

FOOD HYGIENE

Bureau Jamaica



MAY 2009

Our Topics

Food Hygiene

The importance of Food Hygiene in Eating Establishments

The recent death of a young university student signaled once again the importance and the need for..

Food Safety Tips

With all the excitement regarding your food,

the Bureau has created this page to update you on some best practices that when applied correctly will reduce risk of food borne illness resulting in.

Presidents Message

We are being reminded of global changes to our environment and likewise our food chain is being contaminated with pathogenic organisms and viruses..

OnVu TTI Label

OnVu™ TTI technology !

OnVu™ time-temperature indicator the Label makes freshness visible !

Health and Safety in Schools

The Bureau focuses on Health and Safety in Schools

Is this really an unfortunate incident or could it be avoided!.....

Food Safety and Security...the Future



The importance of Food Hygiene in Eating Establishments

STATEMENT

The recent death of a young university student signaled once again the importance and the need for a mandatory enforcement of food hygiene regulations in all food establishments and the responsibility for food safety and hygiene practices to be prioritized and driven by top management.

Proper hygiene practices in eating establishments rely on everyone from top management to the consumer. Management often makes decisions pertaining to the operation of the business with profit in mind, and unless workers are properly trained and given adequate supervision, food safety

rules may be breached, resulting in foodborne illness, much suffering and death.

The safety of our food supplies begins on the farm and ends on the consumer.



The importance of Food Hygiene in Eating Establishments

Therefore food hygiene and food safety education is paramount for all sectors. Food preparation including storage, transportation, cooking, handling and display of foods and at all stages food can be at risk from bacteria and virus contamination and the main factors that contribute to foodborne illnesses are as

follows:

- **Preparation of food too far in advance of needs**
- **Inadequate cooling**
- **Inadequate reheating**
- **Inadequate thawing**
- **Cross Contamination**
- **Improper hot holding**
- **Infected food handlers**
- **Raw food consumed**
- **Contaminated Processed/ Canned food**

Pathogenic bacteria, such as Salmonella, Clostridium Botulinum, Clostridium Perfringens, Staphylococcus Aureus, Listeria and E.coli can cause food borne illness, the most serious of the bacteria are the psychotropic organisms e.g. Clostridium. These are heat resistant, "spore-formers" that are difficult to control as they are not killed by cooking temperature, but at temperature of above 121 degrees celcius. They will therefore survive the traditional cooking process and if products are then improperly processed, stored and reheated they will render food unsafe.

Source: Clostridiums are found in soil, raw fish and meat, vegetables, smoked fish, canned fish and corned beef, hazelnut puree etc.

Symptoms: Symptoms include difficulty in breathing and swallowing, paralysis often resulting in death. All consumers are at risk from eating such contaminated foods, but most at risks are the vulnerable groups, such as children, infants, pregnant women, the immuno-suppressed and those who are ill.

What can you do as a Manager or owner of a Food Eating Establishment to protect your business and customers?

The responsibility of training and ensuring the education of food handlers should not rest with the Ministry of Health or the Government inspector, but should be the responsibility of business owners and managers to ensure personnel receives appropriate training and are supervised in carrying out tasks effectively. The emphasis of the Health Inspector should be on enforcement of the law for serious offences and to ensure prosecutions to set examples for other businesses who may want to ignore Public Health Regulations and who might continue to utilise untrained personnel within food establishments.

Another of their role and responsibility is to ensure proactive inspections and monitoring of food

businesses including the setting up of new businesses. As business owners, you should be competent in food safety knowledge and ensure that you have a food safety management system in place, which is based on documented procedures and proactive monitoring and control of all critical points in the process. (HACCP). This system is based on proactive identification of hazards and analysis of them to identify and control those hazards that are likely to occur at the critical points in the food process. This system can be applied to all food business whether large or small as it is process led. The implementation of a HACCP system would reduce the risk of poor hygiene practices and breach of food safety procedures.

