department of Community Services requirements under licensing. Cooks are required to undertake essential training in menu planning ensuring the centre offers nutritionally balanced meals and can provide educational information for families in their home meal preparation.

### **Cooking and Reheating Foods**

To cook foods properly they must meet a temperature of 75° C and must be kept warm at a temperature above 60° C before serving. The *temperature danger zone* is found between 5° C and 60° C where food poisoning bacteria are able to grow. Most food borne bacteria and viruses are killed when temperatures reach or surpass 75° C.

Some foods require cooking completely through to ensure they are safe. Those foods, which require particular care, are:

- Rolled or stuffed meats
- Mince
- Sausages
- Whole poultry

Other foods are safe to cook to their preferred level. These foods are:

- Steaks
- Chops
- Whole roasts – e.g. beef.

Cooked food which is to be stored is not to be left to cool to room temperature but subdivided into shallow containers and refrigerated immediately. Casseroles can be frozen.

Reheat foods until they have reached a temperature above 75° C throughout. This is to be checked with a food thermometer.

Cooking, storing and reheating foods appropriately will reduce the likelihood of bacteria in them which produce the toxins that can cause illness. To further increase the safety of the foods we provide in our services, strict handling procedures must be followed.

## **Food Handling Procedures**

Staff are to use blue gloves and tongs when working and distributing foods to children.

Procedures to avoid cross contamination and keep foods clean start with the washing of hands thoroughly before food preparation and after handling raw foods. This is to be done with warm soapy water and rubbing hands for a minimum of 30 seconds. All staff are to follow the washing hands procedures.

Colour coded boards are to be allocated to each food group. Raw meats, fruits and vegetables and cooked foods are to each have different boards. Items are to be washed in hot soapy water with suds rinsed off with hot water. When utensils such as tongs and knives are used for raw foods they must be washed before being used again on cooked foods. Dishwashers are the most effective manner to ensure boards and utensils are cleaned.

All work surfaces are to be cleaned and kept clean daily.

Clothes worn by cooks are to be kept clean and dry. When an apron is provided it must be laundered at the end of each day in bleach or other suitable solution.

Colour coded sponges used only for the kitchen will be washed each day in either a 10% bleach solution, specialised cleaner for this purpose or when available, placed in the dishwasher.

Foods will be thawed in the refrigerator or quickly in the microwave. Foods are never to be thawed at room temperature as this promotes bacteria production.

Services will not reheat leftovers and serve to the children. Cooks are to plan appropriately to ensure food amounts cooked and provided meet the needs of the children in the service.

## **Food Storage**

Cold food is to be stored below 5° C. The temperature of each refrigerator is to be checked and recorded twice daily am and pm to ensure it remains below 4° C. Freezers must also be checked and are to have a temperature of -15° C or below. All foods must be covered before refrigeration and when storing both cooked and raw foods, raw foods must be placed below cooked foods.

Foods are to be cooled and stored immediately.

The following table will be adhered to when storing frozen foods for future consumption at our services:

## Frozen Storage Life

Product	Approximate Frozen Storage Life* (-18°C)
Beef Roasts	4 - 6 months
Ground Beef (Mince)	2 - 3 months
Sausages	1 - 2 months
Beef Steaks	3 - 4 months
Beef Casserole	2 - 3 months
Lamb Roast (Whole)	4 - 6 months
Lamb Chops	2 - 3 months
Lamb Casserole	2 - 3 months
Offal	1 month
Pork Chops	3 - 4 months
Pork Roast	4 - 6 months
Bacon	1 - 2 months
Whole Chicken	4 - 6 months
Chicken Portions	3 months
Lean Fish (e.g. Whiting)	4 months
Oily Fish (e.g. Mackerel)	3 months

\*Source: CSIRO & MLA

## Information for parents

Kids At Weldon services have information available concerning safe food handling and nutrition including

- “The bug bible” – a list of bacteria and viruses found in food products.
- “What should I do if I get sick” – actions to take when food poisoning is suspected.
- Dietary Guide for Children

### *Reference sources:*

*Meat and Livestock Australia. CSIRO  
Community Cooperative  
Children’s Services Central  
Food Safety Australia  
NSW Food Authority*