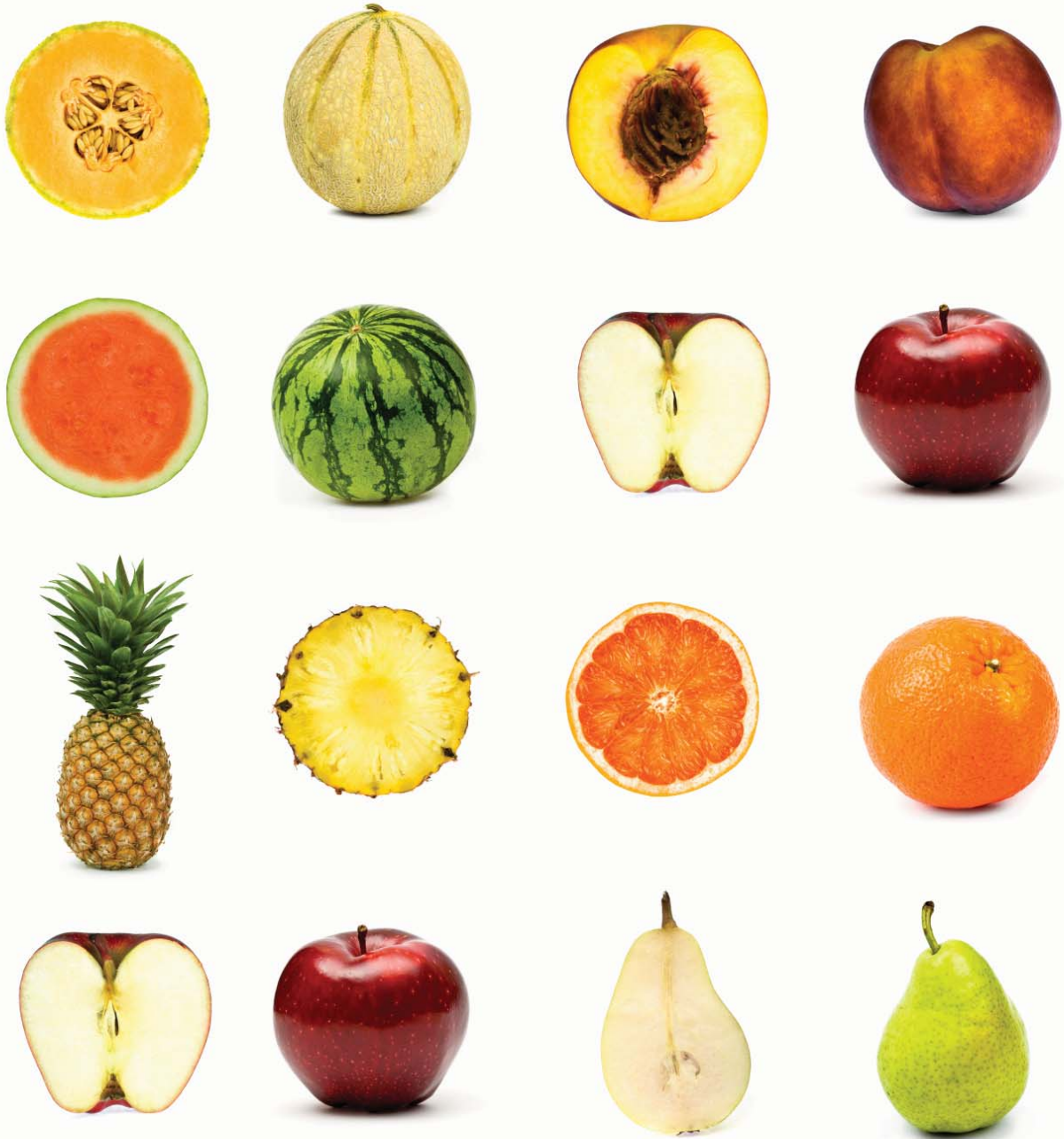


Healthy Fast Food

A resource for remote stores and takeaways



January **2008**

A resource developed as part of the
Remote Indigenous Stores and Takeaways Project

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Other resources available:

Guidelines for stocking and handling food in remote community stores

Marketing ideas for stores in remote communities

Maximising the shelf life of fruit and vegetables (poster)

Heart Foundation's buyers' guide for remote stores and takeaways

Freight improvement tool kit

Setting purchasing targets for fruit and vegetables

How healthy is your store (checklist)

How healthy is your takeaway (checklist).

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Introduction

Healthy Fast Food was written for managers and staff of remote Indigenous community stores and takeaways, and others who work with them, such as nutritionists and health workers.

It gives practical tips and advice on how stores and takeaways can promote and support healthy eating in remote communities.

Healthy eating, along with regular exercise, is essential for good health. It can help prevent and manage overweight, obesity and chronic diseases (such as diabetes or heart disease), which are so common among Indigenous people.

In remote communities, people often get a lot of their meals from the takeaway. Providing healthy eating options in the takeaway can therefore make a big difference to their health.



Recommendations for healthy eating

Recommendations on what Australians should eat for good health and to prevent disease are outlined in two sets of dietary guidelines:

- The Dietary Guidelines for Australian Adults¹
- The Dietary Guidelines for Children and Adolescents in Australia.²

The Australian Guide to Healthy Eating³ and the Aboriginal and Torres Strait Islander Guide to Healthy Eating⁴ translate the Dietary Guidelines into practical advice on how much of the different types of food people of different ages should eat each day, for good health.

These dietary guidelines, based on the best scientific evidence we have in Australia for a healthy diet, are summarised as follows:

- Enjoy a wide variety of nutritious foods.
- Eat plenty of vegetables, legumes and fruits.
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain.
- Include lean meat, fish, poultry and/or alternatives (such as eggs, liver, kidney, shell fish, legumes, nuts and some seeds).
- Include milks, yoghurts, cheeses and or alternatives (where possible, choose reduced fat varieties).
- Drink plenty of water.
- Limit saturated fat and moderate total fat intake.
- Choose foods low in salt.
- Limit your alcohol intake if you choose to drink.
- Consume only moderate amounts of sugars and foods containing added sugars.
- Prevent weight gain: be physically active and eat according to your energy needs.
- Care for your food; prepare and store it safely.
- Encourage and support breastfeeding.

More information on the Dietary Guidelines is provided in Appendix A.



How stores and takeaways can promote healthy eating

Stores and takeaways can make a big difference to what people eat by stocking and promoting some foods and drinks over others, and making small changes to the way they prepare and cook food. Tips on reading and interpreting food labels and nutrient claims are provided in Appendix B.

The following gives a range of practical suggestions to promote healthy eating.

