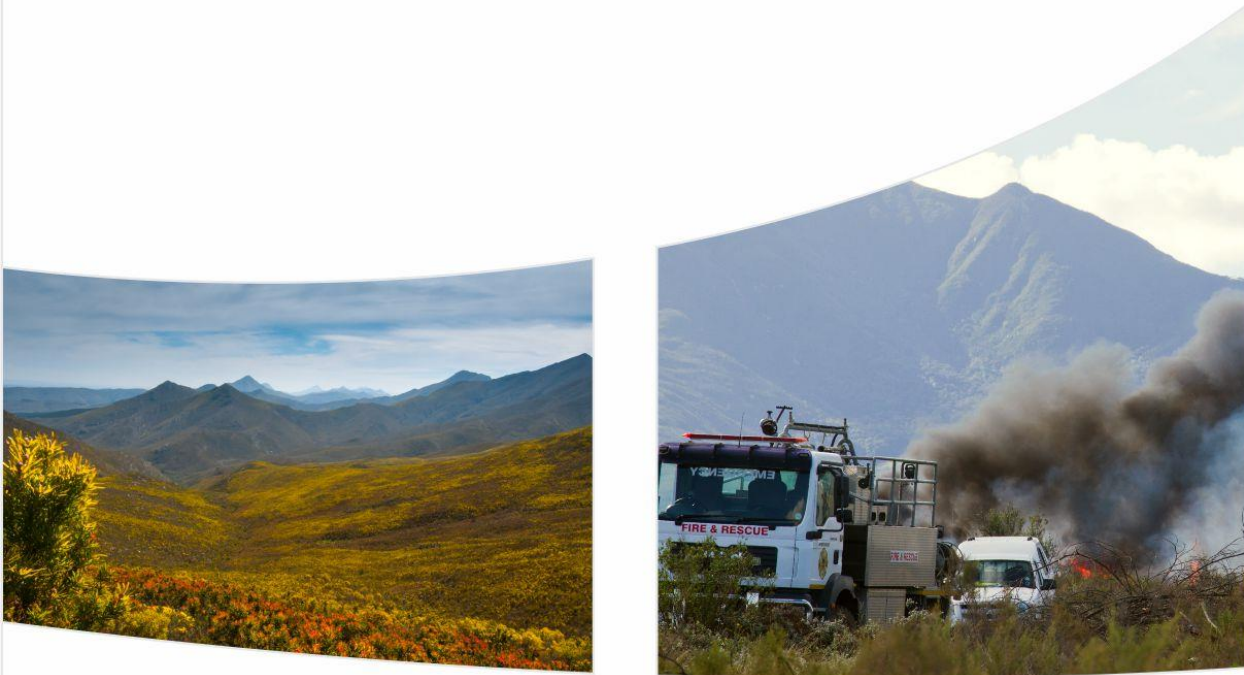
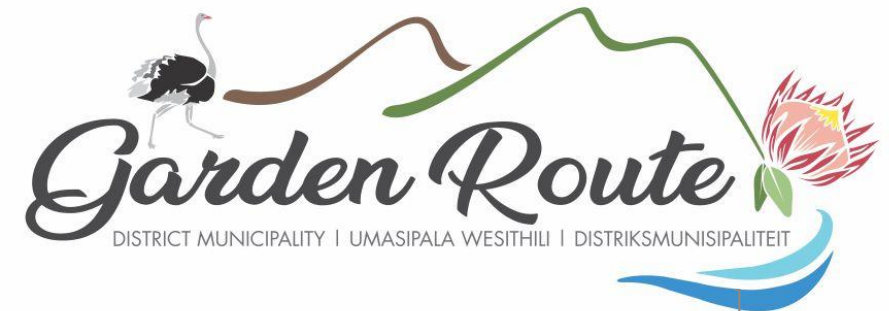


Protecting Public Health through Safe Sushi and Oyster Consumption



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**Garden Route District Municipality,
the leading, enabling and inclusive
district, characterised by equitable and
sustainable development, high quality
of life and equal opportunities for all.**

Outline of Presentation

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Legal Requirements

- Regulations Governing General Hygiene Requirements for Food Premises, the Transport of Food and Related Matters, R638 of 2018, promulgated under the Foodstuffs, Cosmetics and Disinfectants Act 54 of 1972.
- R638 of 2018 outlines the minimum requirements that food premises must comply and conform to.
- Compliance with R638 of 2018 does not constitute an approval to conduct business on a food premises without complying with all other relevant requirements of the local authority or the applicable legislation.

