



### WELCOME TO 2017



We at FCS would like to wish all our clients a very Happy New Year. We hope that you all had a rejuvenating festive season and are ready for an exciting and successful 2017. This year we aim to bring you a monthly newsletter filled with insight and answers to our most frequently asked queries. For any queries regarding the newsletter, or if you would like a specific topic covered, please contact Tara at [tara@foodconsulting.co.za](mailto:tara@foodconsulting.co.za). Here is to another year as your partners in food safety.

January 2017 - Volume 3,  
Issue 1

#### CONTENTS

Welcome to 2017	1
Announcement !	2
Common causes of food poisoning part 2	3
Get to know FCS	4

#### **FCS is on Social Media!**

Remember to like and follow us on LinkedIn and Facebook.



<https://www.linkedin.com/company/food-consulting-services>



<https://www.facebook.com/foodconsultingservices/>

## Corrective Action Report (follow up announcement)

We have now included (January 2017) the Corrective Action Report (C.A.R) into the audit requirements, under the Documentation section, and our team of auditors will be assessing whether the C.A.R has been actioned.

Below is a reminder from our previous newsletters:

The Excel C.A.R. (included with all reports sent to you) is a concept designed around HACCP principles, where any concerns found in the hygiene survey report can be rapidly addressed and follow-up procedures implemented, in order to prove that action has been taken to correct the concerns.

In most kitchens, this is a process that is already a standard. We at FCS have taken the opportunity to minimise the additional administrative work for you, and have listed all the findings within the report in order of urgency, with the necessary information, in order to complete the report.

### Corrective Steps

---

Below is a description of how to use the FCS corrective action report:

1. Start by addressing the critical concerns first. These are the areas that are directly related to food poisoning and can have an immediate effect in your facility. The recommended time to address these is within 48 hours of receiving the preliminary report.
2. The major non-conformances should be addressed once the critical concerns have been corrected, but can happen simultaneously. The recommended time to address these is within four days of receiving the preliminary report.
3. The minor non-conformances should be actioned last, and should ideally be addressed within the next 30 days.
4. Describe what action was taken to rectify the concern, in the column marked as "corrective action needed".
5. Decide who will be responsible for performing the required corrective action, and fill in the person's name, in the "responsible person column".
6. Decide on the date by which the action will need to be addressed and fill in the date in the "completion date" column.
7. Once all the necessary information has been filled in, print out the report, and make sure that the responsible person, or member of management, checks and signs it off, once the corrective action has been completed.
8. The corrective action report, should then be filed for proof of completed actions.
9. Note that some corrective actions need ongoing attention (like filling the hand soap dispenser).

# COMMON CAUSES OF FOOD POISONING, part 2.

## SALMONELLA

Salmonellosis is the most common and widely distributed foodborne illness, with tens of millions human cases occurring worldwide every year. It is caused by the bacterium, *Salmonella*, and is contracted by consuming food that is contaminated with the bacterium. Since the beginning of the 1990s several antibiotic-resistant *salmonella* strains emerged, causing a serious public health concern. There is no vaccine currently available.

Salmonellosis is an illness generally characterized by diarrhoea, fever and abdominal cramps that begin between 12 and 72 hours after infection. The illness can last from 4-7 days, and most individuals recover without treatment. However, some cases may be so severe that hospitalization is required. In these cases, *Salmonella* infection can spread from the intestines to the bloodstream, and then to other body sites, often resulting in death unless prompt treatment with antibiotics occurs. In a small number of individuals that are infected develop reactive arthritis, which can last years and eventually develop into chronic arthritis. The elderly, infants and those with impaired immune systems are most at risk for *Salmonella* infection.

### How to prevent salmonellosis:

Prevention requires control measures at all stages of the food chain. *Salmonella* can pass through the entire food chain from animal feed, primary production, and all the way to households or food-service establishments and institutions.

- Cook poultry, beef and eggs thoroughly.
- Do not eat, drink or serve foods containing raw eggs, or raw (unpasteurized) milk.
- Practice clean-as-you-go.
- Avoid any cross contamination (make use of colour-coded boards to separate food groups)
- Wash your hands before handling any food, between handling different food items and in-between tasks.
- Keep food at safe temperatures
- No staff member should prepare food while suffering from fever, diarrhoea, vomiting or any visible skin lesions.
- Be particularly careful with foods prepared for infants, the elderly, and the immune-compromised.



### Did you know?

1. *Diagnosis of salmonellosis requires a clinical specimen (i.e. Stool or blood) from an infected person to distinguish it from other illnesses that can cause diarrhoea, fever and abdominal cramps. Once Salmonella is identified in the specimen, additional testing can be further done*
2. *There are two types of infections: Typhoid fever, and the most common, non-typhoid salmonella*

## GET TO KNOW FCS:

FCS is not just the auditors, there are many people working behind the scenes too. Over the course of the year we will be featuring various staff members and auditors so that you can get to know the people behind FCS.



### SHANE RIMMELL, COMPANY MEMBER



#### COUNTRY OF BIRTH:

South Africa

#### HIGHEST QUALIFICATION:

BSc microbiology and Botany; BCom Financial and Risk Management.

Food Consulting Services (FCS) is a private South African owned Food Testing Laboratory and Food Safety Consultancy formed in 1977.

The laboratory division of FCS specialises in the testing of food across the following areas:

- Microbiology (SANAS Accredited Laboratory to ISO/IEC 17025)
- Chemistry
- Physical
- Sensory (taste tests)

The Food Safety Consultancy division of FCS specialises in consulting and auditing across the following areas:

- Hygiene and Food Safety in commercial kitchens
- Hygiene and Food Safety in food factories
- Legionella Risk Audits

FCS has been providing excellent service to the Food Manufacturing, Food Retail and Food Service industries for over 35 years!

#### FAVOURITE NON WORK ACTIVITY:

Cycling, Mountain biking, Triathlons, Swimming, hiking. Watching movies, traveling and spending time with my family.

#### FAVOURITE MUSIC/MUSICIAN/GROUP/BAND:

I love rock, hard rock and some metal. Difficult to choose just one band. I can say Def Leppard, Iron Maiden and Guns N' Roses

#### THE COUNTRY YOU WOULD LIKE TO EXPLORE THE MOST:

The USA