Recommended minimum range of menu items*

- Hot and cold meals that include a wide variety of fresh, dried, canned or frozen vegetables and legumes
- Meals that include rice and pasta—such as stir fries with rice or spaghetti bolognaise
- Snack tins of baked beans, vegetables (e.g. peas and corn, 3 or 4 bean mixes) or fruit in natural juice, which can be eaten directly from the tin with a spoon
- A variety of pre-cut or whole fruits and vegetables—such as apples, oranges, celery and carrots
- Sandwiches
- Ring-pull tins of tuna and sardines, in spring water
- Hard-boiled eggs
- Small packs of reduced fat milk, cheese and yoghurts—with a spoon
- Plain popcorn, served in bags or cups
- Small snack size packs of mixed dried fruits and nuts
- Sugar-free lollies and chewing gum.

Drinks

- Free chilled tap water (e.g. from a bubbler). If a bubbler is not available, stock bottled water
- Reduced fat plain or flavoured milk—400 ml maximum size
- Fresh fruit smoothies with reduced fat milk
- 100% fruit juices—300 ml maximum size
- Diet or low joule soft drinks
- Soda water and plain mineral water.



Daily menu suggestions

Breakfast

- Wheat biscuits, porridge or untoasted muesli served with reduced fat milk, reduced fat yoghurt and fruit
- Wholegrain or wholemeal toast with:
 - thinly spread peanut butter or margarine and yeast extract spread (such as vegemite, marmite or promite)
 - sliced tomato or cooked mushrooms—canned or fresh
 - boiled, scrambled or poached eggs
 - baked beans
 - sardines
- Raisin or fruit toast; crumpets; toasted English or other split muffins with a thin spread of margarine
- Any fresh fruit in season or tinned fruit (no added sugar)
- Reduced fat milk
- Water
- 100% fruit juices, in small serves.

Hot meals

- Baked potatoes, with one of these fillings:
 - baked beans and reduced fat cheese
 - creamed corn, bolognaise sauce and reduced fat cheese
 - grated vegetables (e.g. carrot, beetroot, cabbage, zucchini) and reduced fat cheese
 - tomato, mince sauce, reduced fat yoghurt and reduced fat cheese
- Stew or curry and rice with lots of vegetables and legumes
- Soups, made with lean meat, vegetables and legumes
- Burgers, using reduced fat patties (meat, chicken or fish and vegetables) and filled with lots of salad
- Lean steak sandwiches, filled with lots of salad
- Homemade pizzas, made on pita bread or muffins, with topping such as pineapple, tomatoes, lean meat and reduced fat cheese
- Stir fries and rice or noodles, made with lots of vegetables and lean meat cooked in a 'good oil'—such as olive or canola oil
- Pasta with bolognaise sauce. Use lean mince and limit salt; add kidney beans and vegetables
- Burritos or tacos, made with lean mince, kidney beans and served with salad and reduced fat yoghurt
- Kebabs, made with lean meat and lots of vegetables
- Vegetable omelettes.



Sandwiches, wraps and rolls

- Make sandwiches or rolls with wholegrain, wholemeal or high fibre white bread—or try mixing breads.
- Offer toasted sandwiches.
- Make wraps with wholemeal pita bread (or mountain bread for salad rolls) and fill them with plenty of fresh salads and vegetables.

Try some of these spreads, instead of margarine or butter:

- reduced fat cheese
- reduced fat hummus
- mustards, pickles or chutney.

Try some of these fillings:

- canned fish (such as tuna, sardines), skinless chicken or cold lean meat and salad
- egg and salad
- grated reduced fat cheese, grated carrot, lettuce and sultanas
- banana, peanut butter and raisins
- peanut butter and salad
- grated vegetables and cheese
- coleslaw and lean meat
- creamed corn, lettuce and reduced fat cheese
- baked beans and reduced fat cheese.

All day snacks

- Whole and cut fruit
- Cheese portions
- Corn on the cob
- Plain popcorn
- Boiled eggs
- Reduced fat yoghurt, including frozen types
- Dried fruit and nut portion packs (small)
- Cheese and reduced fat biscuit packs
- Frozen bananas or mango halves
- Tinned fruit (no added sugar) snack packs
- Tinned spaghetti and baked beans snack packs
- Tinned tuna and sardine snack packs.



Preparation and cooking tips

Cooking meals needs not be difficult and may return a greater profit than using pre-prepared meals. It also allows you to control the amount of salt and sugar, the type and amount of fat and the best cooking method to make the final product healthier. Follow these tips to prepare easy healthy meals.

Reduce fat

- Grill, steam, bake or microwave instead of deep frying. If deep frying, limit to one day a week.
- Bake chips instead of deep frying. If deep frying, minimise oil absorption by:
 - using straight, thick cut chips (such as wedges) instead of thin ones (such as French fries);
 - frying the chips while still frozen; and
 - keeping the oil temperature around 185 °C (avoid crowding the deep-fryer as it will lower the oil's temperature).

Change the oil frequently and keep it clean. For advice on healthier frying oils see the '3-Step Guide' at www.thetick.com.au or refer to the 'Heart Foundation Buyers' Guide'.

- Trim all visible fat from raw meat.
- Remove skin from chicken.
- Where possible, use kangaroo meat in curries and spaghetti sauces, as it is low in fat.
- Use reduced fat patties for hamburgers.
- Cook whole chickens in the oven, on a rack in a tray, so that chicken fat drains to the bottom of the tray.
- Use reduced fat milk, yoghurt, custard and cheese.
- Use canola, sunflower, peanut, olive or sunola oil, instead of butter, lard, tallow, dripping or blended vegetable oil.
- Place oil in a spray bottle and spray, or apply with a pastry brush in small amounts– rather than pouring over foods.
- With sandwiches, use reduced fat mayonnaise or hummus instead of margarine, or spread margarine thinly on one side only.
- With salads, use reduced fat dressings or mayonnaise made from canola, sunflower, olive or peanut oil.

Reduce salt

- Use no or minimal salt in cooking; flavour dishes with herbs and spices instead or use salt reduced products.
- Use low salt margarine and butter.
- Decrease the use and sale of processed meats–such as salami, frankfurters and chicken loaf.
- Decrease the use of soy, tomato and processed sauces.

Reduce sugar

- Limit the availability of confectionery, soft drinks, energy drinks and sports drinks.

Preserve vitamins and fibre

- Do not overcook vegetables.
- Microwave or steam vegetables instead of boiling them.
- Where appropriate, leave the skin on vegetables.
- Use wholemeal, wholegrain bread or a high fibre white bread for sandwiches.



Trade tips

Fruit and vegetables

- Where there is an adjoining store or 'fruit and vegetable' section, use excess fruit and vegetables from the store through the takeaway.
- Do daily quality checks of the fruit and vegetable section of the store to see what can be used that day in the takeaway and at the same time keep the fruit and vegetable section fresh.
- Use paper bags rather than plastic bags to store lettuce, leafy vegetables or celery in the crisper. They will stay fresh longer. Make sure bag is relatively airtight.
- Keep potatoes from budding: place an apple in the bag with the potatoes.
- Keep popcorn fresh and encourage more kernels to pop by storing corn in the freezer.
- Make lighter and fluffier mashed potatoes by adding a pinch or two of baking powder to the potatoes before whipping.
- Microwave a lemon for 15 seconds to double the juice.

