

FOOD FOR THOUGHT

The Newsletter of the Food Safety Service of the Housing and Public Protection Department



WREXHAM COUNTY BOROUGH COUNCIL

Public Protection

Healthy Options Award Scheme

An exciting new award scheme for food businesses has recently been launched across Wales.

What is this award about?

Consumers now view eating out not just as an occasional treat, but as part of everyday life. Therefore, as a caterer you could potentially make a tremendous contribution to improving your customers diet and health by providing healthier food choices. Consumers are confronted almost daily with information about diet, nutrition and health in the media. Surveys have shown that consumers are becoming much more knowledgeable about healthy eating, and many customers think that they should have the choice to eat healthily when they eat out. Many food manufacturers and retailers who have taken the opportunity to introduce healthier options are seeing rapid growth in these sales.

The aim of this Healthy Op-

tions Award is to increase accessibility to tasty food, which has been prepared in a healthy way. This scheme is aiming to offer the customer healthy options on your menu –your entire menu does not have to be healthy. It is about giving the customer a choice.

How will it help my business?

Successful premises will:

- Receive a Healthy Options Award certificate to display on the premises;
- Have free publicity in the Local Authority and any relevant publications and websites
- Have the right to use the Healthy Options Award logo on their stationery/menus/boards
- Hopefully maintain and extend business as increasing numbers of people are choosing a healthier life-style

- Enhance their reputation by maintaining good hygiene practices and offering healthy options to their customers.

How can I get an award?

If you are eligible to apply for this award you will be contacted by letter over the next 12 to 18 months. To qualify you must already hold a food hygiene award to at least the bronze level, as good hygiene practices are a pre-requisite for any healthy eating.

When your assessment is complete your overall score determines if an award can be granted and whether it is at bronze, silver or gold level. This is then valid for two years and it is possible to move to higher awards after that time.

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It's Hand Washing Time Again !!

Thorough hand washing is very important whether you are about to prepare food, eat your lunch or have just been to the toilet. Hand washing is an essential tool in preventing the spread of germs that can cause all kinds of illnesses.

So this summer, members of the Food Safety Team visited primary schools across the borough to give school children valuable advice on how to wash their hands properly in a fun way.

Children were reminded when they need to wash their hands and how to do this effectively to remove bacteria from their hands. A special fluorescent "germ juice" was applied to their hands. Pupils placed their hands in an Ultra-Violet light box to see the "pretend germs". After washing their hands thoroughly, again they placed their hands in the Ultra-Violet light box to see if they have missed any areas on their hands. Pupils enjoy this hands –on ap-

proach and retain the hand washing message.



Penycae Junior school taking part in our hand washing

demonstration

Salmonella Agona Outbreak

Some of you may have read recent articles in the papers about an outbreak of Salmonella that has affected up to 110 people across the UK and Ireland over the past few months. Initial reports suggested a link to sandwiches purchased from high street sandwich shops, such as the Subway chain.

The strain of Salmonella implicated was Salmonella Agona and it was eventually traced back to a number of chicken, beef and bacon products from

Dawn Farm Foods Ltd., Northern Ireland. These meats were being added to a range of ready made sandwich fillings manufactured by the Kerry Group. As a precaution all relevant products were withdrawn from the market and affected sandwich businesses were contacted direct. No businesses in the Wrexham area were thought to have been affected.

This is an example of how the Food Alert system, coordinated by the Food Standards Agency,

is able to withdraw contaminated products from the market place to minimise the risk to the public. It is also a timely reminder for all caterers of the importance of ensuring that hot sandwiches are thoroughly cooked before service and for the need to follow strict procedures to avoid cross contamination between raw and cooked foods.

Further information on this outbreak can be found on the Food Standards Agency website.

Use by dates

The Trading Standards Service is concerned that the number of incidents of food being displayed or sold past the use by date has increased. Food businesses need to be aware that use by dates are there for a purpose to ensure that perishable foods do not pose a risk to health. It is an offence to sell food beyond its use by date and the Service is advising food businesses to examine their systems and procedures to ensure that they fully comply with this provision.