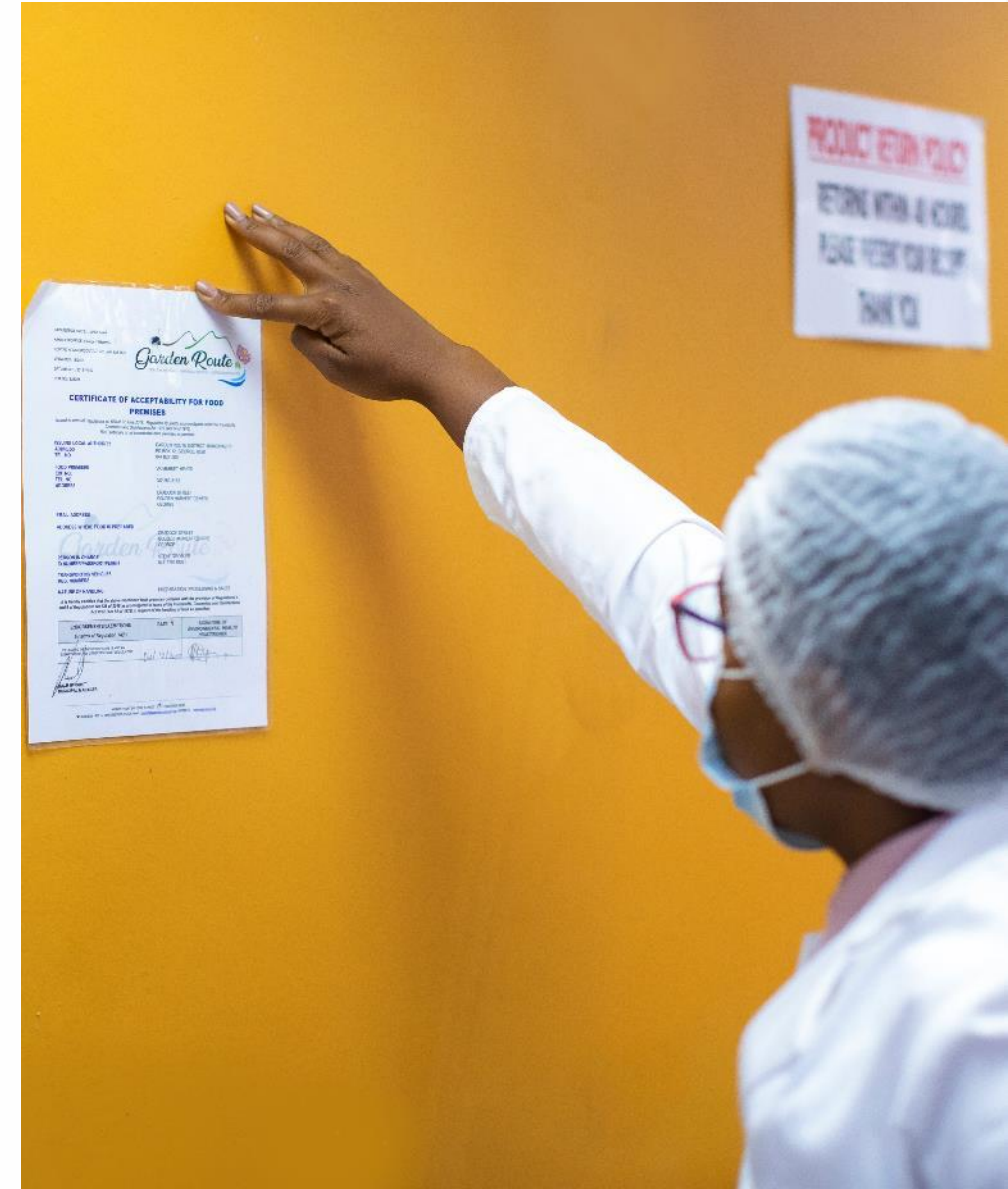


Definitions

- **Food handler** - a person who in the course of his or her normal routine work on food premises, directly handles or comes into contact with packaged or unpackaged food, food equipment, and utensils, or food contact surfaces and is therefore expected to comply with food hygiene requirements.
- **Food hygiene** –the conditions and measures necessary to ensure the safety and suitability of food at all stages of the food chain.
- **Food premises** – a building, structure, stall, or other similar structure, and includes a caravan, vehicle, stand, or place used or in connection with the handling of food.
- **Handle** – includes manufacture, process, produce, pack, prepare, keep, offer, store, transport, or display for sale or for serving, and "handling" has a corresponding meaning.
- **Person in charge** - a natural person who is responsible for the food premises or the owner of such food premises, as the case may be.
- **Serve**- the provision of food whether for a consideration or otherwise.

Certificate of Acceptability

- A person may not handle or permit food to be handled on food premises of which a valid Certificate of Acceptability, has not been issued or is not in force. This also applies to a vehicle used for the transport of perishable food on behalf of a person in charge of food premises.
- A person may not handle or permit food to be handled in contravention of a restriction, condition, or stipulation contained in a Certificate of Acceptability.
- A Certificate of Acceptability is obtained through submitting an application at the local authority office and may only be issued once compliance with R638 of 2018 is established by the inspector.
- The Certificate of Acceptability must be displayed in a conspicuous place on the food premises in respect of which it was issued for the information of the public and if impractical, a copy must immediately be made available, on request.
- A Certificate of Acceptability is not transferable from one person to another or from one food premise to another.