Meat

- Meat can be sliced easily into strips or cubes by cutting while still slightly frozen.
- For a juicier hamburger, add cold water to the beef before grilling (1/4 cup water to 500g of meat).
- When braising meat, cook it at a low temperature for a long time to keep the meat tender and have it retain all the juices. Add some onion, garlic and thyme to the water to flavour the meat.
- Tenderise pot roast or stewing meat by using two cups of hot tea as a cooking liquid. Orange juice can also be used to tenderise red meat.
- A roast with the bone in will cook *faster* than a boneless roast as the bone carries the heat to the inside of the roast.
- Always let a roast meat sit a little while before carving. This allows the juices to retreat back into the meat. If you carve a roast too soon, much of its fluid will spill out onto the carving board.
- Before opening a package of bacon, roll it on the bench. This helps separate the slices for easy removal of the rind and fat from individual slices.

Eggs

- When slicing a hard boiled egg, wet the knife just before cutting to make slicing easier.

Rice

- For fluffier, whiter rice, add one teaspoon of lemon juice per 1/2 litre of water.
- For less sticky rice, wash rice and drain repetitively before cooking until water is clear.
- Rice cookers are easy to use and save time. Both plastic microwaveable and electric rice cookers are widely available and cheap.

Garlic

- Microwave garlic cloves for 15 seconds or bang clove with the edge of your knife and the skins will slip off.
- When mincing garlic, sprinkle on a little salt so the pieces won't stick to your knife or cutting board.
- Store peeled garlic in oil.

General

- Save on tomato sauce by adding 1 litre of water to a 4 litre bottle of tomato sauce.
- Put a jar lid or a couple of marbles in the bottom half of a double-boiler. It will rattle when the water gets low and warn you to add more before the pan scorches or burns.



Example of a bain marie layout

Front of bain marie (closest to customer)

Vegetables	Meat wet dish 1	Meat wet dish 2	Potatoes, pumpkin and sweet potato
<p>Green beans, carrot, cauliflower, broccoli, cabbage, capsicum, celery, mushroom, onion, spinach, snow peas, tomato or zucchini.</p> <p>Can be baked, microwaved or steamed.</p> <p>Flavour with garlic, chilli, salt, herbs, spices and/or pepper.</p> <p>Add to wet dish when served.</p>	<p>Beef, lamb, pork, chicken, kangaroo, fish, eggs etc.</p> <p>Beef stew, beef and black bean, chicken curry, chilli con carne, satay chicken, sweet and sour pork, roast meat with gravy sauce, scrambled eggs, omelette.</p>	<p>As previously listed.</p>	<p>Roasted, boiled, steamed, mashed or soup.</p> <p>Flavour with garlic, chilli, salt, herbs, spices and/or pepper.</p> <p>For mashed potatoes use milk and a small amount of margarine.</p> <p>Add to wet dish or serve as individual piece line.</p>
Pasta	Rice and noodles	Piece lines	Spillover cooked meat or hot chips
<p>Keep pasta fresh with a small amount of water in base of tray.</p> <p>Keep noodles and rice fresh with a Perspex lid.</p>	<p>Fried rice, stir fried noodles.</p>	<p>Corn cobs, toasted sandwiches, healthy hamburgers.</p> <p>Limited stock only : pies, pasties, sausage rolls, hot dogs, microwaveable chicken/ beef/ pork rolls.</p>	<p>As above for cooked meat.</p> <p>Bake chips instead of deep frying.</p>

Note: For smaller sizes, combine some trays (e.g. 1 wet dish, 1 tray for cooked meat); for larger sizes double space allocation.



Healthy takeaway checklist

This checklist provides a way to quickly assess how healthy your takeaway is. Photocopy this checklist and use it every few months to track improvements over time.

Aim to tick as many boxes as possible.

In our takeaway	
We do not sell deep fried foods and use only low fat cooking methods—such as grilling or steaming.	<input type="checkbox"/>
We use only monounsaturated or polyunsaturated margarines and oils.	<input type="checkbox"/>
We do not sell 'fatty' meats—such as cabana, cabanossi or salami.	<input type="checkbox"/>
We trim all visible fat from meat and remove skin from chicken.	<input type="checkbox"/>
We sell meals containing lean meat—such as kangaroo, skinless chicken thighs and lean mince.	<input type="checkbox"/>
We have a healthy hot food choice available every day—such as stew with vegetables and rice.	<input type="checkbox"/>
We sell salads every day.	<input type="checkbox"/>
We sell meals containing meat alternatives—such as eggs or kidney beans.	<input type="checkbox"/>
We have a variety of sandwiches available every day, made with a variety of breads—such as wholegrain, wholemeal and high fibre white.	<input type="checkbox"/>
We sell at least three types of fresh fruit every day.	<input type="checkbox"/>
We use reduced fat dairy products (milk, cheese, yoghurt and custard).	<input type="checkbox"/>
We offer free chilled drinking water.	<input type="checkbox"/>
We only sell 100% fruit juice, in small portion packs (250ml or smaller).	<input type="checkbox"/>
We sell reduced fat flavoured milks in small portion packs (under 400ml).	<input type="checkbox"/>
At least 50% of our drinks in the refrigerator (apart from milk drinks and 100% fruit juices) are low sugar drinks (e.g. diet soft drinks, soda water and unflavoured mineral water).	<input type="checkbox"/>



Promotion	
Healthy food choices are placed at eye level and in key locations—such as checkouts.	<input type="checkbox"/>
We use colourful posters and display boards to promote the healthy products.	<input type="checkbox"/>
We place pieces of fresh fruit and/or other healthy snacks at point of sale—such as the front counter, at eye level.	<input type="checkbox"/>
We do not promote lollies or chocolates.	<input type="checkbox"/>
We do not promote sports drinks or energy drinks.	<input type="checkbox"/>
We cross-subsidise healthy foods (such as fruit and vegetables) by marking up less healthy foods (such as pies or soft drinks).	<input type="checkbox"/>

Management	
We have a documented, active nutrition policy.	<input type="checkbox"/>
All staff have been trained in food safety.	<input type="checkbox"/>
All staff comply with tobacco control legislation.	<input type="checkbox"/>
The takeaway does not have rubbish lying around.	<input type="checkbox"/>
Dogs are not allowed in the takeaway.	<input type="checkbox"/>



Basic cooking tips

Boiled eggs

- Place eggs in saucepan. Fill with water until eggs are under water.
- Place saucepan on stove and cook on high until water boils.
- Reduce heat to simmer and cook for 3 minutes for soft boiled, or 10-15 min for hard boiled eggs.
- Remove eggs from water and place in ice cold water.
- Serve with shells on, or remove shells and add to sandwiches, salads or meals.