Marva Hewitt-Heaven, Bsc. Msc. MCIEH, FRIPH

CEO of [Food Hygiene Bureau, Jamaica](#)



Food Safety Tips

Marva Hewitt-Heaven, Bsc. Msc. MCIEH,FRIPH

With all the excitement regarding your food, the Bureau has created this page to update you on some best practices that when applied correctly will reduce risk of food borne illness resulting in costly complaints:

- **There are certain foodstuffs** because of their very composition are classed as “high risk”. These are mainly our ready to eat foods, high protein foods such as chicken, ham, turkey, pork, beef, seafoods, dairy products, sauces, gravies, milk, eggs, nuts etc.
- **Remember also** we have foodstuffs that are commonly linked with “allergens” e.g nuts, soy, gluten, dairy products, seafoods etc. It is therefore important that you label these products as a way of providing information to customer.
- **The hand is most important** and common vehicle for transferring bacteria to foods and so hand hygiene is critical. Ensure that your staff is trained in correct handwashing procedures.
- **Always remember** to separate raw from cooked or ready to eat foods and apply the FIFO system to assist with shelf life extension
- **Store chilled foods** at 5 degrees celcius and remember the

refrigerators cannot cool hot foods, but will maintain the temperatures of foods, therefore only transfer foods to the refrigerator upon them reaching the cool temperature.

- **Remember** to heat left over foods only once and to discard leftovers. A left over policy is important part of your management procedure which should be enforced.
- **Remember certain bacteria** can form heat resistance and heat stable spores which will be difficult to kill by ordinary cooking temperature. Spores are developed through improper heating practices and poor temperature conditions.
- **Remember one untrained** personnel in your operation can render your business redundant. Ensure always that you have a training matrix which will help to keep track of training needs for your team members.

[Food Hygiene Bureau, Jamaica](#)



Presidents Message

Marva Hewitt-Heaven, Bsc. Msc. MCIEH,FRIPH

We are being reminded of global changes to our environment and likewise our food chain is being contaminated with pathogenic organisms and viruses that can affect our health and our basic survival.



The latest H1N1 virus is an animal strain with pandemic potential. It is a reminder that our food chain is under threat. The Pork industry is threatened with this new virus similar to the poultry industry in the early 1990s where Salmonella enteritidis affected eggs and chickens and was passed onto the consumer through consumption of contaminated meat.

Salmonella is now widely distributed in nature. The design and layout of food businesses becomes important to all – open air restaurants, bars etc. from birds and the other pests which carries Salmonella with the risk of contamination.

Salmonella has killed thousands of people worldwide and has affected mostly the vulnerable groups. The latest outbreak has been in peanut



Presidents Message

butter resulting in closure of the factory and major recall of that product.



The HINI virus has so far been classed by World Health Organisation (WHO) as a pandemic disease that “threatens the entire humanity”. The Agriculture Minister, The Hon. Christopher Tufton has assured the Jamaican



**Food Safety is in
Your Hands !**

The Food Hygiene Bureau in alliance with the Ministry of Health encourages training and

education of consumers especially those working in the food industry to practice proper hand and personal hygiene, in order to reduce the spread of infection. The Bureau has a range of international recognised certificate courses at all levels including our on line courses.

Contact us on 876-7551185 or by

email foodhygiene@cwjamaica.com

OnVu™ indicators Freshness check at a glance.

OnVu™ is a novel time-temperature indicator (TTI) that has been jointly developed by Ciba and FreshPoint. Applied as a stand-alone label, it can potentially also be printed directly onto the packaging.



We are re proud to present

OnVu™ the label that makes freshness visible exclusive for Jamaica and the Caribbean Market and that consumers now have a tool that assist them in selecting and consuming the freshest goods.



The OnVu™ consumer indicator

consists of an apple shape with a center and a shell. Upon activation with UV-light, the center of the apple turns dark blue. This forms a striking contrast with the light color of the surrounding shell of the apple (the reference color).

The clear contrast between the active indicator and the reference color indicates that the product is safe to consume. The active center of the apple then begins to become progressively lighter over time, and with exposure to temperature. Exposure to excessive temperature fluctuation accelerates the lightening process.



As long as the center of the apple is darker than the surrounding reference color, the product is fresh. Once the center becomes lighter in color than the surrounding shell of the apple, the product is no longer safe to consume.

The OnVu™ TTI range also includes an indicator targeted at assisting manufacturers, distributors and retailers in monitoring and improving their internal chill-chain practices.



How and when is OnVu™ activated?

An OnVu™ TTI is activated by a UV light source (preferably light-emitting diodes or LEDs) just before application to the package.

A filter is then applied to the TTI to protect it from deliberate recharging. The charging and application process usually takes place as the product is being produced and packaged.



How and when is OnVu™ activated?

The TTI is calibrated in accordance with the decay kinetics of the quality of the food product it is intended for. This input is provided by the manufacturer of the food product.

The type of TTI active substance, the reference color and the charging dose are all used to define the exact time-temperature profile of the TTI.

