

Cold storage

Store foods to avoid cross contamination and to keep High Risk foods out of the Temperature Danger Zone.

COLD STORAGE

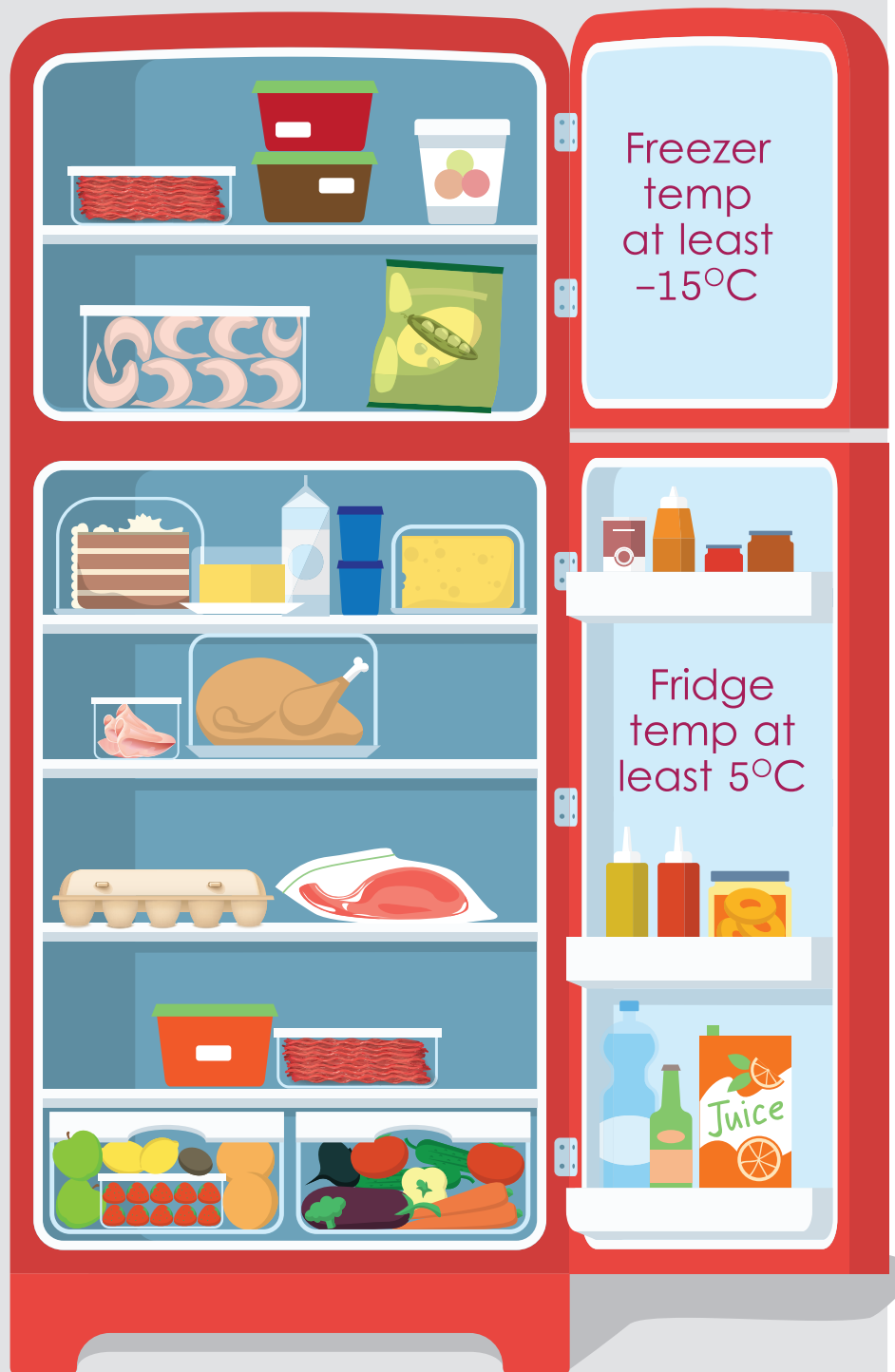
Store raw food below ready-to-eat/cooked food and store all food types separately i.e. vegetables away from the dairy. Don't overload the fridge or freezer to allow for airflow. Cover foods with lids, gladwrap or foil. Check the fridge and freezer temperature regularly.

FRIDGE ORDER FROM TOP TO BOTTOM

- Dairy and Ready-to-eat foods
- Cooked foods
- Raw foods, then
- Thawing frozen foods

Avoid storing high risk foods in the Fridge door as the temperature will fluctuate. Never store eggs next to ready-to-foods.

TIP Small quantities freeze and thaw quicker.



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COLOUR CODED Chopping boards



The correct chopping board **MUST** be used for each food type

Colour coded chopping boards can eliminate or reduce the risk of cross contamination during food preparation. Clean, sanitise and store chopping boards correctly after use. Raw food is prepared separately from ready-to-eat food, using separate sanitised utensils, chopping boards and other equipment. If this is not possible, staff must thoroughly wash the equipment in hot water and detergent and sanitise between uses.

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Personal hygiene matters to keep food safe



Remember to refrain from touching your face, hair, or any other non-food surfaces while handling food to reduce contamination risks.

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Take eggstra care

when storing, preparing,
and serving eggs or
food containing eggs.