For further information and advice contact the Commerce Team on 01978 292045.

SALT REDUCTION CAMPAIGN

Wrexham Trading Standards Service is asking local takeaway food outlets to help in reducing salt intake and improve health in Wrexham by introducing new “healthier” salt shakers.

What is the problem?

Nationally we are consuming an average of 8.6g of salt every day in comparison to the recommended daily intake of 6 g. Excessive salt consumption has significant health implications and figures show that if we reduce salt intake to the recommended level it could lead to a 24% reduction in deaths from strokes and an 18% reduction in deaths from coronary heart disease. This would prevent approximately 35,000 stroke and heart attack deaths in the UK each year.

How you can help us to help you and your customers?

Research on the amount of salt added through use of large salt shakers usually found in takeaways shows up to 3g or half the daily recommended allowance of salt can be added to one takeaway meal. Trading Standards has a number of new healthier salt shakers with fewer holes than those usually found in takeaways. If used in the same way these dispense about 50% less salt. Trials in other parts of the country have shown the vast majority of customers don't actually notice any difference but if a customer has requested more salt, more has been given. We are keen for takeaways to trial this new approach and the salt shakers are now available free of charge by contacting Trading Standards

on 01978 292045

What are the benefits for your business?

It's healthier for your customers – eating too much salt can increase blood pressure and this in turn can increase the risk of developing heart disease or having a stroke.

You will use less salt.

It will cost you less.

There will be less wastage.

By using the new salt shakers you will be helping improve the long term health of the people who live and work in Wrexham. For further information contact the Commerce Section of the Trading Standards Service on 01978 292045 .

Foreign Language Labelled Food

In recent years the sale of food imported from both within and outside the EC has become increasingly popular. Obviously, many of these products are labelled in foreign languages. The same requirements apply to foreign labelled food as to do with English labelled food. Neither retailers nor wholesalers can supply food without English labelling even though the regulations apply in a slightly different ways.

Retailers – must make sure that all pre-packed food including drink which they sell, displays all the compulsory information on each container in English as follows:

Food name – this should be one as required by law or a customary name. If neither of these apply the name must be sufficiently precise to inform a purchaser of the food's true nature, and distinguish it from products with which it could be confused (Note: a brand name of fancy name can still be used providing it is not substituted for the proper name.)

A list of ingredients, in descending order by weight

A percentage quantity indication of certain ingredients otherwise known as QUID

A Use by, best before or best before end date

Any special storage or use conditions

The name and address of the manufacturer, packer or seller established within the EC

Place of origin if its omission could mislead

Any instructions that are necessary to use the food

Specified allergenic ingredients must be indicated

Some products also have specific additional labelling requirements e.g. meat products, jam, chocolate.

Wholesalers must make sure:

If food is ready for delivery to the ultimate consumer that it complies with the regulation (food is ready for delivery to the ultimate consumer if the packaging will not be changed prior to the ultimate sale)

The compulsory information above can be given in either of the following ways:

On the outer packaging of the product OR

Partly on the outer packaging and partly in a commercial document that accompanies the food or is sent prior to the sale. The name of the food, durability indication and name and address of manufacturer, packer or seller established within the EC must be on the outer packaging, the rest of the information in a commercial document.

Any pre-packed food sold in catering establishments which include restaurants, canteens, pubs, clubs, schools or similar that does not need any further preparation before the customer eats it must be labelled in accordance with the above regulation. This includes both mobile caterers and fast food vans. **To sell food that is not labelled in accordance with these rules is an offence under the regulations and may result in a £5,000 fine. If the retailer commits an offence because the wholesaler did not provide the necessary information, the wholesaler can also be prosecuted.**

For further information contact the Commerce Section of the Trading Standards Division on 01978 292045



DATES FOR YOUR DIARY

Food Hygiene Training Courses 2008—2009

HOW TO CONTACT US

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Food Safety Section & Trading Standards
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Visit us on the Web @
www.wrexham.gov.uk

Level 2 Award in Food Safety in Catering (Basic) (£41.00)

November 2008 Monday 10th & 17th (6-9pm)

January 2009 Monday 12th & 19th (6-9pm)

March 2009 Monday 9th & 16th (6-9pm)

Level 3 Award in Supervising Food Safety in Catering (£107.00)

Wednesday 4th February 2009—Wednesday 29th April 2009
(6—8pm)

Level 4 Award in Managing Food Safety in Catering (£295.00)

Unfortunately we are not running this course until September 2009, we will keep you posted when the dates are available.

