



A nutrition newsletter for carers of children under five

ISSUE 10

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New Food Safety Standards for South Australia

By Brian Delroy, Food Section, Environmental Health Branch, Department of Human Services

Last year South Australian Parliament agreed to a new Food Act for South Australia which will bring into law national food safety standards, produced by the Australia and New Zealand Food Authority (ANZFA). These national standards will introduce important changes to child care providers that sell food (either as a separate item or as part of the service they provide).

What are the new food safety standards?

Three new standards define which businesses are affected, the rules for how food must be handled and how premises and equipment must be appropriate for maintaining food safety.

The standards are:

Standard 3.1.1 - Interpretation and Application

Standard 3.2.2 - Food Safety Practices and General Requirements

Standard 3.2.3 - Premises and Equipment

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For more information...

For more information about Food Matters phone (08) 8161 7777. For general information about children's health and nutrition contact Women's & Children's Hospital Health Information Centre, phone (08) 8161 6875.

Welcome

to the 10th edition of Food Matters. New national food safety standards will be introduced this year which will affect child care centres and other carers who provide food. In this issue, Brian Delroy from the Department of Human Services, explains what these standards mean and what centres can do to make the necessary changes. This issue also reports on the food safety experiences of three SA child care centres.

Enjoy reading about a new healthy food choice project in Family Day Care and also more interesting findings from the nutrition survey of SA child care centres. If you or your centre have interesting stories about food and nutrition to share, tell us, Ph: (08) 8161 6152!

*Nadia Masterson,
Editor & Senior Nutritionist,
Women's & Children's Hospital*

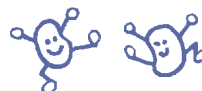
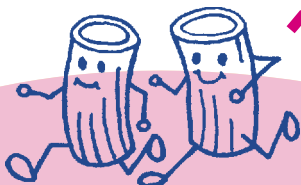
We are on line...

Visit www.chdf.org.au/childcarenutrition to download copies of Food Matters.



Family insert included to copy and distribute.

Autumn 2002



Food safety in child care centres

Interviewed by Julie-Anne McWhinnie, Community Nutritionist, Noarlunga Health Services

In this edition of Food Matters, Environmental Health Officers (EHOs) Nerylee Watson and Adele Nazzari from Mitcham and West Torrens Councils, together with staff from Reynella, Waite and Windebanks Child Care Centres (CCCs), share their experience and perspective on food safety training as part of the Start Right Eat Right project*.

FM: In your experience, what are some of the common food safety issues that CCCs face?

EHOs: One issue is the location of hand washing basins to ensure they are used. Another recurring problem is keeping fridges under 5°C, especially on warmer days. This is particularly so for fridges used in the babies rooms as they are opened frequently. It is also important for food preparers to wear a hat or cover their hair.



FM: What is the general level of awareness amongst staff in relation to food safety issues prior to training?

EHOs: Staff generally seem to know what are good food safety practices, but don't always know why they are doing them. General food safety knowledge is good, but staff may be unsure on more specific issues such as temperature safety zones.

FM: What are some of the benefits for all staff in completing food safety training?

CCCs: Food safety training benefits all staff, both carers and cooks, who are involved in food preparation or serving of food. It assures parents that all staff are aware of and use best practices in food handling. There is a greater awareness of cleaning, handling and storing food amongst staff.

EHOs: Food safety training ensures consistency. It provides staff with a basic knowledge in food hygiene so they understand why it is important to handle food with care in this vulnerable age group.

FM: Were there any difficulties in implementing food safety training in your centre?

CCCs: No, all staff could see the benefits for the centre as well as themselves, both professionally and at home. We conducted our training as a whole staff group, which promoted lots of discussion.

FM: How have centres responded to the food safety training?

EHOs: Centres are generally keen to take on the training and feel it won't be difficult for them to meet the standard required.

FM: Since completing the food safety training, is there a greater awareness and/or a change in practices in the CCC?



CCCs: Our staff are more aware, particularly around cleaning procedures and cross contamination dangers. We have also improved the food temperature control for deliveries to the centre (ie. measuring temperatures at the time of delivery or providing eskies for milk to be left in).

FM: What are some of the food safety training options that are available to CC staff and other carers?