REMEMBER...

-  Store eggs in their carton
-  Do not wash eggs
-  Never buy or use cracked, damaged or dirty eggs
-  Wash your hands thoroughly before and after handling eggs
-  It is **not safe** for vulnerable people* to eat raw and undercooked egg

*Children under five, pregnant women and unborn children, the elderly and people with weakened immune systems are considered vulnerable persons

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Hand Washing



1 WET YOUR HANDS WITH WARM WATER

In hand basins provided.



2 USE SOAP TO WORK UP A LATHER

For at least of 30 seconds



3 RUB PALM TO PALM



4 WASH PALM TO PALM WITH FINGERS INTERLACED



5 RUB WITH BACK OF FINGERS



6 WASH THUMBS



7 WASH FINGERNAILS



8 WASH WRISTS



9 RINSE OFF SOAP UNDER RUNNING WARM WATER

For no less than twenty seconds



10 DRY WITH PAPER TOWEL & PLACE PAPER TOWEL INTO A HANDS FREE BIN

Do not use uniform or tea towels

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When to wash your hands



✓ Before starting work



✓ After going to the toilet



✓ Before handling food



✓ After handling raw food



✓ Before handling ready-to-eat foods



✓ Before & after handling allergens



✓ After handling chemicals, cleaning cloths or equipment



✓ After disposing of/or handling waste



✓ After gardening



✓ After eating or drinking



✓ After smoking or vaping



✓ After every break



✓ After using a tissue



✓ After running fingers through the hair, or scratching the scalp



✓ After biting nails, licking fingers, or touching pimples or sores

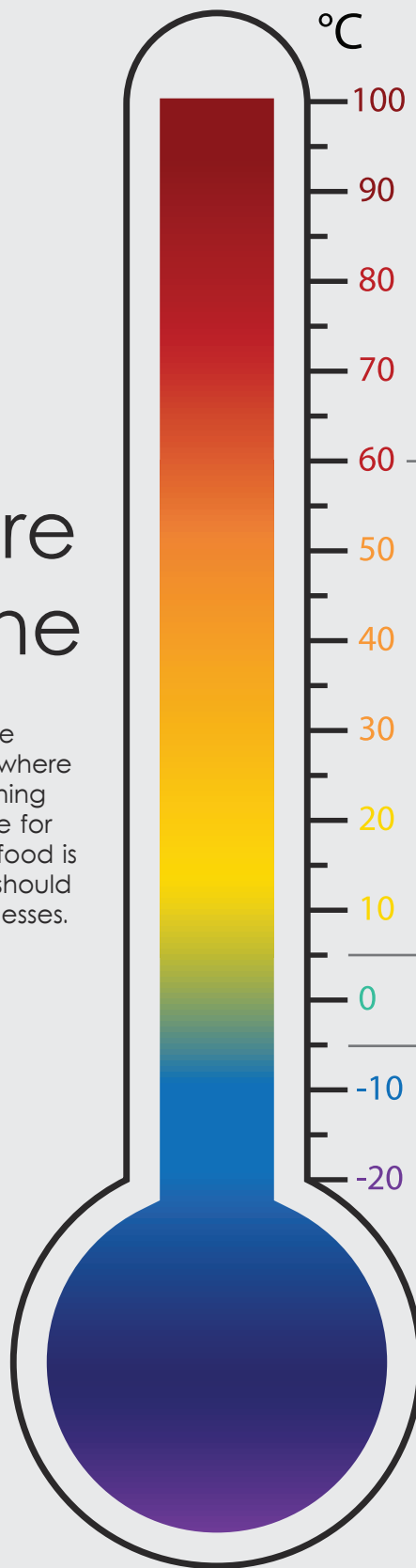


✓ After handling animals

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Temperature Danger Zone

The Temperature Danger Zone (between **5°C – 60°C**) is the zone where bacteria that cause food poisoning can grow. Optimum temperature for bacterial growth is 43°C. The time food is in the Temperature Danger Zone should be minimised during all food processes.



HOT FOOD ZONE

Hot food must be held at 60°C or above.

DANGER ZONE

(BETWEEN 5°C – 60°C)

COLD FOOD ZONE

Perishable food must be stored at 5°C or below.

FROZEN FOOD ZONE

Frozen food must be stored at -15°C or below (hard solid)

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What are High Risk foods?



Potentially hazardous food (high risk food) are foods that **must** be kept at a particular temperature to minimize the growth of pathogenic microorganisms that may be in the food, or to stop the formation of toxins.



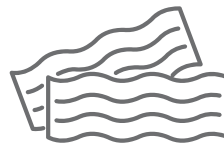
EGG PRODUCTS

Quiche, fresh pasta, meringue, egg based dressings



DAIRY PRODUCTS

Milk, butter, yoghurt, dips, custard based desserts



SMALLGOODS

Ham, chicken loaf, bacon and similar products



FISH, SHELLFISH AND FISH PRODUCTS

Fish, prawns, caviar, fish balls



RAW AND COOKED MEATS, OR FOODS CONTAINING MEAT INCLUDING PROCESSED MEAT PRODUCTS

Casseroles, curries, lasagna, meat pies, sausages, patties, sauces, stews, soups, stocks, pate



OTHER FOODS

Cooked rice, cooked pasta, pizza, prepared meats, sandwiches, salads, beans, nuts, soy products

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