Food and Kitchen Safety

Preventing incidents associated with food and kitchen hazards

Photo Source: Good Food for New Arrivals project report

Community Nutrition Unit
Annerley Road Community Health
Queensland Health
Today:

- Incidents of food and kitchen-safety problems
- Introduce kitchen safety resources
- Background to food poisoning
- Food safety messages and how to prevent food poisoning
- Introduce food storage, cleanliness resources
- Group activities
- Quick review quiz
The kitchen

Source: New Beginnings

From this.... To this....
Electricity, heat, sharp objects
Food poisoning

Symptoms:
• Nausea, vomiting or diarrhoea, headaches, stomach pains, fever.
• Can take up to 48 hours to appear (Salmonella) or even 90 days (Listeria)

Causes:
• Bacteria, viruses, parasites, chemicals (eg. cleaning products) – most common is bacteria

At risk groups:
• young children, elderly, pregnant women, malnourished or weak immune systems

(Source: FDC Training Manual)
Bacteria

Multiply very quickly, given the right conditions:

• Food
• Moisture
• Temperature
• Time

(Source: FDC Training Manual)
Foods and Bacteria

Some foods are more conducive to bacteria growth than others:

• raw meat
• poultry
• fish
• eggs
• dairy
• cut vegetables and fruit

High protein, high moisture, low acidity