

Fairfield Refugee Nutrition Project

Food safety & storage

LESSON PLAN FOOD STORAGE & SAFETY

Background

Most food-borne illness problems are related to improper food handling by the consumer. During community consultation issues of food safety and storage in the home were raised. The consultation process recorded many commonly held beliefs and habits which increased people's risk of food-borne illnesses. As highlighted by 'Easing the Transition' there are a number of reasons for discussing food safety and storage in the home:

- many new arrivals may be making a transition from daily to weekly food shopping and may be unfamiliar with safe methods of storing foods;
- Some refugees may be using refrigeration and microwaves for the first time in Australia;
- In some cultures, the advance preparation of food and eating of leftovers is unacceptable;
- Some new arrivals may be unfamiliar with supermarkets and associated food storage and handling practices;
- Some new arrivals may have been separated from family members and may not have acquired adequate food safety skills¹.

Messages Keep hot food steaming hot and cold food refrigerated
Cook food properly
Separate cooked and uncooked foods
Keep kitchen equipment clean
Wash hands with soap and dry well

Topic Food safety and storage

Focus Questions

How do I know the food I buy is safe?

How do I prevent food-related illnesses in the home?

Learning Experiences

Competency	Activity	Resources
Food purchase safety	<ul style="list-style-type: none">- Group leader guides discussion about food expiry and used buy dates, noting storage of foods at the retail outlet and damaged packaging.- Group shares experiences and questions.	<ul style="list-style-type: none">- Presentation cards www.refugeehealth.org.au.- Participant hand-out www.refugeehealth.org.au.
Food safety	<ul style="list-style-type: none">- Group leader follows through 'Food Safety' presentation discussing temperature danger zones, risky foods, and critical times for cooking to storage.- Group shares experiences and questions.	<ul style="list-style-type: none">- Presentation cards www.refugeehealth.org.au.- Participant hand-out www.refugeehealth.org.au.
Hand washing		<ul style="list-style-type: none">- Chart- Glow Germ Gel
Food storage knowledge evaluation	<ul style="list-style-type: none">- Group individually complete pre-evaluation form. Evaluation form requires participants to draw a line placing each food picture in	<ul style="list-style-type: none">- Pre-evaluation form www.refugeehealth.org.au.

	its correct storage area; the freezer, refrigerator or cupboard.	
Food storage	<ul style="list-style-type: none"> - As a group discuss where people think food items should be stored using food item cut-outs and a picture of freezer/ refrigerator and cupboard drawn on a whiteboard. - Group leader follows through the food storage presentation discussing the storage options and risks for individual food groups 	<ul style="list-style-type: none"> - Whiteboard or butcher's paper and marker. - Food item cut-outs www.refugeehealth.nsw.gov.au. - Bluetack. - Food storage presentation cards www.refugeehealth.nsw.gov.au.
Food storage knowledge evaluation	<ul style="list-style-type: none"> - Participants complete food storage post-evaluation form. 	<ul style="list-style-type: none"> - Pre-evaluation form www.refugeehealth.org.au.

Review Questions

Why is it important to cook and store food correctly?

What are the risky foods and why are they risky?

What will you change at home?

Which foods go where? Revise correct food storage.

Evaluation

Pre and post evaluation form requires participants to draw a line placing each food picture in its correct storage area; the freezer, refrigerator or cupboard.

Other resources and lessons

4. From 'Easing the Transition', p130, 'Food safety issues.
www.foundationhouse.com.au
5. From 'Good Food for New Arrivals', classroom lesson plan 'Food storage and safety
www.rph.wa.gov.au/hpnetwork/GFNA/Goodfood.htm
6. 'Nourishing New Communities', food safety training manual and resources.
www.health.qld.gov.au
7. Food Standards Australia and New Zealand
www.foodstandards.gov.au/
8. NSW Food Authority
www.foodauthority.nsw.gov.au/
9. CSIRO Food Science Australia. Fact Sheets: A guide to shopping and storing food.
www.foodscience.csiro.au/handling.htm
10. Vic Health; food safety fact sheets in multiple languages.
www.health.vic.gov.au/foodsafety/language.htm

Reading Food Labels

Shelf Life

BEST BEFORE

021206G

Foods commonly marked 'best before' include canned foods, cereals, biscuits, sauces, chocolate, sugar, flour, and frozen foods.

