



HUME CITY COUNCIL

Hume Food News

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FSANZ survey reveals consumer attitudes to food safety

FSANZ recently released the results of its first Consumer Insights Tracker (CIT) survey which asked more than 2000 consumers in Australia and New Zealand about their trust in and understanding of our food regulation system.

Public confidence in the food supply is a cornerstone of a healthy population and a strong economy. The CIT will provide valuable insights to inform the work of the standards and enforcement agencies responsible for ensuring the safe food supply we all enjoy.

Among the results, the survey found consumers value nutrition over naturalness, convenience and country of origin when making food choices. Consumers look for food labels that can help them identify nutritious foods and make good dietary choices.

The survey results can be found at <https://www.foodstandards.gov.au/science-data/social-science>.



NEED TO PURCHASE LICENSE FROM ADOBE STOCK IMAGES

HEALTHY DIET AND LIFESTYLE

73% reported putting in effort to maintain a healthy diet

41% identified weight management as a factor influencing food choices



Beyond taste and price, the top factors influencing consumers' food purchasing decisions were:



Nutrition (75%)



Naturalness (49%)



Convenience (45%)

Cleaning and sanitising

In a food business, cleaning and sanitising are important ways to prevent harmful microorganisms or other things contaminating food and making it unsafe to eat.

What are the requirements?

Under Standard 3.2.2 - Food Safety Practices and General Requirements, food businesses need to keep their premises, fixtures, fittings, equipment and food transport vehicles clean and sanitary. This means:

- things like food scraps, garbage, dirt, grease etc should not be left to accumulate
- utensils and surfaces that come in contact with food should be clean and sanitary.

Cleaning vs sanitising

Cleaning is removing general dirt, grease and food waste. Sanitising destroys microorganisms.

You need to clean items before you sanitise them.

Getting It Right

Cleaning:

- pre-clean utensils by scraping or wiping food scraps off surfaces and rinse with water
- wash with hot water and detergent to remove grease and food residue (soak if needed)
- Rinse off the detergent.

Sanitising:

- soak items in very hot water (77°C for 30 sec) or in diluted bleach, or
- saturate items with 70% isopropyl alcohol or ethanol, or
- use a commercial sanitiser and follow the manufacturer's instructions, or
- use a dishwasher that can sanitise (usually the longest hottest setting)
- air drying is best
- where you can, remove parts like stab mixer sticks and slicer blades to sanitise.

Tips for using bleach

- use plain bleach to minimise the risk of it contaminating or tainting items
- for cold water, use 100 ppm chlorine - add 10 ml commercial bleach or 25 ml household bleach to 10L water
- for warm water, use 50 ppm chlorine - add 5ml commercial bleach or 12.5 ml household bleach to 10L water
- contact time is usually 10-30 seconds but check the manufacturer's instructions
- throw diluted bleach away after 24 hours.

Tips for using your dishwasher

- follow the manufacturer's instructions and use the right detergent or sanitising chemical
- scrape or rinse excess food off before placing in the dishwasher
- place items in a way so that water can reach all surfaces

- use the longest, hottest cycle (or the program designed for sanitation)
- check that items are clean and dry when the cycle ends
- use clean hands to unpack the dishwasher
- clean and service the dishwasher regularly (including filters).

Click on the link to download the [FSANZ Cleaning and sanitising factsheet](#)



Toxins in seafood

What are they?

- Toxins (poisons) can be present in some shellfish and fish.
- These toxins are known as:
 - amnesic shellfish toxin
 - diarrhoetic shellfish toxin
 - neurotoxic shellfish toxin
 - paralytic shellfish toxin
 - ciguatoxin
 - histamine.
- The toxins come from algae that shellfish and fish feed on, or from bacteria naturally present in some fish
 - Foods at higher risk of contamination are:
 - clams, oysters, mussels, scallops and crabs (for shellfish toxins)
 - coral fish including Chinaman fish, red bass, some wrasse, tropical snappers and coral trout (for ciguatoxins)
 - Scombridae and Scomberesocidae fish including mackerel, tuna, sardines, anchovy and marlin (for histamine).