Roast chicken

- Defrost chicken in refrigerator until thawed right through (this must be done a night or two in advance).
- Preheat oven to 180°C.
- Place on rack in roasting pan (breast side up) or on chicken spikes into preheated oven.
- As a guide, cook chicken for 30 minutes per 500g.
- Ensure chicken is cooked by inserting a probe into chicken: should read about 80°C in deepest part of chicken; or using a spike inserted into the thigh area: juices should be clear.
- Serve whole or cut into pieces.

Pasta

- Boil water in large pan. Make sure there is plenty of water.
- Check pasta package for cooking time (varies between 10-15 minutes, depending on thickness).
- Add pasta to boiling water and stir to separate the pieces.
- Reduce heat slightly so that pasta does not overflow.
- Stir occasionally to prevent pasta from sticking together or to the pot.
- Taste pasta to see if cooked (do not return part-eaten piece of pasta to saucepan). Do not over cook.
- Drain and wash pasta.
- Serve or place in bain marie tray with a small amount of water to keep fresh.

Boiled rice

- Add rice to saucepan and wash in cold water and drain till water runs clear.
- Fill saucepan with enough water to submerge the rice by approximately 2-4 cm.
- Place on stove on high until water boils.
- Reduce to a simmer and cover rice with saucepan lid.
- Simmer between 15-20 minutes, ensuring rice does not boil dry.
- Rice is ready when grains can be squashed between thumb and finger with ease.
- Serve or place in bain marie tray with a lid.

Roast potato/ sweet potato

- Preheat oven to 220°C.
- Wash and cut potatoes/sweet potatoes (skin can be left on).
- Place potatoes/ sweet potatoes in oven on a greased tray.
- Cook for 40-50 minutes.
- Serve as part of a meal or as larger pieces of potato/ sweet potato.



Easy recipes

These standard recipes are quick to prepare and versatile. Different vegetables and meats can be used. A part refers to volume. This means that in the first recipe, the volume of the rice is twice the volume of the vegetables and four times that of cold meat.

Fried rice

- 4 parts long grain rice, cooked the day before and cooled in the fridge
- Olive oil
- Light soy sauce
- 2 parts frozen vegetables (e.g. peas or carrots)
- 1 part any cold meat (e.g. chicken, diced)
- 1 part chopped shallots.

Heat oil in large frying pan or wok, add meat and cook for a few minutes.
Add vegetables and stir till hot throughout.
Add rice* and soy sauce; stir until sauce has mixed through.
Add shallots last.

* Hint: reheat rice in microwave first

Lamb or beef or chicken casserole

- Olive oil
- 1 part brown onion, chopped
- 1 part garlic
- 5 parts lamb chops or 5 parts chuck steak or 6 chicken legs
- 1 part carrots, coarsely chopped
- 1 part potatoes, cut into 3cm cubes
- 1 part mixed frozen vegetables
- 1 part celery chopped and tinned chickpeas (optional)
- Water (to cover and cook the dish)
- 2 tablespoon of tomato pasta sauce or 3 parts diced tomatoes
- Pinch of dried parsley, basil and thyme
- Salt and pepper
- 2 teaspoons of cornflour (optional).

Heat oil in large pan. Add onion and cook till golden.
Crush garlic, add to the pan and cook for a minute.
Add lamb or beef or chicken and pan fry until brown on all sides.
Add vegetables and cook for a few minutes, turning constantly.
Add water till meat and vegetables are covered, tomatoes or tomato sauce, herbs, salt and pepper.
Bring casserole to the boil, lower heat.
Cover pot with lid and simmer on low heat till meat is tender.

If casserole is too liquid, thicken with 2 teaspoons of cornflour, mixed with cold water. Add to pot and stir till casserole thickens. Repeat if necessary.

For more recipes, contact your local nutritionist.



Menu and workflow planning

Planning menus and workflow saves time. A menu plan structures what foods need to be stocked in advance and a workflow plan shows what should be done and in what order on the day.

When developing your own menu and workflow plan you will need to consider:

- the equipment available
- the number of staff
- the number of meals you are going to serve
- the produce available
- the size of the store
- the size of the community.

Menu planning

Menu planning is a way of writing out a changing menu for a whole week or multiple week cycles. A menu should rotate different types of meats, vegetables and carbohydrates (such as pasta, rice, potatoes) to stimulate consumer interest.

It can take a while to get a menu rotation working smoothly but it is worth persevering as it eventually frees up time.

The following is an example of a menu plan for a whole week. A blank menu is also provided to assist you develop your own menu.



Example of a menu plan

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Hot breakfast	Scrambled eggs	Omelette with cheese	Poached egg	Scrambled eggs	Omelette with capsicum	Scrambled egg	Poached eggs & bacon
Side	Baked beans	Roasted tomato	Spaghetti	Baked beans	Fried mushrooms	Roasted tomato	Fried mushrooms
Toasted sandwich	Tomato & cheese	Ham & cheese	Baked beans	Egg & tomato	Tomato, ham & cheese	Ham & cheese	Baked beans
Hot lunch	Chilli con carne	Spaghetti bolognaise	Beef & black bean	Roast beef	Fish curry	Chicken casserole	Tuna pasta bake
Side 1	Steamed rice	Mixed vegetables	Steamed rice	Mashed potato/ pumpkin/ sweet potato	Steamed rice	Macaroni	As above
Side 2	Corn kernels	Mixed vegetables	Stir fry Asian vegetables	Green beans & carrot	Mixed vegetables	Green beans & carrots	Broccoli & cauliflower
Sandwich 1	Chicken, lettuce & mayonnaise	Roast beef, pickle & cucumber	Ham, cheese & lettuce	Chicken & avocado	Ham, cheese & tomato	Bacon, lettuce & tomato	Chicken, cheese & salad
Sandwich 2	Ham, cheese & grated carrot	Tuna, lettuce & onion	Salad sandwich	Ham & salad	Chicken, corn & mayonnaise	Tuna, lettuce & mayonnaise	Roast beef, pickle & cucumber
Sandwich 3	Roast beef & salad	Chicken & salad	Tuna & celery	Ham & cheese	Roast beef & olives	Chicken & cucumber	Ham & cheese
Dinner hot meal	Meatballs & gravy	Tuna pasta bake	Beef stroganoff	Kangaroo steaks (bbq)	Vegetable and pasta bake	Baked fish	Thai chicken curry
Side 1	Steamed potatoes	Steamed carrots and broccoli	Macaroni	Mashed potato/ pumpkin/ sweet potato	As above	Fried rice	Steamed rice
Side 2	Peas & carrots	Green beans & cauliflower	Mushrooms & carrot	Peas & carrot	As above	Baby corn & snow peas	Stir fry Asian vegetables



Menu plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Breakfast							
Side							
Toasted Sandwich							
Hot Lunch							
Side 1							
Side 2							
Sandwich 1							
Sandwich 2							
Salad							
Dinner Hot Meal							
Side 1							
Side 2							



Workflow planning

A workflow plan helps define what needs to be done on the day and in what order. You can also use it to clarify who does what. It can be as simple or as detailed as you would like to make it. A blank plan is also provided to assist you develop your own workflow.