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Foods frequently marked 'used by' include foods which are cold (perishables) like milk, sliced ham, and yoghurt.

Keep Hands Clean and Food Safe

Hand hygiene Washing your hands



1. Hands are only washed in the basin provided.



2. Use soap to work up a lather.



3. Wash palms, fingers, thumbs, nails and wrists (use a nail brush if necessary).



4. Rinse off soap by washing hands under running hot water.



5. Dry with paper towel.

Staff must wash their hands **before**:



- Starting or re-commencing food handling (for example, starting a shift, returning from a break)



- Handling food



- Wearing disposable gloves



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 Stanley Street, Collingwood, Victoria 3068

Staff must wash their hands **after**:



- Attending the toilet
- Handling raw ingredients
- Eating or drinking



- Habits that may cause contamination, such as licking fingers, biting nails, smoking, touching pimples or sores
- Coughing, sneezing, using a handkerchief or disposable tissue



- Disposing of or handling waste
- Handling animals
- Handling anything else other than the food (for example, money, cleaning cloths, cleaning equipment)
- Handling any food that may potentially contaminate other food products.

Department of Human Services

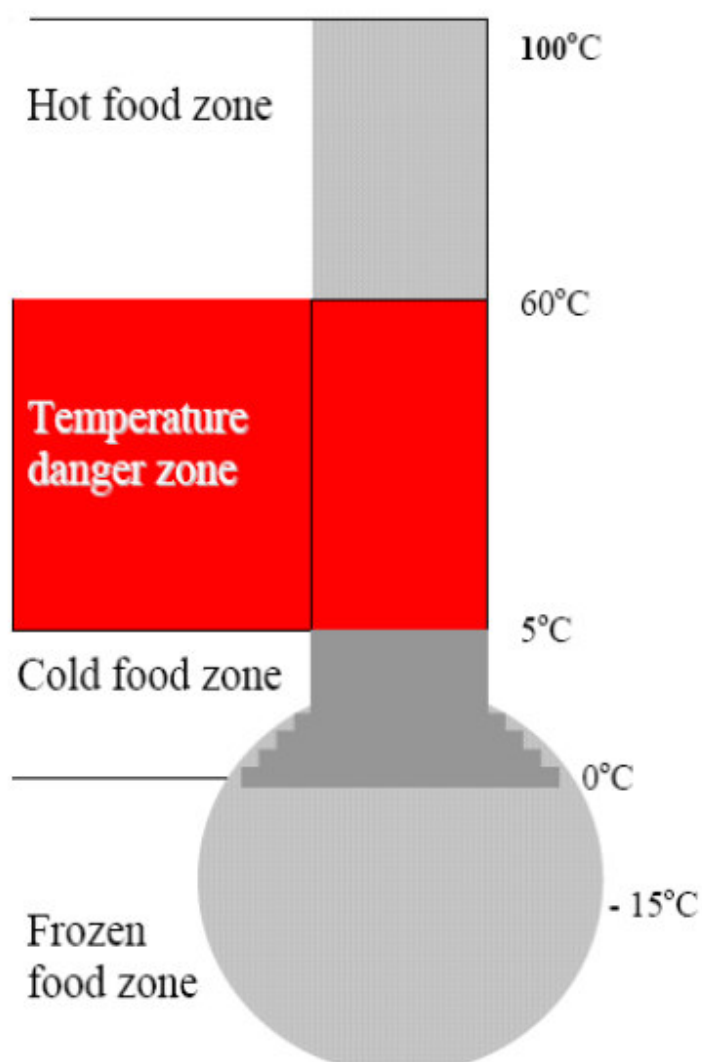
For more information call 1300 364 352
www.health.vic.gov.au/foodsafety

A Victorian
 Government
 initiative



Temperature danger zone

Bugs grow best when the temperature is between 5-60°C



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Community Food Security Project
This document is available at www.chdf.org.au

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Which foods are risky?