What's the risk?

- These toxins can cause gastro or neurological illnesses called:
 - amnesic, diarrhoetic, neurotoxic or paralytic shellfish poisoning
 - ciguatera poisoning
 - Scombroid or histamine poisoning.
- Severe illness can result in coma, respiratory failure, paralysis or death
- Anyone can get ill from toxins but children are more likely to be seriously ill or die, especially from paralytic shellfish poisoning
- Toxins are not destroyed by freezing or cooking.

Reduce your risk

- Buy seafood from a trusted supplier that is a registered food business
- Keep seafood cold (5°C or colder)
 - refrigerate it immediately after buying it
 - if it's frozen, thaw it in the fridge before cooking
 - if you catch your own fish, chill it on ice immediately.
- Avoid eating large fish from warm ocean waters, especially the head, roe or organs.

Symptoms of toxin poisoning

- Generally these toxins cause symptoms within minutes or hours of eating contaminated seafood. Amnesic shellfish poisoning symptoms usually take 1-2 days to appear
- Symptoms depend on the toxin. They can be gastro symptoms such as nausea, diarrhoea, abdominal cramps and vomiting. If the

toxin affects the nervous system, symptoms can include numbness, tingling, confusion, paralysis, fainting and respiratory problems. Severe cases can be fatal, particularly from amnesic and paralytic shellfish poisoning

- Symptoms can last a few days up to several months.

Third party audit reminder

All Class 1 and Class 2 food businesses that have an independent Food Safety Program are required to be audited by a third party. The Food Act 1984 requires that the audit is conducted every 12 months by an approved Victorian food safety auditor.

If you haven't already had your audit conducted for 2024 and your business requires a third-party audit, then you must complete this audit and submit it to Council by 31 December 2024.

Council requires a Certificate of Compliance from the auditor to be able to renew your registration for 2025.

Further information on audit requirements and a list of Department of Health and Human Services approved auditors can be found at <https://www.health.vic.gov.au/food-safety/food-safety-audits> or by contacting Council's Public Health Unit on 9205 2599.

Changes to selling vapes

Vapes cannot be supplied in retail settings

The *Therapeutic Goods and Other Legislation Amendment (Vaping Reforms) Act 2024* commenced on 1 July 2024. This Act, along with other reforms that came into effect between 1 January 2024 and 1 March 2024, have changed the way vapes can be sourced, supplied and advertised.

Vapes include vaping substances, devices and accessories, regardless of nicotine content.

From 1 July 2024:

- vapes are only available in pharmacies or in pharmacy settings
- it is illegal for retailers such as tobacconists, vape shops and convenience stores to supply any type of vape.

Until 30 September 2024, patients need to speak with a medical or nurse practitioner to:

- get a prescription to buy vapes containing nicotine, and
- access zero-nicotine vapes.

From 1 October 2024, therapeutic vapes with a nicotine concentration of 20mg/mL or less will be available in pharmacies to patients 18 years or over without a prescription.

Possessing vapes for commercial purposes is unlawful

Since the Australian Government first announced its intention to regulate the supply of vapes on 2 May 2023, non-pharmacy retailers have been encouraged to run down their stocks.

The commercial possession restrictions prohibit:

- any person possessing a commercial quantity or more of vapes (currently 14 vaping devices, 90 vaping accessories or 600mL of liquid vaping substance), or
- a retailer possessing any vapes on retail premises, subject to exceptions for persons involved in the legitimate pharmacy supply chain.

The reforms also prohibit the advertising or promotion of vaping goods in Australia, except in very limited circumstances as permitted by the *Therapeutic Goods (Vaping Goods—Advertising) Authorisation 2024*.

Further information can be found on the Vaping Hub of the Therapeutic Goods Administration (TGA) website, [Vaping hub | Therapeutic Goods Administration \(TGA\)](#)