What is Sushi

- Sushi is a traditional Japanese dish.
- There are two common types of sushi are Nori and Nigiri.
- Noris are rolls of seaweed enclosing cooked rice, raw or cooked meat, seafood or vegetables. Nigiri is rice topped with a piece of raw or cooked seafood and served without seaweed.



Why Sushi is high risk?

- Sushi is often displayed for sale at room temperature in plastic containers on shop counters.
- In cabinets or on Sushi trains (like a conveyor belt).
- Because Sushi combines both raw and cooked ingredients that are handled frequently, and room temperature is an ideal condition for harmful pathogens to grow, this can lead to concerns that Sushi is a high-risk food.



Causes of food poisoning related to the consumption of Sushi

- Preparing food too far in advance.
- Prolonged storage of food at ambient temperature (**As per legislation perishable food should not be stored for more than 4 hours at room temperature**)
- Use of unsafe food sources (contaminated Ingredients).
- Cross-contamination (by staff with poor personal hygiene or by contaminated utensils).
- Involve infected (Injured or diseased) staff in food preparation.

What are Oysters?

- Oysters are high-protein fish options with higher than normal amounts of stimulating minerals such as selenium, zinc iron, and magnesium. Oysters are bivalve mollusks that syphon water through their system and isolate small life forms from the surrounding water. Oysters are notable for the distinct sacred seawater mollusks present in salty living spaces or marines.



Food Poisoning from Oyster

Raw oysters can harbor several organisms such as Vibrio bacteria and norovirus, which can result in food poisoning. Recovery from food poisoning happens within a couple of days in most of the persons. However, life-threatening symptoms may appear in people suffering from HIV, liver disease or cancer due to a specific strain of Vibrio bacteria.

- **Food Poisoning Due to Norovirus**

It is caused due to eating leafy greens, fruits or oysters contaminated by norovirus. The virus may be transferred by contact with a contaminated person or touching a surface that is contaminated. Symptoms appear within 10-48 hours of being exposed to the virus and include watery diarrhea, nausea, vomiting and abdominal cramps. Recovery occurs in healthy adults within 2-3 days without the need of medical care.

- **Food Poisoning Due to Vibrio Bacteria**

Vibrio bacteria live in warm waters of the coastal regions. Oysters may become contaminated by Vibrio bacteria before harvesting. Symptoms appear within 3-48 hours of consuming contaminated raw oysters (by Vibrio parahaemolyticus) and include diarrhea and vomiting. Symptoms may last for 3-8 days. However, if infection occurs due to Vibrio vulnificus, similar symptoms appear within 1-8 days. The disease may be more severe, especially in susceptible individuals.

How to Prevent Oyster Food Poisoning

1. To prevent infection due to norovirus:

- Make sure to cook oysters and other types of seafood completely before you eat them as raw seafood is usually contaminated with the virus.
- After preparing seafood, wash counters and cutting boards immediately to avoid cross-contamination of other foods.
- Wash your hands thoroughly using soap and water after changing diapers or going to the bathroom and before cooking or eating any food.
- Wait for at least 2 days after the symptoms of food poisoning disappear before cooking food for others.
- Oysters must be stored under UV light to eliminate harmful microorganisms.

2. Food Poisoning Due to Vibrio

- You should not eat raw shellfish or raw oysters and cook them thoroughly before eating. Shucked oysters should be boiled for at least 3 minutes or fried in oil for at least 11 minutes at a temperature of 190°C. For shellfish present in the shell:
- You can boil it until the shell opens and continue the boiling process for at least 5 minutes more.
- You can also steam it until the shell opens and continue the steaming process for at least 10 minutes more.
- Discard shellfish that don't open while cooking.

How to keep raw oysters fresh and safe.

- Ensure that food handlers are trained in handling oysters.
- Food handlers must be able to identify dead oysters.
- Oysters to be stored in oyster tanks with sea water/ saltwater tanks.
- Sea water to be obtained from a safe source



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- A UV system is recommended to ensure safe water for a period of 72 hours.
- Keep oysters in a refrigerator overnight if you do not have a tank.
- It is recommended to keep oysters in salt water ice once opened.
- Only source oysters from reputable suppliers



Hygiene Requirements

- **Buy seafood and other raw materials from reliable and reputable sources.**
- **Ensure the seafood is used in its fresh state:**
 - No excessive amount of seafood should be stored
 - Apply “First-In-First-out”
- **Observe hygienic practices during food preparation and any other handling process:**
 - Hands should be properly washed
 - All food handlers should observe personal hygiene
 - Utensils should be cleaned and disinfected before and after use, separate utensils should be used for the preparation of sushi and sashimi.
 - Sushi and sashimi should be prepared in separate areas with good ventilation



Ensure Optimal Storage Conditions

- The freezing temperature for foods should be at -18°C or below, and the chilling temperature should be at 4°C , or below.
- The raw ingredients and prepared food should be stored separately to prevent cross-contamination.
- After preparation and during transportation, display all sushi should be covered and kept at the correct temperature.
- The leftovers should be discarded after business hours.