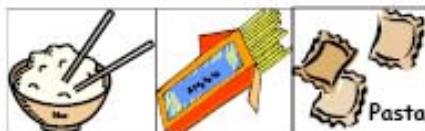
Cooked meats and foods containing meat, such as sliced lunch meats, chicken, fish, curries, casseroles, meat pies;



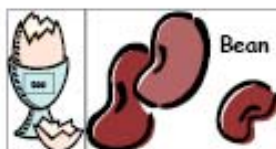
Dairy products and foods containing dairy products, such as milk, cream, custard;



Seafood and foods containing seafood, such as seafood salad, fish cakes, cooked fish;



Cooked rice, pasta and fresh pasta;



Cooked and processed foods containing eggs or beans, such as hard boiled eggs, soy milk, bean curd;

What you should do



Less than 2 hours; refrigerate immediately.



Between 2 and 4 hours; use immediately.



More than 4 hours throw out!

6 key tips

1. Keep hot food steaming hot.
2. Keep cold food refrigerated.
3. Cook food properly.
4. Separate raw and cooked food.
5. Keep kitchen equipment clean.
6. Wash hands with soap and dry thoroughly.

Food Safety &



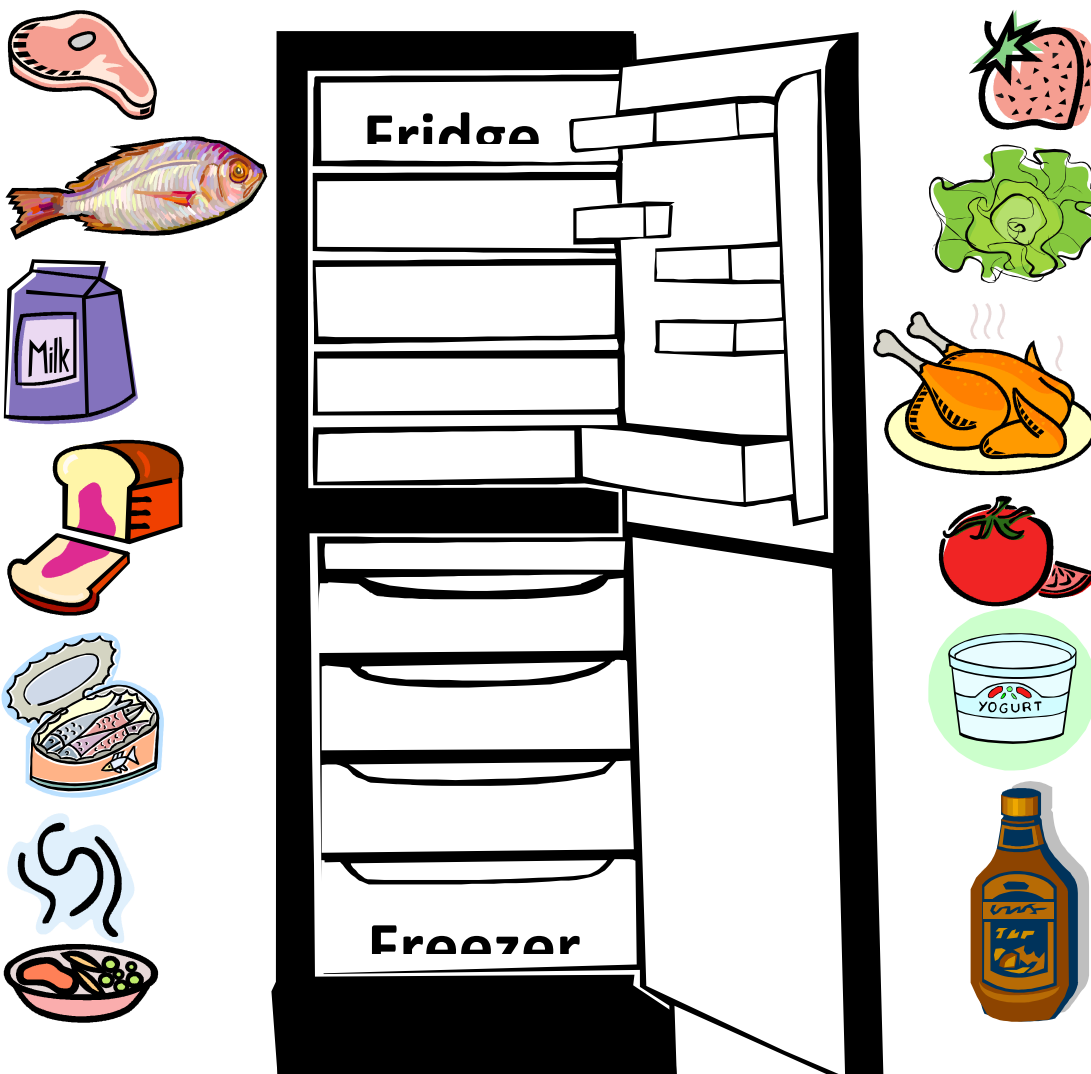
Female



Male

Number of children aged 0 to 1 years

Q1 Draw a line to show where each food should be stored.





Storage

Bread			
	Cupboard	Fridge	Freezer
Breads	5– 7 days	7– 14 days	2– 3 months
Pastry with cream, or eggs		3 days	



Storage

Cereal

- Keep cereal in an air-tight container.
- Keep cereal at room temperature, like in the cupboard.

