



AAS Food & Sustainability

Provided by

Quality Food Management Systems
297 Moray Street, South Melbourne



One important point under section 2.3 of most, if not all AAS, states that there is a level of responsibility to maintain constant awareness of the physical and psychological condition of participants in the group through out an activity session. On some trips this will inevitably require consideration towards the intake of solid and liquid foods needed to provide a balance of nutrition and energy essential to sustain physical well being.

The intention of this supplementary information is to inform organisations of their responsibilities in handling and servicing of food. The organisation and the leader of a group have some responsibility to ensure that all food provided is fit for human consumption which can be achieved by compliance with Food Safety Australia and New Zealand (FSANZ) Standards and the Food Act 1984.

Many people get sick each year from the food they eat. They may have diarrhea, vomiting, an upset stomach, fever, or cramps. They often think they have the flu, but the real problem is food borne illness caused by bacteria in the food they ate a few hours or several days ago. It has been reported that each year food borne illness costs Victoria \$2.6 billion. The most commonly reported food preparation practices that contribute to food borne disease is improper holding temperatures, followed by poor personal hygiene, inadequate cooking, contaminated equipment, and food from an unsafe source.

Operators preparing and providing food

Recent changes in the legislation require businesses providing food to implement food safety programs in accordance to the Section 19D of the Food Act 1984 which states that;

19D. Food safety programs

A food safety program for a food premises is a written document that-

1. Systematically identifies the potential hazards that may be reasonably expected to occur in each food handling operation that is to be, or that is being, conducted at the premises; and
2. Identifies where, in a food handling operation, each hazard identified under paragraph (a) can be controlled and the means of control; and
3. Provides for the systematic monitoring of those controls; and
4. Provides for appropriate corrective action when that hazard, or each of those hazards, is found not to be under control; and
5. Provides for the regular review of the program by the proprietor of the food premises; and
6. Provides for appropriate records to be made and kept by the proprietor of the food premises demonstrating action taken in relation to, or in compliance with, the program.

The implementation of this program requires each food business to identify someone as the food safety supervisor. This is defined in Section 19G of the Food Act 1984 which states that -



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19G. *Food safety supervisors*

(1) A food safety supervisor is a person who, in relation to a declared premises-

1. Knows how to recognise, prevent and alleviate the hazards associated with the handling of food at, or from, that premises; and
2. Has met an appropriate food safety competency standard for premises of the same nature as the premises; and
3. Have the ability and the authority to supervise other people handling food at, or from, the premises and ensure that that handling is done safely.

Food businesses must register annually with local government

Section 4B of the Food Act 1984 Meaning of “food business”

In this Act, “food business” means a business, enterprise or activity that involves-

- (a) The handling of food intended for sale; or
- (b) The sale of food regardless of whether the business, enterprise or activity concerned is of a commercial, charitable or community nature or whether it involves the handling or sale of food on one occasion only.

The Victorian Food Act 1984 and Food Safety Australia and New Zealand (FSANZ) standards require that all food is handled, prepared, stored and cooked safely and within defined temperature and time allocations.

The majority of foods naturally contain small traces of bacteria. This bacteria is harmless at low levels so the key is to keep the bacteria at low levels. Two ways of achieving this are temperature and time. Food should be stored at below 5 degrees Celsius or above 60 degrees Celsius.

When food is at ambient temperature bacteria have the potential to multiply every 2 minutes. Therefore just 1 bacterium can produce 33 million bacterial cells in 12 hours.

Most cases of food poisoning arise through cross contamination which is the transportation of harmful substances to food by:

1. Hands that touch raw foods, such as chicken, then touch food that will not be cooked, like salad ingredients.
2. Surfaces, like cutting boards or cleaning cloths, that touch raw foods, are not cleaned and sanitized, then touch ready-to-eat food.
3. Raw or contaminated foods that touch or drip fluids onto cooked or ready-to-eat foods.



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Operators providing but not preparing food

Another way of minimising product contamination is to purchase from recognised suppliers. Preference should be given to quality certified companies. Goods should only be accepted if they are delivered at the correct temperatures, are to specification and the packaging is not damaged. All undated individual items should be date marked when received so that product rotation can be conducted.

Operators who advise that customers bring their own food should detail what foods would be acceptable for the expedition and the packaging requirements of the items. If cooler boxes are not feasible, then it is suggested that operators provide a list of packed non-perishable foods, such as;

- Canned foods.
- Dehydrated packet food.
- Cryovac food.

When suggested types of food are recommended by the operator it is important to ensure customers compliance to the environment and removal of all rubbish including foodstuffs, Environment and Conduct (section 4).

Some sound advice

The foods that pose the greatest risk to public health are moist, high-protein, and/or low acid foods. High protein foods consist, in whole or in part, of milk or milk products, shell eggs, meats, poultry, fish, shellfish, edible crustacea (shrimp, lobster, crab). These foods can support rapid growth of infectious or disease-causing microorganisms. Ready to eat food, which will not be cooked or processed before consumption are high risk. Low risk foods are low in protein or moisture or have high sugar or acid content.

High Risk Foods are foods that are more likely to have bacteria, grow on them, such as dairy products (milk, cream, soft cheese, yoghurt), cooked rice, cooked pasta, prepared salads (coleslaw, pasta salads), meat, poultry, eggs, seafood, smallgoods.

Low Risk Foods are packaged foods, which are dried, powdered, tinned or in jars that are not high risk until opened. However once opened they may become high risk food and should be stored safely.

All frozen food should be stored at below -15°C , chilled foods at below 5°C and hot foods should be held at above 60°C after being cooked to a temperature of 75°C for at least two minutes. Food is most vulnerable in the ambient temperature zone, which is 5°C - 60°C .

Any operator that is unsure of their role and requirements under the legislation should consult with the Environmental Health Department of the local Council who are responsible for the administration and enforcement of the food safety legislation.