Example of a workflow plan

<i>Time</i>	<i>Activity</i>
AM <i>(Before opening)</i>	<ul style="list-style-type: none"> Organise and clean kitchen for the day. Boil enough eggs for the whole day. Cool them in iced cold water and leave out the eggs you expect to sell at lunch (in chilled section, below 5°C). Refrigerate the remainder. Prepare ingredients for the stew. Cook stew. Stock the refrigerator with drinks and fresh fruit. Prepare ingredients for sandwiches and salads. Make sandwiches, cut, package and chill (below 5°C). Make salad plates and chill. Cook rice and place in a serving dish (above 60°C). Cook corn and place in a serving dish (above 60°C). Place cooked stew in a serving dish (above 60°C). Store the remaining stew in an appropriate container. Refrigerate at below 5°C immediately. Reheat when required. Clean floors, benches and all equipment.
Lunch Service	
PM	<ul style="list-style-type: none"> Refrigerate left overs. Turn off equipment not in use. Clean up and sanitise floors, benches and all equipment. Empty bins. Stock the refrigerator with drinks and fresh fruit. Prepare ingredients for hamburgers and sandwiches. Cook corn and place in a serving dish (above 60°C). Cook hamburgers and place in serving dish (above 60°C). Reheat any leftover stew and rice. Place in a serving dish (above 60°C).
Dinner Service	
Before closing	<ul style="list-style-type: none"> Turn off equipment. Refrigerate leftover fruit. Dispose of leftover stew, salads, hamburgers and sandwiches. Restock wet and dry goods for the following day. Clean floors, benches and all equipment. Empty bins. Close.



Workflow plan

Time	Activity
AM (Before opening)	
Lunch Service	
PM	
Dinner Service	
Before closing	



Food safety

Food safety is governed by the Food Standards Australia New Zealand (FSANZ). Enforcement of food safety standards lies with Environmental Health Programs of relevant local and state governments.

Unsafe food can lead to food poisoning, which is a serious illness and can cause death. Food safety can be ensured by taking special care at all stages of purchasing, storing, preparing, cooking, serving and cleaning.

Purchasing foods

Look for defects in packaging such as improper sealing, dented cans, foreign objects and signs of spoilage. This is particularly important when foods have been transported over long distances.

It is your right to return foods that are not up to standard. If in doubt, return it, or throw it out.

Best before date

Foods with a shelf life of less than 2 years have to display a 'best before date'. These foods can be sold after that date, provided the food is not damaged or it has not deteriorated or perished.

Always check foods that have passed their 'best before date' for signs of spoilage.

Use by date

A 'use by date' must be displayed on foods that deteriorate and pose a significant health risk after a certain time. The 'use by date' tells us when the food is no longer safe to eat. Foods should not be sold after this date. An exception to this is bread, which can be labelled with a 'baked on' or 'baked for' date, if its shelf life is less than 7 days.

Remember to check the 'use by' and 'best before' date on all foods!

For more information on food labels, see Appendix B.

Storing foods

Storing foods correctly helps keep them safe and can also help retain their nutrient value, freshness, aroma and texture.

- Always read food labels for correct storage instructions.
- Keep food storage areas clean (including shelves, cupboards and refrigerators).
- Store foods away from chemicals.
- Store raw foods away from ready to eat foods to prevent cross contamination.
- Use and store foods so that the older products get used first.

Storing foods in the refrigerator

Storing foods in the refrigerator stops germs from breeding and slows down the rate of chemical change in the food.

- Keep refrigerator temperature at 5 °C or less (check with accurate thermometer).
- Cover all cooked foods and store on shelves above uncooked foods to prevent cross contamination.
- Wrap and place raw and defrosting meats in containers on the bottom shelves, to prevent dripping onto other foods.
- Clean up all spills immediately.
- Clean fridge and freezers regularly.

See Appendix C for storage temperatures and times for foods stored in the refrigerator.



Storing foods in the freezer

- Keep freezer temperature at -15 °C and check temperature regularly. Food should be 'hard frozen'.
- Store food in sealed packages that are free of air.
- Freeze foods in small amounts rather than large amounts to help food freeze and defrost thoroughly.
- Do not refreeze food that has already been defrosted.
- Date and label all frozen food.
- Defrost and clean freezers regularly.

See Appendix C for storage temperatures and times for foods stored in the freezer.

Storing foods in bain maries

- Keep hot foods stored in bain maries at a constant temperature of 60 °C or above.
- Keep food level with the side of tray.
- Cover all foods.
- Empty and clean bain maries every day.

Storing cans and jars

- Read labels for specific storage instructions.
- Store cans and jars in a cool dry place, away from light.
- Store contents of opened canned foods in the refrigerator in a new container (i.e. not the can).
- Discard swollen or leaky cans and vacuum sealed jars that do not make a popping sound when opening.

Vacuum packed and modified atmosphere foods

- Store according to the instructions on the package.

Storing dehydrated and dried foods

- Store dried foods in a sealed container and in a cool dry place away from direct sunlight or heat.
- Check dried food regularly for insect or vermin infestation.
- Store opened packets of dried food in refrigerator to increase shelf life.
- Treat re-hydrated dried food as perishables and store in refrigerator.

Preparing food

By following a few simple steps, food can be kept safe from germs during all stages of preparation.

Hand washing

Always wash your hands with soap and dry them thoroughly

- before preparing food
- after handling raw foods—such as raw meat
- after touching animals
- after smoking
- after using the toilet or assisting others with toilet use
- after changing children's nappies
- after blowing your nose or sneezing
- after handling money
- after cleaning or handling rubbish.

See Appendix D for correct hand washing procedures.



Personal hygiene

- Always wear gloves before touching food if you have cuts or sores on your hands.
- If unwell, seek medical advice before working.
- If suffering from a foodborne illness, do not prepare food.
- Keep long hair tied back and covered so that it does not fall into the food.
- Wear protective clothing—such as enclosed shoes, aprons, oven mitts and gloves (when required).
- Remove hand or wrist jewellery that might catch food.

Remember that all enclosed workplaces are smoke free. See Appendix E for more information on tobacco control legislation in each state/territory.