Storage

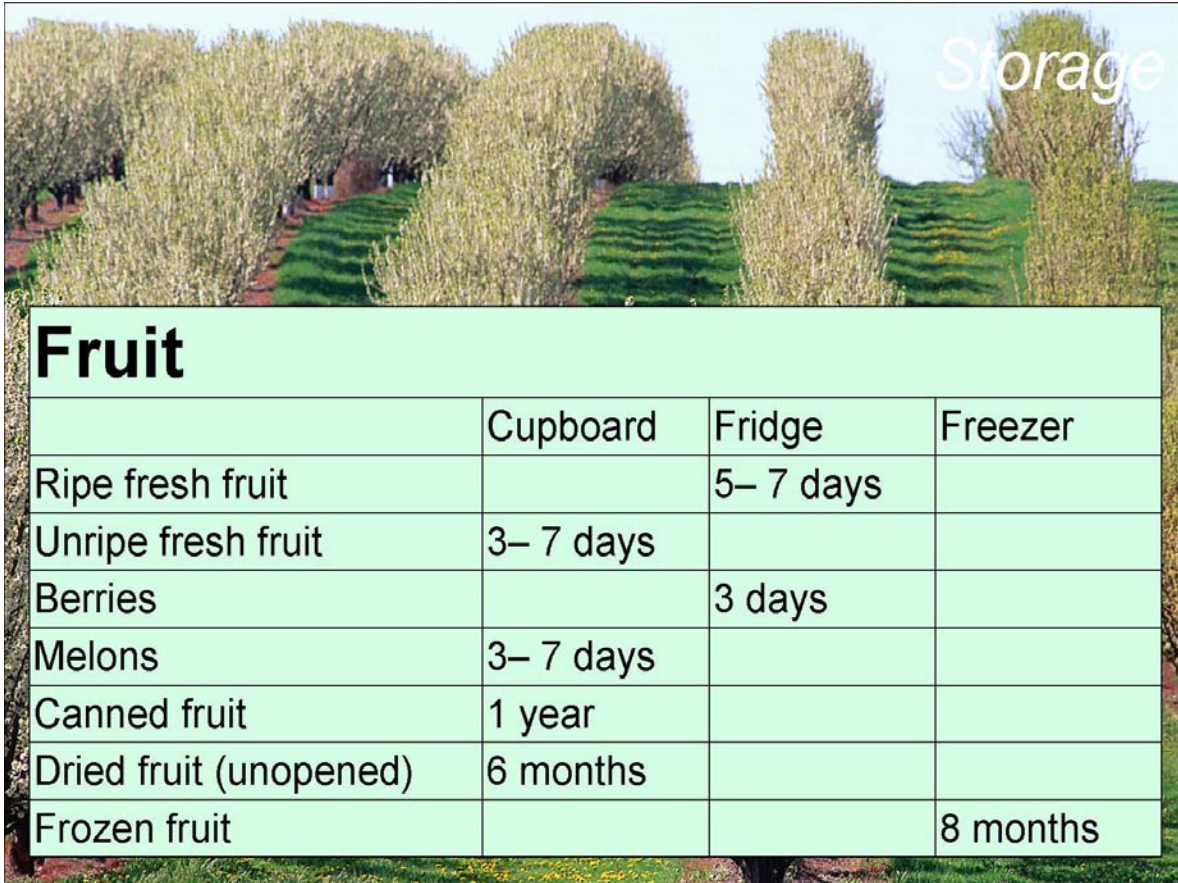
Rice

	Cupboard	Fridge	Freezer
White rice	1 year		
Brown and Wild Rice	6 months		
Cooked Rice		6– 7 days	6 months

Storage