For more information about **OnVu™**
Contact the Bureau



Characterization of OnVu™_{µH}



Color change of OnVu™

How OnVu™ works

- ① Uncharged
- ② Charging with UV light (food packaging)
- ③ Fading of charged TTI, depending on storage conditions (time & temperature)



The Bureau focuses on Health and Safety in Schools

Is this really an unfortunate incident or could it be avoided! Recent survey carried out by the Bureau found that the safety culture and management systems for risk assessments are low on the agenda of many schools in Jamaica. More worrying is the fact that schools outside of Primary and Basic schools are operated as private businesses and do not have to meet health and safety requirements in order to be registered. The Food Hygiene Bureau is ready to work with all educational establishments to set up a proactively risk management system to address all safety risks in schools and reduce incidents such as these in our country..



Piano kills 5-year-old

Published: Friday | March 6, 2009
Mandatory registration coming for day care centres
 published: Friday | June 17, 2005
 OPERATORS OF day care facilities will now be required to register their institutions as a suitable environment for students' learning and development under the Early Childhood Act This

becomes necessary, as day care will now fall under the legal and regulatory framework section of the Early Childhood Commission.

Reporting on the commission's behalf at the updating session on Education Reform held at Northern Caribbean

University recently, Executive Director of the Early Childhood Commission Dr. Maureen Samms-Vaughn, said: "Previously, there was not a defined curriculum but as we begin to understand the importance of brain development, we recognise the importance of developing a curriculum for children even at this early stage."

The Early Childhood Act is one that provides for the regulations and management of early childhood institutions.

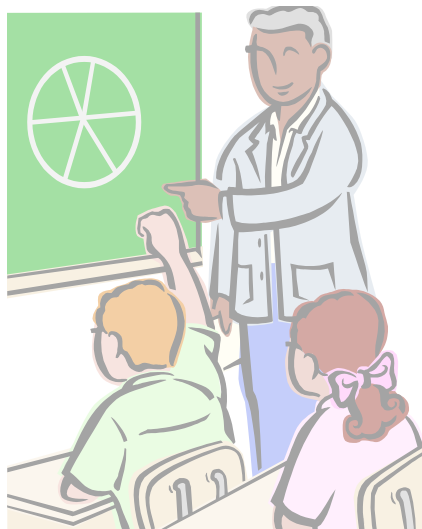
"The act has already been passed by the Upper and Lower Houses of Parliament and will soon be signed into law", said Dr. Samms-Vaughn. "The act is accompanied by regulations which are legally binding and standards which are motivatory documents".

Within three months of the passing of the act, all early childhood institutions

will be required to apply for registration. Once this is done an inspection of the premises will take place. Premises will be given full registration if it meets the following requirements: it must have been approved by the local planning authority, have adequate flooring, roofing, ventilation and fencing, there should be adequate first aid and firefighting equipment.

The premises should have specific areas for the institution of children administration, napping, play (both indoor and outdoor), a sick bay, food preparation and service, dining and separate bathroom facilities for staff and children.

In addition, the institution must have proper lighting, electrical supplies, safe drinking water, garbage and sewage disposal and adequate sleeping devices and toilet facilities as well as adequate space for children. Dr. Samms-Vaughn said, "Many of our schools are overcrowded and children are crowded into places that impacts negatively on their ability to learn and develop."



We are recommending that there is access for all disabled children for all new facilities because for far too long they have not been able to access services adequately."



"We want to ensure that the persons looking after our children are the right persons who should be doing this important job" said Dr. Samms-Vaughn "as a result, the institution's employees must meet the Commission's qualification requirements as to the training of children with regards to child development abuse, first aid and training in the Child Care and Protection Act.

Employees must not have been convicted under dangerous drug, offense against the person or childcare and protection act, nor have been convicted of offences involving fraud, dishonesty or moral turpitude."

Tragedy struck at a basic school in the Tucker-Irwin area of St James

Tragedy struck at a basic school in the Tucker-Irwin area of St James yesterday afternoon when a little girl died after an abandoned piano in a schoolyard fell on her.

Dead is five-year-old McKalia Wallace, of Tucker-Irwin, who was a grade-two student at the Wesleyan Holiness-operated Tucker-Irwin Basic School.

According to reports, during the school's lunch break, a group of children were playing around the old piano when it fell over, pinning McKalia and a little boy underneath.

The children were rushed to a nearby medical facility where McKalia was pronounced dead and the little boy treated and released. Courtney Thorpe, chairman of the school board, said that following the incident, he had dialogue with the parents of the dead child and that the school family was doing its best to comfort them



Pall of gloom

When The Gleaner visited the school, the old piano, with dried

blood splattered beside it, was still on the pavement where it fell. A pair of shoes was still pinned under one side of its dilapidated wooden frame.