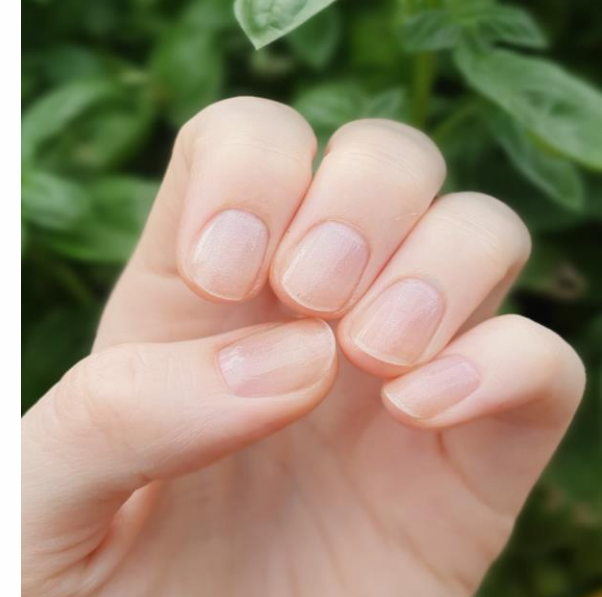
Temperature Control

- Chilling, freezer and heating facilities/apparatus must be provided with a thermometer which must always reflect the degree of chilling/heating of such facility.

Category	Type of Food	Required core temperature of food products that are stored
Frozen Products	Ice cream and sorbet, excluding sorbet which is used for soft serve purposes and frozen fish and fishery products	$\geq -18^{\circ}\text{C}$
	Any other food which is marketed as a frozen product $\geq 12^{\circ}\text{C}$	$\geq -12^{\circ}\text{C}$
Chilled Products	Raw unpreserved fish, mollusks, crustaceans, edible offal, poultry meat and milk.	$\leq +4^{\circ}\text{C}$
	Any other perishable food that must be kept chilled to prevent spoilage	$\leq +5^{\circ}\text{C}$
Heated Products	Any perishable food not kept frozen or chilled	$\geq +60^{\circ}\text{C}$

Personal Hygiene

- A person may not handle or be allowed to handle food without wearing suitable protective clothing i.e. a hairnet, apron and footwear.
- The protective clothing must be kept in a good hygienic condition at all times.
- No food handler may handle food while wearing jewellery or with open cuts, sores or wounds.
- Food handlers must wash their hands on a regular basis and must keep their fingernails short and clean at all times.
- Food handlers may not spit, smoke, use tobacco products, lick his/her fingers, cough, sneeze while handling food.



Five Keys to Food Safety

1. Keep clean
2. Separate raw and cooked
3. Cook thoroughly
4. Keep food at safe temperatures
5. Use safe water and raw materials



General

- Adequate supply of potable water must be provided in a food premises.
- The water must be compliant as per the South African National Standards 241.
- The person in charge and food handlers must be suitably qualified or otherwise adequately trained in the principles and practices of food safety and hygiene and that the training is accredited or conducted by an inspector.
- No animals may be kept or permitted in a room or area where food is handled or served except for a guide or service dog and fish, molluscs or crustaceans being kept alive until prepared for consumption.
- An area where food is handled may not be used for sleeping purposes, laundry or any other purpose or in any manner that may contaminate the food therein or thereon.
- No unnecessary or unused items may be kept in the food premise.
- No health nuisance may arise out of any food premises.
- R638 of 2018 does not apply to a private household which handles food for consumption by the household or, without compensation, by any other person.

Conclusion - Ten Point Plan

1. Always wash your hands before handling food and after using the toilet.
2. Report any skin, nose, throat or diarrhoea problem to your supervisor and cover any cuts with a waterproof plaster.
3. Do not cough or sneeze over food or work surfaces.
4. Wash your body well and always wear clean protective clothing.
5. Remember, smoking in the food preparation area is forbidden.
6. Work neatly in food areas, always keep the kitchen equipment and utensils clean.
7. Keep food clean, covered and hot or cold as required. Keep raw and cooked food separately.
8. Keeps your bare hands off the food as far as possible.
9. Keep the lid on the rubbish bin.
10. Do not break the law! Ask the person in control if you do not understand the regulations.



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