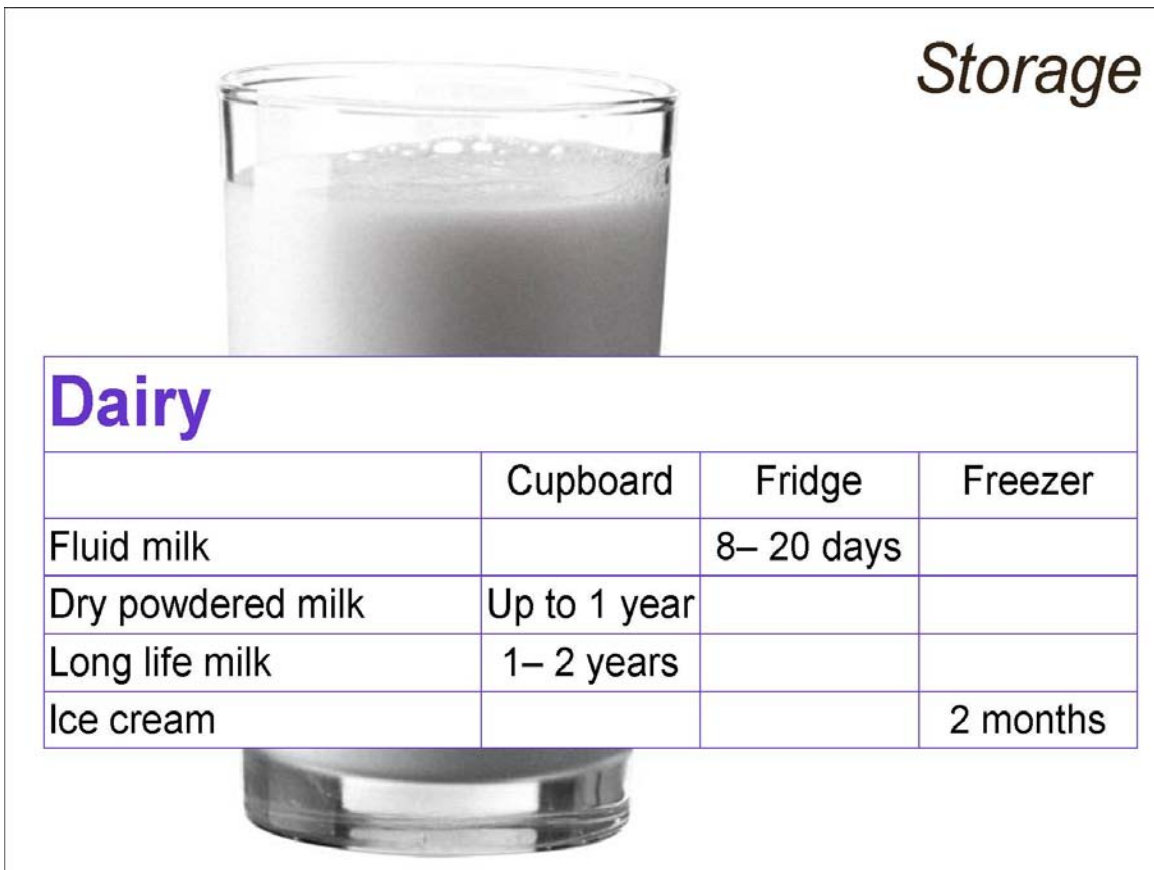
Vegetables

	Cupboard	Fridge	Freezer
Most vegetables		5– 7 days	
Canned vegetables	Up to 1 year		
Frozen vegetables			8 months