"They were rocking it (the piano) when it fell over," said a little girl.

"It happened when we were outside playing at lunchtime."

The matter, which is being investigated by the Montego Bay police, has left a pall of gloom over the Tucker-Irwin community.

"Me belly burn me when I heard because I have a child going to the school," said a resident of the community.

"It is just a sad, unfortunate accident and we will just have to rally around the bereaved parents."

The Bureau agrees that this accident is indeed a sad one as Health and Safety does not appear to be prioritized even for high risk establishments such as schools, day care centres, nurseries etc. One would expect that since 2005, there would have been an urgent policing of schools and also a system requiring training and certified staff to

champion health and safety in schools. However, the Bureau in a meeting with the Government agency recently found that not much progress has been made in the right direction that will prevent recurrence of these types of incidents and also to reduce unsafe conditions at these schools.

The Bureau is recommending that the Ministry of Labour inspectors grant registration based on a system of risk assessment and that a basic requirement exist for organizational structures to represent Health and Safety qualified and trained personnel who will champion safety within the school as well as inspections of areas that have been arranged for outside curriculum, for example, ensuring that swimming pools have life-guards on duty and adequate staffing for monitoring safety.

The Bureau believes that deaths of these nature could have been prevented and measures should be put in place for mandatory enforcement of regulations within schools



The Bureau is encouraging schools and other caring establishments to contact us for technical assistance as well as for in-house training courses in Health and Safety and First Aid which will help to put in place a pro-active management health and safety system.

In the absence of these, they run the risk of operating unsafe premises.

By: Marva Hewitt-Heaven, Bsc. Msc. MCIEH, FRIPH



Caribbean Food Safety and Security...the Future

[The Food Hygiene Bureau Jamaica LTD](#)



The Caribbean region is an important world destination.



Many government agencies along with the food industry share the tasks of protecting the health of travelers and assuring that the region's indigenous people also have an adequate and safe food supply. The goal of the conference "Caribbean Food Safety & Security...the Future" is to provide a meaningful dialogue amongst the key stakeholders in the region for a better understanding of the threats to the Caribbean's food supply and to find solutions.



TOPICS DAY I

- 1 **FOOD SAFETY, SO WHO CARES?"**
- 2 **SALMONELLA OUTBREAKS AND PEANUTS, LESSONS LEARNED, (AGAIN)"**
- 3 **FOOD SAFETY MANAGEMENT SYSTEMS AND THE IMPORTANCE OF TRACEABILITY"**
- 4 **HEALTH AND SAFETY CHALLENGES IN SCHOOLS IN JAMAICA**
- 5 **HACCP IN IN-FLIGHT CATERING...A CASE STUDY FROM IBEROSTAR RESORT INDIA**
- 6 **HACCP IN A BREWERY...CHANGING THE LOCAL FOOD SAFETY CULTURE**
- 7 **"NORWALK VIRUS, MITIGATION AND CONTROL IN HOSPITALITY SETTINGS**
- 8 **NEW TECHNOLOGY TO DETECT FRESHNESS IN CHILLED FOOD**
- 9 **DEVELOPMENTS IN ACCREDITED TRAINING**
- 10 **THE E COLI LANARKSHIRE EXPERIENCE, COULD IT HAPPEN HERE?"**

TOPICS DAY II

- 1 **FOOD POISONING OUTBREAK, WHAT IT COSTS**
- 2 **THE ROLE OF PAHO IN CARIBBEAN FOOD SAFETY AND SECURITY**
- 3 **FOOD SECURITY AND NUTRITION IN JAMAICA**
- 4 **FOOD SECURITY AND SAFETY, THE CHINESE EXPERIENCE**
- 5 **FOOD ALLERGENS AND THE IMPORTANCE OF LABELING**
- 6 **NEW TECHNOLOGY TO ASSURE AN ADEQUATE FOOD SUPPLY**
- 7 **REGULATORY CONTROLS FOR FOOD SAFETY IN JAMAICA**
- 8 **MINISTRY OF HEALTH JAMAICA, PROTECTING OUR BORDERS**
- 9 **COST-EFFECTIVE TRAINING AND CERTIFICATION**
- 10 **CONCURRENT CONFERENCE WORKSHOPS: 1. RETAIL HACCP CERTIFICATION: 2. SWIMMING POOL AND BATHING PLACE SAFETY AND HEALTH: 3. ALLERGEN CONTROL**



Chartered Institute of Environmental Health