

Food Safety Fact Sheet Issue 1 May 2010



[I'M ALERT Food Safety](#)



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Welcome to Rockdale City Council's Food Safety web page. If you have any comments concerning this part of the Council's web site please contact rcc@rockdale.nsw.gov.au

Council is mandated by NSW Food Authority to ensure that retail food businesses in the Rockdale area sell food that is safe to eat.

The latest update to the Council's website contains information on all of the important issues relating to Council's activities so that the food is safe to eat in Rockdale.

As well as providing links to other web sites providing information on the required Food Standards, a link is provided to the Heart Foundation site which provides tips and recipes for preparing healthy food.

Proposed Changes to the Food Act 2003

In November 2009 the Food Bill was passed which requires Food Businesses to have a Food Safety Supervisor. The details are being worked out now and it is likely to become law by the end of the year with another year to give food businesses time to arrange for the necessary training.

The Food Safety Supervisor will need to obtain a recognised qualification in food safety to comply with this requirement.

Council's On-line Food Safety training

The Council's I'M ALERT programme will not be sufficient to meet this requirement but will be a useful tool to assist the food safety supervisor to train their staff in all of the main areas of food safety.

The programme can be accessed online at any time by clicking on the following link.

[I'M ALERT Food Safety](#)

What is I'M ALERT Food Safety Program?

I'M ALERT Food Safety is a program that enables a consistent and efficient delivery of Food Safety Training which includes:

- Sections reflecting the basic food safety principles (Eg. Temperature Control, Food Receipt, Food Storage, Hygiene of Food Handlers, etc) as outlined in the Food Safety Standards
- Interactive tasks and quizzes
- Printable training acknowledgement form (assists a food business operator and staff to demonstrate skills and knowledge requirements)
- Printable certificate (can be displayed within a food business)
- "Remind me" option (prompts a user to conduct the training again after a nominated time period)
- "Notify" option (enables a user to notify others of their completion of the training program).

The programme was developed by qualified and experienced Environmental Health professionals and is equivalent in scope to a two-day consultant delivered course.

Most sections include an interactive quiz. Upon completion of the program, a training acknowledgement form can be printed and filed as part of your food safety records.

Rockdale City Council has made this program available to anyone who would like to complete the training. To do so, simply click on the above link to start the course.

Healthy Eating Advice Heart Foundation

[The Heart Foundation of Australia](#) has many useful tips to provide healthy meals including recipes and healthy living. The Heart Foundation has also identified that caterers for groups and organisations can play an important role in supporting healthy eating, a key step in reducing the risk of heart disease. A few simple changes can make a big difference to the food served at your events, proving healthier is still delicious. One of the many recipes is detailed below.

The Heart Foundation website has a number of resources of particular interest to food service business owners. Food proprietors might find the 3 Step Guide, to reduce the level on trans and saturated fats in prepared food, interesting.



A healthy lunch time suggestion from the Heart Foundation

Warm Lamb Salad

Perfect for lunch, cooking the lamb on the BBQ adds extra flavour.

Serves: 4

Cooking time: 10 minutes

Ingredients

- 2 teaspoons sweet paprika
- 1 garlic clove, crushed
- 1 tablespoon chopped fresh basil leaves
- 2 teaspoons finely grated lemon rind
- 4 (350g) lean lamb leg steaks*
- ProChef extra-light olive oil cooking spray *
- 1 Turkish bread roll, cubed*
- 1 small red onion, halved, thinly sliced
- 250g cherry tomatoes, halved
- 1 Lebanese cucumber, halved, deseeded, thinly sliced
- 80g baby rocket
- ¼ cup torn fresh basil leaves
- ⅓ cup Praise balsamic Dressing*



To make this meal even healthier use Tick approved ingredients.

*Products available with the Heart Foundation Tick. Remember all fresh fruit and vegetables automatically qualify for the Tick.

Instructions

1. Combine paprika, garlic, chopped basil, lemon rind and 2 tablespoons cold water in a glass or ceramic bowl. Add lamb. Turn to coat. Refrigerate, covered, for 30 minutes. Preheat grill on medium-high.
2. Spray a barbecue plate or chargrill with oil. Heat over medium-high heat. Cook lamb for 2 to 3 minutes each side for medium, or until browned and cooked to your liking. Transfer to a plate. Cover. Set aside for 5 minutes. Thinly slice.
3. Place bread on a baking tray. Grill, turning, for 3 minutes or until golden. Transfer to a bowl. Add onion, tomato, cucumber, rocket, torn basil and dressing. Toss to combine. Top with lamb. Serve.