Storage

Fruit			
	Cupboard	Fridge	Freezer
Ripe fresh fruit		5– 7 days	
Unripe fresh fruit	3– 7 days		
Berries		3 days	
Melons	3– 7 days		
Canned fruit	1 year		
Dried fruit (unopened)	6 months		
Frozen fruit			8 months



Storage

Dairy			
	Cupboard	Fridge	Freezer
Fluid milk		8– 20 days	
Dry powdered milk	Up to 1 year		
Long life milk	1– 2 years		
Ice cream			2 months



Meat

	Cupboard	Fridge	Freezer
Cut meat		3 days	4– 12 months
Minced meats		1 day	3– 4 months
Lunch meats		7– 14 days	1 months

- All meat should be taken out of store packet and re packed.
- Re-pack meat in and air-tight container or freezer bag and remove the air.
- All meat should be thawed in the fridge.
- Thawed meat can not be re-frozen



Chicken

	Cupboard	Fridge	Freezer
Uncooked chicken		1 day	12 months
Cooked chicken		3 day	

- All meat should be taken out of store packet and re packed.
- Re-pack chicken in and air-tight container or freezer bag and remove the air.
- All chicken should be thawed in the fridge.
- Thawed chicken can not be re-frozen

Storage

Fish

	Cupboard	Fridge	Freezer
Fresh fish		1– 2 day	
Frozen fresh fish			3– 6 months
Canned fish	1 year	1-2 days	

Storage

Eggs

	Cupboard	Fridge
Raw eggs		4– 5 weeks past packing date
Hard boiled eggs		5 days

- Eggs should be purchased refrigerated.
- Store eggs in their carton.

Left Over's

	Cupboard	Fridge	Freezer
Left over hot food		2– 3 days	1– 2 weeks

- Hot food should be refrigerated as soon as it has stopped steaming.
- Place it in a covered container and allow to cool in the refrigerator.
- If you have left food out for more than 2 hours after cooking throw it out.

Food Safety & Storage 2



True



False

Q1 I should keep hot food steaming hot? *(Circle your answer)*

Q2 I should keep cold food refrigerated? *(Circle your answer)*

Q3 If I cook food and leave it out for 2 hours it is safe to eat it and refrigerate it?

Q4 If I cook food and leave it out for 4 hours it is safe to eat it and refrigerate it?

Q5 How would you rate the talk today? *(Circle your answer)*

Overall



Communication



Information



Q3 Draw a line to show where each food should be stored. If you can write in the English words.

The image shows a refrigerator with two doors. The top door is labeled "Fridge" and the bottom door is labeled "Freezer". To the left of the refrigerator, there are six food items: a salmon fillet, a whole fish, a carton of milk, a loaf of bread with two slices, a pizza, and a bowl of soup. To the right of the refrigerator, there are six more food items: a strawberry, a head of lettuce, a roasted chicken, a tomato, a container of yogurt, and a bottle of beer. Horizontal dashed lines are drawn next to each food item to indicate where a line should be drawn to connect it to the correct storage compartment.

Recommended refrigeration

	Food	Shelf life in the home
	Seafood	3 days
	Crustaceans & Molluscs	2 days
	Meat	3-5 days
	Minced meat & Offal	2-3 days
	Cured meat	2-3 weeks
	Poultry	3 days
	Fruit juices	7-14 days
	Milk	5-7 days
	Cream	5 days
	Cheese	Variable (1-3 months)
	Butter	8 weeks
	Oil & Fat	Variable (6 months)
	Margarine	Variable (6 months)
	Leftovers	3-5 days

Where to put the food?

Bread

- Bread should be stored in the packet it comes in at room temperature.
- Bread is good for 5- 7 days in the cupboard.
- If the bread has any cream, custard or eggs it must go in the fridge.

Bread			
	Cupboard	Refrigerator	Freezer
Breads	5- 7 days	7- 14 days	2- 3 months
Pastry with cream		3 days	

Cereal

- Cereal should be stored in an air-tight container to keep out moisture and insects.
- Follow the best before dates for cereal.