EHOs: The Department of Human Services – Food Section, have a list of available food handler training courses. Staff can undertake courses, ranging from basic to advanced. Some councils and private companies also offer training, a list is available from Phil Eckert, Department Human Services, Ph: (08) 8226 7131. Regency TAFE also run many courses ranging from one day to six months in length, and include food handling either exclusively or as part of a larger program, Ph: (08) 8348 4444 for further details. The Food Safe – Food Handler Training Program kit is another option that is available (see resources section).

START RIGHT



EAT RIGHT

• Start Right-Eat Right is a child care centre nutrition award scheme which incorporates menu planning and food hygiene training. The scheme is currently being piloted in the Onkaparinga, Marion and Mitcham Councils.

What are the most important changes?

The most important changes for child care providers are in Standard 3.2.2 - Food Safety Practices and General Requirements, in particular:

- Food businesses will need to formally notify their local Council of their contact details and the types of foods they provide. This is a one-off exercise unless those essential details change.
- Food businesses will need to ensure that food handlers and supervisors have food safety skills and knowledge. This standard does not require formal training, though some food businesses may choose to formally train their staff as a way of demonstrating commitment to this new requirement. The Department of Human Services (DHS) plans to make available information covering the basic food safety skills and knowledge required.
- Those businesses that handle potentially hazardous food will need to use a temperature probe to control the temperature of such foods. Potentially hazardous foods are those that could become unsafe if stored

at the wrong temperature and include meats, milk and many prepared foods such as cooked rice, pasta or vegetable dishes, casseroles and soups.



- New rules will require food handlers to report to their supervisor if they have symptoms, especially diarrhoea or vomiting, or know that they are a carrier, of a food borne illness. Such persons are obliged not to handle food until they are recovered or, if a carrier, free of the organism of concern.

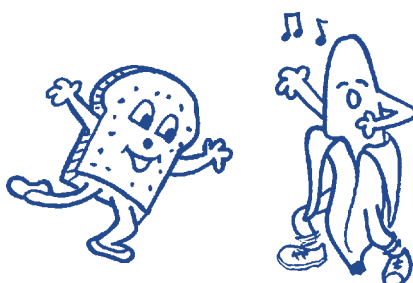
Do the standards apply to all child care providers?

The standards do not apply to providers that only offer food supplied from children's own homes as this arrangement is not considered to constitute a 'sale'. The standards apply to Family Day Care providers that supply their own food, however administrative arrangements are still being considered for this sector.

When do the new standards commence?

Before the new Food Act can be proclaimed to start there are certain regulations under the Act that need to be introduced through Parliament. There will be a period of public consultation on the draft regulations and the likely proclamation date for the new Food Act, and hence the new standards, is 1 July 2002.

Present plans allow businesses 12 months from the proclamation date to notify a Council and comply with the skills and knowledge requirement of the food safety standards.



How will I know what to do?

DHS will keep all food businesses, including child care providers, informed about what is needed as part of the new Food Act. The Government has also set aside \$1.8M to assist with the rollout of the food safety standards.

Do I need to do anything now?

Child care providers that comply with the current food legislation should not be concerned about being caught out by the sudden commencement of the new standards. Businesses will be given information about the standards and government will take a sensible approach to the introduction of new requirements.



For further information, please contact:

Department of Human Services
Environmental Health Branch,
Food Section
Ph: (08) 8226 7100
Email: ehb@dhs.sa.gov.au

Copies of the new food safety standards will be supplied to all food business, including child care providers, but if you would like to see a copy now, they are available on the DHS website www.health.sa.gov.au and the Australian and New Zealand Food Authority www.anzfa.gov.au. A guide to the food safety standards entitled 'Safe Food Australia' and fact sheets are also available to download from www.anzfa.gov.au

What's on the menu at SA child care centres



By Rebecca Haigh, Nutrition Project Officer, Eat Well SA

Following the Statewide Child Care Nutrition Survey¹ (June 2001) that was funded by Eat Well SA on behalf of the South Australian Child Care Nutrition Partnership, 66% of participating centres submitted their menus for further analysis. These were evaluated using a Nutrition Checklist developed by the Partnership.