Stopping the spread of germs

Cross contamination, or the spread of germs, occurs when germs normally found on raw food move to cooked food. To prevent cross-contamination:

- Prepare raw and cooked foods separately. Use separate areas or different cutting boards and different utensils (such as different knife for raw and cooked foods).
- Do not taste-test foods with the same utensils as those used for stirring.
- Never place cooked foods on plates that have held raw meat, poultry, seafood or uncooked root vegetables.
- Store cooked foods and raw foods separately.
- Use different cloths for cleaning up after raw foods and cooked foods.
- Keep all foods covered in plastic wrap or airtight containers when stored.
- Wear clean clothing.
- Wash and dry all benches and equipment before and after cooking.
- Store saucepans and containers upside down.
- Place rubbish in bins that are emptied daily.
- Clean the floors and walls regularly.

For more information, read the 'Care for your food' chapter in the Australian Dietary Guidelines.¹

Thawing food

Germs that contaminate food grow well at room temperature. When thawing foods:

- Minimise the time the food is left at room temperature.
- Thaw ready to eat frozen foods in the refrigerator. If using the microwave 'defrost setting', cook food immediately.
- Ensure that all meat is thawed completely before cooking and make sure that the fluids produced do not contaminate other foods or cooking utensils.

Preparing fruits and vegetables

- Wash fruits and vegetables thoroughly before peeling, cutting or eating whole.

Marinating

- Marinate foods in the refrigerator.
- Do not use the marinade again, unless it has been cooked.

Cooking

- Cook rolled/stuffed meats, poultry, pork, sausages and mince all the way through, until the juices run clear when the meat is pierced.
- Rotate and stir food in a microwave to ensure the food cooks completely.
- Never partially cook foods and finish cooking them later.



Cooling

- The quicker food cools down, the less likely it is that germs multiply.
- To store cooked food for a later date, place it in the refrigerator as soon as it stops steaming.
- It is required that food cool down from 60°C to 21°C in no more than two hours and from 21°C to less than 5°C in the following four hours.
- To cool food more quickly, divide it into smaller quantities or place it in shallow containers in the refrigerator.

Reheating

- Reheat food until it is steaming hot.
- Bring soups, sauces and gravies to a rolling boil.
- Do not reheat food more than once.
- Follow instructions on the packets of pre-prepared frozen or refrigerated meals.

Serving

- Display cold food on ice or in refrigerated cabinets (at 5°C or below).
- Display hot food in bain marie (at 60°C and over).
- Cover food until ready to be served.
- Never 'top up' trays of food in a bain marie.
- Use separate utensils for each dish.
- Advise customers to eat hot takeaway meals within 2 hours of serving.

Storage temperature and shelf life of some common takeaway foods

Follow these recommendations for optimum food storage conditions.

Takeaway item	Storage temperature	Shelf life
Sandwiches	< 5°C	24 hours
Salads	< 5°C	24 hours
Prepared fruit	< 5°C	24 hours
All hot food items	> 60°C	End of day

< means less than

> means greater than

Shelf life of foods kept between 5°C and 60°C

In practice, it is acknowledged that food might sometimes be kept outside of the optimal range and the following practice is recommended by Environmental Health Officers:

If food is kept between 5°C and 60°C

- for up to 2 hours: use immediately or refrigerate and eat within 24 hours
- between 2 and 4 hours: do not refrigerate, use immediately, or throw away
- after more than 4 hours: do not eat, throw away.

Note that the store or takeaway manager must provide proof of the length of time the foods have been in the 5 °C to 60 °C temperature range (e.g. stickers on sandwiches indicating time of making). Failure to do so will result in the destruction of these foods by visiting enforcement officers.

Remember

- Always keep hot food hot—above 60°C
- Always keep cold food cold—below 5°C



Cleaning and sanitising

- Thoroughly clean and sanitise all work surfaces, crockery, cutlery, cooking utensils and other equipment, using warm water and detergent.
- Ensure equipment is completely dry before re-use.
- Use disposable paper towel to reduce cross contamination.
- Wash, dry and replace kitchen towels, sponges and cloths regularly.
- Keep benches, shelves, work surfaces and appliances free of food particles.

More information

For more information on food safety, contact

Food Standards Australia New Zealand (FSANZ) on (02) 6271 2222 or visit

<http://www.foodstandards.gov.au>

your local Environmental Health Officer

or visit the site relevant to your state or territory

NSW	http://www.foodauthority.nsw.gov.au/industry/index.asp
NT	http://www.nt.gov.au/health/healthdev/enviro_health/environmental/foodsafety.shtml
QLD	http://www.foodsafetymatters.gov.au/foodsafetymatters/default.asp
SA	http://www.health.sa.gov.au/pehs/food-index.htm
Tasmania	http://www.dhhs.tas.gov.au/services/view.php?id=781
Victoria	http://www.health.vic.gov.au/foodsafety/
WA	http://www.health.wa.gov.au/envirohealth/food/foodsafety.cfm



Appendix A More details on the Australian Dietary Guidelines

Note that only the guidelines relevant to stores and takeaways have been included in this section.

Enjoy a wide variety of nutritious foods

Nutrients essential for human life are found in varying amounts in different foods. We must eat a sufficient amount of a variety of healthy foods, in order to get the right amounts of nutrients.

Stores and takeaways provide a large source of meals for remote community people. It is therefore important that they provide a variety of nutritious foods.

Eat plenty of vegetables, legumes and fruits

Eating plenty of different types of vegetables, legumes and fruits promotes good health and can help protect against diseases such as heart disease, stroke, cancer, diabetes, high blood pressure and eye degeneration. Fruit and vegetables can be fresh, frozen, canned or dried.

Legumes include: split peas, kidney beans, lentils, baked beans and other peas and beans.

Adults should consume on average 2 serves of fruit and 5 serves of vegetables each day, selected from a wide variety of types, colours and served either cooked or raw.

Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain

Cereal grains are an excellent source of many essential nutrients including carbohydrates, protein and fibre. They are mostly low in fat and are a good source of vitamins and minerals.

Eating wholegrain cereal can help protect against heart disease, obesity and some cancers. Foods that are high in slowly digested or resistant starch, or high in soluble fibre are called low glycaemic index (GI) foods. They can help protect against diabetes and improve blood glucose control in those with type 2 diabetes. Examples of low GI cereals include basmati rice, pasta and oats (porridge).

Eating foods high in starch and fibre will improve bowel functions and may also decrease the risk of bowel cancer.

Include lean meat, fish, poultry and/or alternatives (such as eggs, liver, kidney, shell fish, legumes, nuts, nut pastes and some seeds)

Lean meats, fish, and poultry provide essential protein for growth and repair, and vitamins and minerals—including iron, zinc and vitamin B12—that are needed for strong blood and normal growth and development. Meat alternatives, such as eggs, liver, kidney, shellfish, legumes, nuts and seeds are good sources of protein and some vitamins and minerals. Some traditional meats, such as kangaroo, are low in fat.

Fish is a good source of Omega-3 polyunsaturated fats, which have been shown to enhance brain development and protect against heart disease by lowering blood fats. Fish is also a good source of iodine, which is in low supply in some parts of Australia.