Rice

- Store rice in an air-tight container at room temperature.
- Uncooked rice can also be stored in the refrigerator. This will keep it good for longer.
- Cooked rice should be stored in the refrigerator or freezer within 2 hours of cooking.
- Cooked rice is susceptible to bacteria growth. If you leave cooked rice out for more than 2 hours, throw it out.

Rice			
	Cupboard	Refrigerator	Freezer
White rice	1 year		
Brown and wild rice	6 months		
Cooked		6- 7 days	6 months

Vegetables

- Most fresh vegetables can be stored in the refrigerator.
- Always wrap or cover leafy green vegetables to stop them from wilting (going floppy).
- Root vegetables (potatoes, sweet potatoes, onions) can be stored in a cool dark place.
- Tomatoes and avocados which can be stored at room temperature till they are ripe, then stored in the refrigerator.
- Canned vegetables can be stored in the cupboard. Do not buy or eat cans which are swollen, dented or damaged.

Vegetables			
	Cupboard	Refrigerator	Freezer
Most vegetables		5- 7 days	
Canned vegetables	Up to 1 year		
Frozen vegetables			8 months

Fruit

- Storing fruit in the refrigerator will keep it good for longer.
- Unripe fruit can first be stored at room temperature till ripe, then eaten or stored in the refrigerator.
- Always store fruit on a separate shelf in the refrigerator.
- Before eating fruit rinse under cold water. This will remove pesticides, soil or bacteria.
- Canned fruit can be stored in the cupboard. Do not buy or eat cans which are swollen, dented or damaged.

Fruit			
	Cupboard	Refrigerator	Freezer
Ripe fresh fruit		5- 7 days	
Unripe fresh fruit	3- 7 days		
Berries		3 days	
Melons	3- 7 days		
Canned fruit	1 year		
Dried fruit (unopened)	6 months		
Frozen fruit			8 months

Dairy

- Milk should never be left at room temperature and always kept in a closed container.
- Freezing milk is not recommended.
- Powdered milk which has been made up should be stored in a closed container in the refrigerator.

Dairy			
	Cupboard	Refrigerator	Freezer
Liquid milk		8- 20 days	
Dry powder milk	Up to 1 year		
Long life milk	1- 2years		
Ice cream			2 months

Meat, Chicken, Fish, Eggs

- All meat, chicken and fish should be taken out of the store packet and re-packed
- Re-pack meat, chicken and fish in an air-tight container or freezer bag and remove the air.
- Always defrost meat, chicken and fish in the refrigerator or microwave.
- Once meat, chicken or fish have been thawed they can not be re-frozen.
- Meats, chicken, fish and eggs must be stored and cooked properly.
- Minced, processed meats, chicken and fish must be well cooked through.

Meat			
	Cupboard	Refrigerator	Freezer
Cut meat		3 days	4- 12 months
Minced meats		1 day	3- 4 months
Lunch meats		7- 14 days	1 month

Chicken			
	Cupboard	Refrigerator	Freezer
Uncooked chicken		1 day	12 months
Cooked chicken		3 days	

Fish			
	Cupboard	Refrigerator	Freezer
Fresh fish		1-2 days	
Frozen fresh fish			3-6 months
Canned fish	1 year	1-2 days	

Left over's

- Hot food should be refrigerated as soon as it has stopped steaming.
- Place it in a covered container and allow too cool in the refrigerator.
- If you have left food out for more than 2 hours after cooking throw it out.

Left Over's			
	Cupboard	Refrigerator	Freezer
Left over hot food		2-3 days	1-2 weeks

Reading food labels

In Australia most packaged foods include useful information on the labels. Knowing what to look for and how to read this information will help you choose the best foods for you.

Some of the information you will find on a food label includes:

- a list of ingredients;
- a statement of the shelf-life of the product, either a 'used by' or a 'best before';
- the nutrition information panel, with the content of the basic ingredients contained in the food, per serving and also per 100g of that food.

Ingredients

The ingredients are written on the packet in descending order of quantity. This means when the food was being made the first ingredients listed was used in the biggest amount and the last ingredient on the list was used in a small amount.