The analysis found:

- More than 70% of centres met recommendations regarding the provision of white meat, low fat meals, fruit and nutritious snacks
- Most centres included the recommended number of vegetarian meals and meals containing vegetables and cereal foods (like bread, noodles, rice and pasta)

Less than 40% of centres provided adequate numbers of meals containing:

- red meat
- white meat in combination with iron-rich foods
- dairy foods
- high fibre cereal foods

Not serving enough of these foods means that children may not be getting enough iron, calcium and fibre, which over time can cause anaemia, osteoporosis and constipation. A recent national dietary survey also found these nutrients to be low in the diets of Australian children in general. The importance of providing nutritious and culturally appropriate food and drink is recognised in both the National Childcare Accreditation

Council's Quality Improvement and Accreditation System (Quality Area 8, Principle 8.1) and the National Standards for Family Day Care (Standards 2.8.1 and 2.8.2).

The menu analysis also found that many centres did not provide a lot of detail in their menus, such as:

- what types of snacks and drinks were served, if any
- the ingredients of meals offered.

Apart from making analysis difficult, this also suggests that parents are not fully informed of the food being offered to their children whilst in care.

Given that 63% of centres use the menu to communicate with parents¹, this finding indicates an opportunity to improve this communication. Centres have a responsibility to communicate with families about individual children and the centre (QIAS - Quality Area 3, Principle 3.1). The quality assurance program also encourages families to be involved in the centre's planning, programs and operations (Quality Area 3, Principle 3.2). The Family Day Care National Standard 4.1.1b stipulates that information about children needs to be exchanged between carers and parents/guardians on an ongoing basis. Communicating with families through the menu about food provided and eaten and/or involving families in menu development are two simple ways that centres can meet these requirements.

References

¹Harrison Health Research (2001) Statewide Child Care Nutrition Survey. Harrison Market Research Pty Ltd, Adelaide.

Safety of expressed breast milk

By Cassandra Hood
Dietitian-Nutritionist,
Noarlunga Health Service

Breast milk is the ideal food for baby, but parents and carers may face some difficulties when the mother can't be there herself to feed. A good solution for many parents is to use expressed breast milk. Use these safety tips when storing and using expressed breast milk.

Storing expressed breast milk

- Store in a covered sterile container in the back of the refrigerator, where it is coldest, for up to 48 hours.
- If breast milk is to be frozen, divide into portions of approximately what the baby drinks at a normal feed, then freeze.
- Frozen milk can be kept for:
 - 2 weeks in a freezer that is inside a refrigerator
 - 3 months in a freezer with a separate door to the fridge section
 - 6 - 12 months in a deep freeze (at less than -18°C)

Using expressed breast milk

- Thaw frozen breast milk slowly in the refrigerator. If needed more quickly, milk may be sat in warm (not boiling) water.
- Never microwave breast milk as it destroys some of the important immune factors and vitamins present and often heats unevenly.
- Once thawed, breast milk may not be refrozen and should be kept in the back of the fridge and used within 24 hours.

Resources

Compiled by Caroline Martin, CHDF and
Cassandra Hood, Noarlunga Health Services

Food Safe – Food Handler Training Program

The kit consists of a video, workbook and guide for premises that handle food, and provides:

- Basic food handler training
- FoodSafe practices and recording sheets
- Hygiene audit sheet for centre's use.

Training can be conducted as a staff group to self learn the food safety principles. FoodSafe may be available from the Environmental Health Dept of your local council or from the Australian Institute of Environmental Health ph:1800 093 000.

Cost: \$77.00 (including postage and handling).

'Five Steps to Clean Hands' Posters

These A4 colour posters are ideal for placement next to handwashing basins and sinks. Available from: Communicable Disease Control Branch, Department of Human Services, PO Box 6, Rundle Mall 5000 or fax: 8226 7187. Cost: free.



Non-English speaking food safety information

A simple food safety flier (handy to put on the fridge) available in Chinese, Vietnamese and Italian at www.health.qld.gov.au/phs/phsun/5357_doc.pdf.

Food Safety brochures

A series of pamphlets endorsed by CSIRO Australia and ANZFA (Australia and New Zealand Food Authority) covering food safety in a variety of settings. Currently available titles include: Food Safety in the Home; Microwave Food Safety; Food Safety When Shopping; Food Safety in the Outdoors; Food Safety When Eating Out

Available from: Meat and Livestock Australia.

Freecall: 1800 647 284.

Cost: free.



TeethSmart

By Kerry Clifford,
TeethSmart SA

Toothbrush hygiene



If not cared for properly, toothbrushes can become a breeding ground for a variety of bacteria, viruses and fungi. Use the following tips to prevent this from happening to your toothbrush.