Food Hygiene Award Winners

Congratulations to the following premises who have achieved Food Hygiene Awards between April 2008 and August 2008.

Gold Award

Bronington VP School, Bronington;
St Josephs RC School, Wxm; New
Hall Residential Home, Ruabon;
Granny B's, Peoples Market, Wxm;
Tomlinson's Dairy, Minera, Wxm;
Ysgol Rhiwabon, Ruabon, Wrex-
ham; Sainsbury's, Plas Coch, Wxm;
Roil Foods, Wxm Ind Est, Wxm,
Kellogs, Bryn Lane, Wxm Ind Est,
Wxm.

Silver Award

Ysgol Hooson, Rhos; Yale College,
Bersham Rd, Wxm; M.E.Evans,
Butchers Market, Wxm; F Bender
Staff Canteen, Gresford Ind Park,
Gresford; Fairhome Nursing home,

Fairy Rd, Wxm; darland High
School, Rossett; Lewis' Farm Shop,
Eyton; Lloyds No1, High St, Wxm;
Yales café Bar, Hill St, Wxm;
Ceiriog C.P. School, Chirk; Nant y
Gaer Nursing Home, Llay; Ysgol
Cynddelw, Glyn Ceiriog; Plas y
Wern Probation & Bail Hostel,
Ruabon; St Mary's Church School,
Ruabon; First Milk Cheese Company
(Cheese Packing), Cross Lanes, Wxm; J
H Austin, Llay Industrial Est, Llay;
Penley Hospital, Penley; Madrass VP
School, Penley; Wetherspoon Plc, Re-
gent St, Wxm; Ysgol St.Dunawd, Ban-
gor Isycoed; Ysgol Bryn Tabor, Coed-
poeth; The Community Café, Well
Street, Cefn Mawr, Ruabon Jnr
School, Ruabon.

Bronze Award

Ashgrove Residential Home, Gresford;
Ashleigh Court Residential Home,
Gresford; Eyton School,
Wxm; Gwersyllt Jnr School, Gwersyllt,
Wxm; Froncysyllte Primary School,

Fron; Little Café, General Market,
Wxm; Fish & Chip Shop, High St, Rho-
symedre; Griffiths Butchers, High St,
Rhosymedre; Val's Chippy, Penycae;
Ysgol Y Wern, Rhos; Hanmer VP
School, Hanmer; Asda Bakery & Staff
Restaurant, Holt Rd, Wxm; Knolton
Farmhouse Cheese, Overton; Co-Op
Late Shop, Lord St, Wxm; Cherubs
Day Nursery, Rhosrobin, Wxm; The
Towers Nursery, Acrefair, Wxm; Toy
Box Day Nursery, Mold Rd, Wxm; Rye-
croft Residential home, Percy Rd,
Wxm; Pant Yr Ochain, Gresford;
Garth primary School, Garth; Conifers
Care Home, Johnstown; Pendine Park
Care Home, Summerhill; The Brambles
Nursery, Gwersyllt, Wxm; Playland
Day Nursery, Wxm, Ysgol Y Grango,
Rhos; Butchers Shop, Cefn Mawr;
Spuds Galore, Marford; Saplings Chil-
drens Nursery, Wxm; Wynnstay Arm
Hotel, Yorke St, Wxm; Ruabon Jnr,
Ruabon; The Sizzling Pig Company,
Malpass; Stevie's Fast Food, Rhos,
Deva Hse Day Centre, Deva Way,
Wxm.