Include milks, yoghurts, cheeses and or alternatives. Reduced fat varieties should be chosen where possible

Milk and milk foods are the best source of calcium in the Australian diet. Calcium is needed for the normal development and maintenance of teeth and bones. Milk foods are high in protein and also good sources of vitamin A, riboflavin, vitamin B12 and zinc, which are all needed for the body's growth and maintenance. As dairy products often contain a large amount of saturated fat, reduced fat varieties are recommended for people over the age of 2 years.



Drink plenty of water

Water is an essential nutrient required for all body functions. Drinking plain water is a safe, low cost way of satisfying thirst, without the additional energy. Drinking tap water can also help protect against tooth decay, if fluoride has been added*. If access to tap water is limited, then bottled water is the next best alternative, but not all bottled water contains fluoride.

Limit saturated fat and moderate total fat intake

Fats in the diet can be 'visible' or 'invisible'. *Visible fats* include margarine, butter, oils and the fat on meat. *Invisible fats* are also present in foods such as cheese, sauces, biscuits, mayonnaise, chocolate, cream, nuts, pastries and cakes.

There are different types of fats. The most common are saturated, polyunsaturated and monounsaturated fats.

Saturated fats (also called the 'bad fats')	Poly and monounsaturated fats (also called the 'good fats' or the 'good oils')
They are usually solid at room temperature.	They are usually liquid at room temperature.
They are the main type of fat in milk, cream, butter, cheese, and in most animal meats. They are also found in palm and coconut oil. They are usually the cooking fats used for deep-frying and in processed foods like pastry, biscuits, cakes and potato crisps.	They are found in olive, canola, peanut, sunflower, safflower and corn oils, Omega-3 fish oils and the fat in kangaroo meat.
Eating too much saturated fat can raise blood cholesterol, which is a risk factor for heart disease.	These fats do not increase blood cholesterol.

Whenever possible, saturated fats should be replaced with unsaturated fats to reduce the risk of heart disease.

Trans fats are formed during food manufacturing and occur naturally in small amounts in meat and dairy foods. They are found in some margarines, oils and processed foods. They are labelled a 'bad fat'.

Fats are the most concentrated form of energy. Out of all the nutrients, they contain the most kilojoules per gram. Whether 'good' or 'bad', all fats have the same amount of kilojoules per gram and their intake should be limited to prevent weight gain and subsequent chronic disease.

Choose foods low in salt

In the Australian diet, salt (or sodium) intake comes predominantly from commercial foods, followed by salt added at the table and during cooking, and that which occurs naturally in some foods.

A low salt food is a food with a sodium concentration of less than 120 mg per 100 g.

Reducing salt intake by choosing foods low in salt and not adding salt to foods may be protective against high blood pressure.

People do not need to add salt to food, even if they perspire excessively.

** Note that while fluoride is added to tap water in most Australian cities and major towns, it may not be the case for remote communities. However on some areas - Central Australia for example - water may naturally have higher levels of fluoride.*



Consume only moderate amounts of sugars and foods containing added sugars

Many foods contain naturally occurring sugars (such as fruit) or sugar that has been added during processing. Soft drinks and confectionery have a high sugar content and contain no other nutrients. Fruit juice contains valuable nutrients but also has a high sugar content and should be consumed with moderation.

Sugar is an energy source and, if eaten in excess, can contribute to overweight and obesity.

Too much sugar in the diet can also contribute to tooth decay.

Care for your food

In Australia there has been an increase in illnesses caused by unsafe foods over the past 10 years. These illnesses can have serious health consequences. Correct handling of food during all stages of its preparation, cooking, serving and storage is essential.

Most foodborne illnesses can be avoided if safe handling procedures are followed.



Appendix B Reading food labels

It is important to read food labels to be able to compare different products and choose healthier foods.

Food labelling laws are part of the Australia New Zealand Food Standards Code and are set by Food Standards Australia New Zealand (FSANZ). Currently the use of terms such as 'reduced' or 'low' or 'free' of fat, salt and sugar is governed by the 1995 Code of Practice on Nutrient Claims, which is not legally enforceable. This code can be viewed by going to <http://www.foodstandards.gov.au> and typing in 'code of practice' in the search box.

It is anticipated that this code will be replaced in 2008 by a new 'Standard on nutrition, health and related claims', which will be legally enforceable and will contain definitions for the terms that can be used.

The information provided next is correct at time of print.

Nutrient claims

Many products make statements, or nutrient claims, about their contents. Some may be misleading and should be checked against the nutrition information panel.

Fat

- **Reduced or less fat:** this food must have at least 25% less fat than the regular product to which it is being compared, and at least 3 g less fat per 100 g of food (or 1.5 g less fat per 100 g of liquid food). This means that a product can be labelled reduced fat, but still be relatively high in fat.
- **Low fat or low in fat:** this food must contain no more than 3 g of total fat per 100 g of food, or 1.5 g of total fat per 100 g of liquid food.
- **% fat free:** this food must meet the requirements specified for the claim 'low fat', and must carry a statement of the actual total fat content (expressed as a percentage of the food) in close proximity to the claim.
- **Fat free:** this food cannot have more than 0.15 g of total fat per 100 g of food.

Cholesterol

- **Low cholesterol:** this food must contain no more than 20 mg of cholesterol per 100 g and must either meet conditions for low fat, or have a maximum of 20% of saturated fatty acids and at least 40% of mono or polyunsaturated fatty acids.
- **Reduced or less cholesterol:** this food must meet conditions for low cholesterol and must carry a statement of comparison with reference food, in addition, it must either meet conditions for a 'low fat' claim, or the fatty acid component of the food must have a maximum of 20% of saturated fatty acids and at least 40% of mono or polyunsaturated fatty acids.
- **Cholesterol free:** no more than 3 mg of cholesterol per 100 g of food and the food must be low fat, or the fatty acid component of the food must be less than or equal to 20% of saturated fat and at least 40% of mono or polyunsaturated fat.

Sugars

- **No added sugar:** this claim can only be used if the food contains no added cane sugar, honey, glucose, fructose, malt, malt extract or maltose.
- **Unsweetened:** this claim can only be used if the food contains no added sugar, honey, malt, malt extract, maltose, artificial sweeteners, sorbitol, mannitol, glycerol, xylitol, maltitol, maltitol syrup, isomalt or lactitol.
- **Low sugar:** this food must not have more than 5 g of total sugar per 100 g of food, or no more than 2.5 g per 100 g of liquid food.



Salt

- **Reduced salt/sodium; reduced in salt/sodium; salt/sodium reduced; lightly salted:**
 - the food must not contain more than 75 per cent of the sodium content of the same quantity of the reference food; and
 - the food must contain at least 90 mg less sodium per 100 g of food than the same quantity of the reference food; and
 - the food must not contain more than 600 mg of sodium per 100 g of food; and
 - there must be a statement of comparison with the reference food.
- **No added salt/sodium or unsalted:** the food and its ingredients must contain no added salt or sodium compound and must be unsalted.
- **Low salt/sodium:** the food must have no more than 120 mg per 100 g of food.