- do not share toothbrushes
- after use, rinse your tooth-brush thoroughly then remove excess water before storing
- store your toothbrush in a clean, dry, ventilated place so it can dry out between uses
- store your toothbrush so it does not touch other toothbrushes
- replace your toothbrush regularly
- replace your toothbrush after you have been sick with a cold or a mouth or throat infection

For more information, speak to your dental professional or TeethSmart SA (08) 8295 2311.

Cooks' Connection

Compiled by Simone Lee, Anti-Cancer Foundation &
Geoff Hayes, Christies Beach Children's Centre

Chicken is a very versatile food but needs to be handled correctly to avoid contamination of other ingredients. Always make sure raw chicken is kept separate from other ingredients in the fridge and during food preparation. Wash hands, utensils and cutting boards thoroughly with warm water and soap after handling raw chicken.

Chicken Gobbles

Serves 40 children

Adapted from NEAT Recipes
for Kids (1998)

Ingredients

2 onions, finely diced
500g grated zucchini
2½ kg lean minced chicken breast
1 kg ricotta cheese
500g rolled oats
300g tomato puree
3 eggs

Method

1. Combine all ingredients in a large bowl and refrigerate mixture for 30 minutes.
2. Spoon mixture onto trays lined with baking paper, to form individual 'patties'.
3. Bake in a 200°C oven for 35 – 40 minutes or until golden.

Hint: Small finger-shaped chicken gobbles dipped in tomato sauce make a great party food alternative to frankfurts.

What's Happening?

Southern Cooks Network Meetings

These meetings are for child care cooks working/living in the City of Onkaparinga.

- 'Menu issues for children with food allergies', Friday, July 5 2002.

Venue:

Woodcroft Community Centre
175 Bains Rd Woodcroft

Time: 1.30pm - 3.00pm

Enquiries to:

Julie-Anne McWhinnie
Ph: 8325 8100.



Family Day Care (FDC) is a Statewide program providing quality care for children up to 12 years of age, in the home of Carers. The service uses a network of approved carers, who are organised and supported through the Department of Education, Training and Employment.

The 'Healthy Food Choice in Family Day Care' project is run together with Flinders University and Noarlunga Health Services. It is a three year project to increase the knowledge and confidence of FDC careproviders to promote healthy food choices to children in their care and their families.

The project aims to:

1. Develop a 'Healthy Food Choice' policy for FDC.
2. Develop nutrition training and resources for Careproviders and Field workers, that promote positive feeding practices and a preference for healthy eating.
3. Improve Careprovider's knowledge, skills and confidence in promoting healthy eating to parents.

The project will consult widely with FDC workers, parents and health professionals to ensure needs are met. This will include seeking information from people from other cultures and rural and metropolitan areas.

For more information contact Project Officers: Alison Martin or Marian McAllister
Ph: (08) 8392 0520
Fax: (08) 8392 0550.

Free Public Health Seminar

'Food or Feud: Encouraging healthy eating in childhood'.
Wednesday July 3, 2002.
7.15 pm - 8.45 pm.

Venue:

Women's & Children's Hospital,
72 King William Road,
North Adelaide.

To reserve a place phone
(08) 8161 6875

The SA Child Care Nutrition Partnership aims to promote good nutrition for all South Australian children in early childhood services.

Partners include representatives from Anti-Cancer Foundation of South Australia; Association of Child Care Centres of SA; Children's Health Development Foundation; Department of Human Services; Douglas Mawson Institute of TAFE; Eat Well SA; Flinders University; Inner Southern Community Health Service; Lady Gowrie Child Centre Inc; Noarlunga Health Service; Regency Institute of TAFE; SA Association of Community Based Child Care Centres Inc; TeethSmart SA; Women's & Children's Hospital (Department of Nutrition & Food Services).

Editorial Policy

Food Matters aims to promote good nutrition in early childhood by providing nutrition information, advice and support to carers of young children and showcasing child care food and nutrition initiatives. While every effort is made to include articles which meet these objectives, inclusion does not necessarily imply endorsement by the SA Child Care Nutrition Partnership. This newsletter may be copied for educational and non-profit purposes with acknowledgment.

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Nutrition information for families

This edition of Food Matters contains a black and white copy of the insert for families. If you would like multiple copies of the insert for your centre, contact TeethSmart Resource Centre, Ph: (08) 8295 2311 Fax: (08) 8294 6103 Email: teethsmart@dhs.sa.gov.au.