



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

FOOD SAFETY TIPS DURING LOAD-SHEDDING

MANUFACTURERS & RETAILERS – COLD CHAIN TIPS

- Mandatory food storage practices are legislated in Regulation R638 - Regulations Governing General Hygiene Requirements For Food Premises, The Transport Of Food And Related Matters - which governs general hygiene requirements for food premises and is available at <https://www.gov.za/documents/foodstuffs-cosmetics-and-disinfectants-act-regulations-general-hygiene-requirements-food-0>
- Alternative source or method of energy/power is encouraged to ensure all refrigerated equipment are operational during load shedding.
- Fridge, freezer and chiller doors are to remain close to maintain the appropriate temperature.
- The temperature of refrigerated food items should be monitored and logged/recorded when dispatched & received.
- Products are to be stored/ packed into display fridges as soon as possible to prevent the cold chain from being broken.
- Avoid overstocking of the fridge shelves to maintain the cold chain of the food products.
- Good Manufacturing Practices / Housekeeping Practices – clean up any fridge spillages/condensate – where juices have leaked from packages of raw meat, the area must be properly cleaned and disinfected.
- Ensure back-up sources of power are well maintained and fully functional.

PUBLIC – COLD CHAIN TIPS

- Do not leave cooked food at room temperature for **more than two hours**.
- Promptly refrigerate all cooked and perishable food (preferably below 5 °C).
- Keep cooked food piping hot (above 60 °C) prior to serving.
- Do not thaw frozen food at room temperature.
- Avoiding opening and closing of the fridge door during load shedding to maintain the temperature.
- Clean and organise your fridge so that the older perishable food items are easily accessible and can be used first.
- Refrigerate perishable foodstuffs soonest and avoid leaving perishable foods standing on kitchen counters for extended periods.
- Purchase frozen and refrigerated food items at the end of your shopping - leave them for last.
- When purchasing foodstuffs pack all frozen and refrigerated food items together, avoid mixing/ packing perishable food items with hot foodstuffs.
- Take insulated shopping bags with you to the shop when buying temperature sensitive food products.
- Keep a cooler box with ice packs in your vehicle in which to store and transport the perishable food items once purchased.
- Avoid leaving perishable items for extended period of time in a hot vehicle.
- Pay attention to storage instructions on labels and packaging.
- Consume perishable foods within its Use By date.
- To reduce the possibility of food wastage consider making more frequent trips to buy perishable foods instead of bulk buying.
- To ensure longevity of your fridge and other electrical appliances follow tips on how to care for electrical appliances at <https://resource.capetown.gov.za/documentcentre/Documents/Procedures,%20guidelines%20and%20regulations/Load-shedding%20Resilience%20Guide.pdf>
<https://www.capetown.gov.za/Family%20and%20home/residential-utility-services/residential-electricity-services/load-shedding-and-outages>

<https://resource.capetown.gov.za/documentcentre/Documents/Procedures,%20guidelines%20and%20regulations/LoadsheddingFAQs.pdf>

<https://resource.capetown.gov.za/documentcentre/Documents/Procedures,%20guidelines%20and%20regulations/Load-shedding%20Outage%20Tips.pdf>

TIPS FOR REFRIGERATED ITEMS INCLUDE:

- Setting your fridge temperature for 4 degrees or lower. If the door of the fridge is not opened during a power outage, food should stay cold for about four hours.
- If the freezer is full and the temperature is at -6 degrees or lower, the food should stay frozen for about 48 hours if the freezer is kept closed as much as possible.
- If the freezer is half full, it should stay frozen for about 24 hours. Try and pack frozen foods as close as possible to assist in maintaining core temperature for as long as possible and consider freezing water in plastic containers to fill the freezer and place in your fridge.
- Frozen food, with the exception of fish and seafood, may be refrozen if it is only partially thawed and not above 5 degrees.
- If possible, invest in a kitchen thermometer that can measure the temperatures inside your fridge and freezer.
- Food that is likely to leak if thawed, such as raw meat, should be packed at the bottom of freezer shelves to prevent cross-contamination
- If juices have leaked from packages of raw meat, the area must be properly cleaned and disinfected.

GENERAL:

- The public is also advised to monitor food for any signs of spoilage. Do not taste the food, as this could lead to food poisoning.
- Discard any foodstuff that may have a bad odour, is discoloured or showing any change in texture.
- If you have to discard food items, please make sure that it is wrapped in newspaper and sealed in a plastic bag before binning it, to avoid fly breeding.
- It is important to note that perishable food stored at room temperature for longer than two hours may not be safe anymore.
- Consider changing to long-life products such as canned goods and Ultra High Pasteurised milk, which have a long shelf-life if left unopened.
- There are many factors (transport, handling, storage, temperature control etc.) to be considered that may contribute to food spoilage.

What is important is to ensure that the cold chain of perishable foodstuffs are maintained throughout the entire process using the best available method - from production, to transport, to storage and sale; from manufacturer to retailer to consumer and home.

We all have an integral role to play in maintaining the cold chain of perishable foodstuffs which may be done by applying a best available method that is practical and necessary for the protection of food against spoilage.

BEST DEFENCE FOR FOOD SAFETY – PRACTICE THE WHO 5 KEYS TO SAFER FOOD:

- **Keep clean:** Keep hands, surfaces and equipment clean.
- **Separate raw and cooked:** Store raw and cooked food in separate containers and use separate utensils and equipment for raw and cooked food.
- **Cook thoroughly:** Cook all foods thoroughly and reheat to piping hot before serving.
- **Keep food at safe temperatures:** Keep food at safe temperatures - store and thaw foods in the fridge.
- **Use safe water and raw materials:** Use safe water, fresh fruit, vegetables and pasteurised milk.