

FOOD HANDLING

EAT SAFE FACTSHEET

Everyday, Mackay Regional Council works with residents and local communities to help make our region what it is today with a long term vision for the future. Council's Eat Safe program is helping to deliver world-class dining for Mackay residents and visitors.

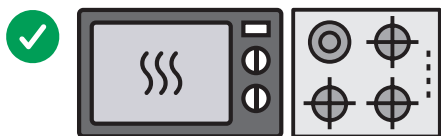
You need to ensure potentially hazardous food is kept under temperature control and is protected from hazards such as bacteria, dust, dirt and raw food juices. You can do this by following safe practices when reheating, cooling and thawing food.

Reheating food

Food should be reheated as quickly as possible to minimise the time it stays in the temperature danger zone. The temperature danger zone is between 5°C - 60°C as this range encourages the growth of bacteria and development of toxins. Food should be reheated to 60°C or higher in a maximum of two hours. Food should only be reheated once. If you don't use it, throw it out.

Tips for reheating

- ✓ Smaller portions will reheat quicker.
- ✓ Reheat food in a microwave, oven or on a stove. Equipment designed for holding hot food, such as a bain-marie should not be used to reheat food.



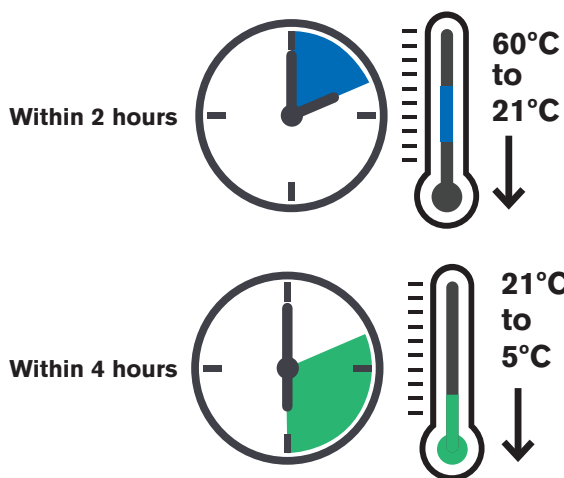
Do not reheat food in bain-maries

Cooling food

Food should be cooled as quickly as possible to minimise the time it stays in the temperature danger zone. Food must be cooled from 60°C to 21°C within two hours and then from 21°C to 5°C within four hours.

Tips to cool food quickly

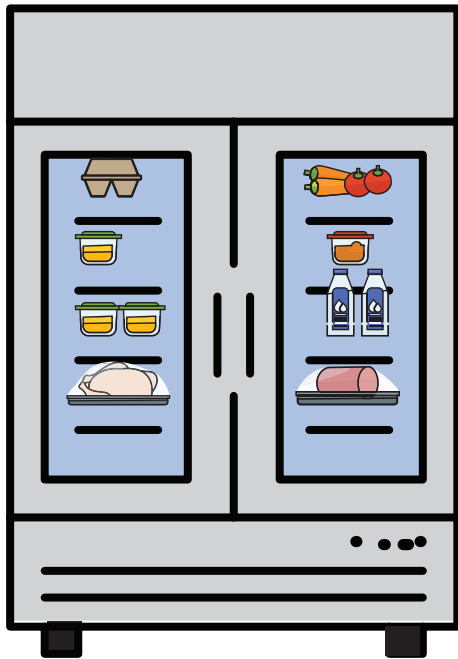
- ✓ Divide food into smaller portions so it can cool quicker.
- ✓ Use shallow containers to cool food.
- ✓ Place containers of food in an ice bath.
- ✓ Use a probe thermometer to check how fast your food is cooling. It is a good idea to use a cooling food temperature log to record results.



Thawing food

When thawing food, it is important to minimise the time the food stays in the temperature danger zone. You can thaw food using:

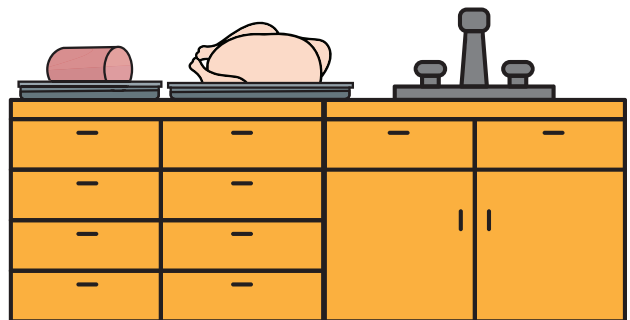
- refrigerator or cold room - you may need to plan ahead and make sure you have enough space
- cool running water - you need a sink that is large enough and has sufficient water flow. If you are using this method, you need to protect the food from water damage and ensure the temperature of the food does not exceed 5°C. You can use your probe thermometer to check this.



Thawing food under temperature control

Tips to cool food quickly

- ✓ Thaw in small portions.
- ✓ Once the food is thawed or partially thawed, it should not be refrozen.
- ✓ Check the food is not frozen inside before cooking.
- ✓ Extra care should be taken when thawing frozen raw fish. It should be thawed in a refrigerator or cold room to minimise toxins. Cooking does not destroy toxins.



Do not thaw food at room temperature

For further information on Eat Safe Mackay:



www.mackay.qld.gov.au/eatsafe



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