Ingredients

Contains gluten containing cereals, nuts and sulphite as indicated in bold type.

Whole **wheat** (43%), **wheat** bran, sultanas (18%), sugar, dried apple (5%), **almonds** (2%), minerals (calcium, iron), **malt** extract, salt, emulsifier (471), vitamins (B1, B2, niacin, folate), **preservative (220)***.

Packed on equipment that also contains products containing other tree nuts.

*Some dried fruit contains sulphur dioxide to maintain natural colour and shelf life.

Shelf Life: 'Use by' and 'best before dates'

Date markings 'use by' and 'best before' appear on all products which have a shelf-life of less than two years. These date markings show the amount of time food can be kept before it starts to go bad.

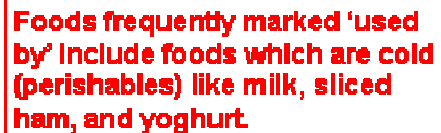
What does 'use by' mean?

Foods that are marked with a 'use by' date must be eaten or thrown away by that date.

This is because food may be unsafe to eat after the 'use by' date, even if you can't see any spoiling. It is against the law for foods to be sold after their marked 'use by' date.



USE BY 06 JUL 07 FS2 (4) 12. 02



Foods frequently marked 'used by' include foods which are cold (perishables) like milk, sliced ham, and yoghurt.

What does 'best before' mean?

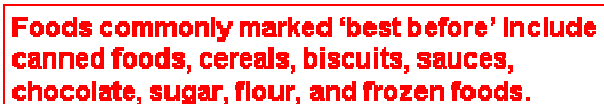
Foods marked 'best before' are safe to consume after the date provided the food is not damaged, deteriorated or perished.

These foods will often stay the same colour and keep their taste and flavour past the 'best before' date if they are stored correctly.

Foods marked with a 'best before' date can be sold after the date if the food is not damaged, deteriorated or perished.



BEST BEFORE
021206GI



Foods commonly marked 'best before' include canned foods, cereals, biscuits, sauces, chocolate, sugar, flour, and frozen foods.

Nutrition Information Panel

The nutrition information panel can be used to compare the amount of nutrients in different products.

The nutrition information column will always have two columns, one called Quantity per serving and the other called Quantity per 100g. The Quantity per serving changes depending on the manufacturer. To compare two similar products check if they have the same serving size first. If not, then compare the nutrient content using the **Quantity per 100g**.

NUTRITION INFORMATION		
SERVINGS PER PACKAGE: 3 SERVING SIZE: 150g		
	QUANTITY PER SERVING	QUANTITY PER 100G
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
→ Saturated	4.5g	3.0g
Carbohydrate	18.6g	12.4g
→ Sugar	18.6g	12.4g
Sodium	90mg	60mg

Always check the Quantity per 100g column and try to pick foods in the green column.

Check the quantity per 100g of	This is a LITTLE	This is A LOT
Fat	3g per 100g (or less)	20g per 100g (or more)
Saturated Fat	1g per 100g (or less)	5g per 100g (or more)
Sugar	2g per 100g (or less)	10g per 100g (or more)
Salt (Sodium)	120mg per 100g (or less)	500mg per 100g (or more)

Nutrient claims

These are statements on the front of the packet telling you about the product. For example, 97 per cent fat free, high fibre, low fat, low sodium. Most of these claims are genuine and help you to determine if the product is suitable.

The following are some common nutrient claims used in advertising that may be misleading and should be checked against the nutrition information panel or ingredient list.

Light/ lite

This does not always refer to the fat content; it may mean lighter in flavor or colour.

Reduced fat or % less fat

This means that the food has less fat than the regular product but does not necessarily mean that it is low in fat.

Cholesterol-free

This means that the product does not contain any cholesterol, but it does not mean it is fat-free or even low in fat. All foods that are made from plants and their oils are free of cholesterol but are not necessarily free of or low in saturated fat.

No added sugar or salt

This means the product has had no sugar or salt added. The food may naturally contain high amounts of sugar or salt, for example 'no added sugar' orange juice is still high in fruit sugar.

All natural

This does not necessarily mean healthy. These products can sometimes still be high in sugar or saturated fat.