General claims

- **Free:** finite limits are permitted for certain nutrients, such as cholesterol, sodium and sugar.
- **Light or lite:** 'light' characteristics of a food must be stated on the label. Be aware that 'light' can also refer to the colour of the food. If the claim refers to a nutrient or energy, then the food must comply with the reduced or low claim.
- **Diet:** the energy content of the food must be no more than 60% of the energy content of the same quantity of the regular product and the food must contain at least 170 kJ less per 100g of the food, or 80 kJ less per 100g liquid food, compared with the same quantity of regular product.
- **High fibre:** the food must contain at least 3g of fibre per serve.



Nutrition information panel

This panel explains what the product contains. It must be displayed on most packaged food and beverages, with the exception of herbs, spices, tea, coffee, prepared foods at point of sale and unpackaged foods that do not make a nutrition or health claim.

Ingredients list

- Ingredients must be listed in descending order of quantity (most to the least).
- The key, or characterising ingredient, must show a percentage (e.g. strawberries 9%).
- All food additives must be identified by number (e.g. thickener 1442).
- Trace amounts of foods must also be declared on the label (e.g. traces of gluten).

Quantity

Every product must state quantities per serving and quantity per 100 grams (or 100 millilitres if liquid). Use the 'per 100 g section' to compare products.

NUTRITION INFORMATION		
Servings per package:		
Serving size: 150g		
	Quantity Per Serving	Quantity Per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
- saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
- sugars	18.6g	12.4g
Sodium	90mg	60mg
Calcium	300mg (38%)*	200mg
* Percentage of recommended dietary intake		
Ingredients: Whole milk, concentrated skim milk, sugar, strawberries (9%), gelatine, culture, thickener (1442).		

◀ When comparing products, use per 100g

Percentage of the key or characterising foods



Appendix C Food storage monitoring guide

Monitoring of storage temperatures is necessary to ensure food safety. To monitor temperatures easily, keep a thermometer in the refrigerator or freezer (where it can be read easily) and a clipboard with temperature log sheet and pen attached (where it can be located easily).

Check the thermometer twice a day to monitor fluctuations. Note temperatures and appropriate action taken if temperatures fall outside the recommended ranges (see below).

Sample food storage temperature recording chart:

Recommended temperatures:

- Refrigerator: 0°C to 5°C
- Freezer: -18°C to -23°C

Date	Time	Temperature	Corrective action



Freezer storage times

Storage temperature (-15 °C to -18 °C)

<i>Food</i>	<i>Maximum storage time (in months)</i>
Bread (baked)	2
Fruit (raw)	5-24
Green vegetables (pre-cooked)	6-18
Cooked items	2-3
Dairy products	2
Seafood	3
Chicken	6
Fish	3-4
Meat	10-12

(Adapted from Food Science Australia <http://www.foodscience.csiro.au/handling.htm>)

Refrigerator storage temperature and times

<i>Food</i>	<i>Storage temperature</i>	<i>Shelf life</i>
Fish	0-3 °C	2-3 days
Shellfish	0-3 °C	2 days
Meat	0-3 °C	3-5 days
Minced meat/offal	0-3 °C	2-3 days
Cured meat	0-3 °C	2-3 weeks
Poultry	0-3 °C	2 days
Fruit juices	0-3 °C	7-14 days
Milk	1-7 °C	5-7 days
Cream	1-7 °C	5 days
Eggs	2-4 °C	3-6 weeks
Butter	0-7 °C	8 weeks
Oils and fat	2-7 °C	6 months (variable)
Margarine	2-7 °C	8 weeks (variable)

(Adapted from Food Science Australia <http://www.foodscience.csiro.au/handling.htm> and <http://www.foodscience.csiro.au/refridgerated.htm>)



Appendix D Correct hand washing procedure

Contact your state/territory Health Department's Environmental Health section for posters and other resources.

didya wash ya hands?



1. **wet hands with water**
2. **put soap on your hands**
3. **rub hands together for 20 seconds**
4. **rinse hands thoroughly**
5. **dry hands with paper towel or shake them dry**


Northern Territory Government

Funded with the assistance of the Commonwealth Department of Health and Ageing.
For more information visit www.nt.gov.au/health


no germs on me!



Appendix E Tobacco control legislation

Tobacco control legislation applies in all states and territories but may differ from state to state. If in doubt, go to your state or territory website to find out what is relevant to you.

NSW	http://www.sesahs.nsw.gov.au/PublicHealth/Environmental/smokefree.asp
NT	http://www.smokefree.nt.gov.au
QLD	http://www.health.qld.gov.au/atods/tobaccolaws/index.asp
SA	http://www.tobaccolaws.sa.gov.au/Default.aspx?tabid=136
Tasmania	http://www.dhhs.tas.gov.au/agency/pro/tobacco/tobaccocontrol.php
Victoria	http://www.smokefree.org.au
WA	http://www.quitwa.com/QuitResources/SmokingAndTheLaw

Of greatest importance with regard to smoking and stores or takeaways is the practice of selling cigarettes. Amongst other legal requirements, there are a few key factors that shops must adhere to and a few strong suggestions that are made:

A store or takeaway must

- be licensed to sell tobacco products
- not sell to children (i.e. unless seller can confirm person is over 18, via ID such as drivers licence, it is an offence to sell to that person)
- have tobacco retail licence and other relevant signage, such as the Quitline signage, visible at the point of sale
- comply with all display requirements, which includes not having any more than one of each product visible - however refer to preferred approach below
- not sell single cigarettes, or break up loose tobacco into smaller packets; and
- ensure all products sold in packaging containing relevant graphic health warning.

It is strongly suggested that the store or takeaway consider implementing the following:

- remove tobacco products from view (tobacco products to be kept out of sight and only produced upon request)
- make available Nicotine Replacement Therapy (NRT) products where tobacco products are sold, and when cigarettes are requested.



References

- (1) National Health and Medical Research Council. Food for Health: Dietary Guidelines for Australian Adults. 2003. Commonwealth of Australia.
- (2) National Health and Medical Research Council. Food for Health: Dietary Guidelines for Children and Adolescents in Australia, incorporating the Infant Feeding Guidelines for Health Workers. 2003. Commonwealth of Australia.
- (3) Australian Government Department of Health and Ageing. Australian Guide to Healthy Eating. 1998. Commonwealth of Australia.
- (4) Department of Health and Community Services. The Aboriginal and Torres Strait Islander Guide to Healthy Eating. 1-1-2005 Available at http://www.nt.gov.au/health/comm_health/food_nutrition/list.shtml#healthyeating
Last accessed 9-10-2007

Note: the Dietary Guidelines for all Australians can also be downloaded at
<http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm>



Notes:



