



Healthy Choice Award helps improve the food and drink served in nurseries

The Healthy Choice Award (HCA) has been embedded into the Healthy Early Years (HEY) scheme - an initiative in Brighton and Hove to promote health in all aspects of the early years environment and introduce young children and their families to a healthy lifestyle. The food and nutrition module aims to increase staff awareness regarding good nutrition for the early years and promotes working together with parents and children to improve the food and drink provision. Achievement of a Gold HCA (the top level) is a standard for the scheme.

A pilot HEY scheme in January 2012 involved 31 nurseries, 28 of which went on to complete the module. All these nurseries achieved a Gold HCA and the staff involved were awarded with Nutrition Champion status as part of the scheme.

Vicky Cobb, Nutrition Champion from the Wishing Tree Children's Nursery in Patcham said "The food and nutrition module provided a focus which led to the nursery making some amendments to the menus, such as including

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Violence at work project

The Health & Safety Team has completed a project on workplace violence, focusing on takeaways in the city. Data was collected from 85 take-aways with Black and Minority Ethnic staff or owners. The aim was to establish what issues these businesses faced and what support they needed to help manage workplace violence.

The nationalities of workers and owners included Chinese, Libyan, Iranian, Korean, Turkish, Polish, Kurdish, Indian, Syrian, Egyptian and Bangladeshi.

The project findings

- In the last 12 months, 27% said that their staff had expressed concerns about their personal safety.
- 21% said that they or their staff had been subject to verbal abuse in the last 12 months.
- Lack of respect, racist comments and threatening behaviour were the top 3 types of violence that people had been subjected to.
- The group most likely to give staff problems were those youths aged under 15 and 15-17 years old. Males were twice as likely to be a problem as females.
- The most problematic days of the week were identified as being Friday, then Saturday, followed by Thursday.
- The most problematic time of the day was 20.00 to 22.00 followed by 22.00 to 02.00 and 18.00 to 20.00

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oily fish and more salad accompaniments to meals. The new menus have received excellent feedback from parents”.

Before embarking on the HEY healthy eating module, Roopal Gordon, Nutrition Champion at St Joseph’s pre-school in Hollingdean, found children often arrived without having breakfast and their packed lunches contained a large amount of processed food with a high salt and sugar content.

With advice from the Healthy Choice nutritionists at the Brighton & Hove Food Partnership, St Joseph’s revised their packed lunch guidelines with lots of ideas for healthy, tasty food and changed the menus for snacks and the small number of school packed lunches they provided. This involved changing some of the contents, the portion sizes and only offering milk or water to drink. Roopal said “As a result of all the work we have done we’ve noticed an improvement in the quality of the food which children and the staff bring in. Everyone has taken on board the importance of being good role models and speaking much more positively about healthy foods.”

The second phase in January 2013 will enable up to 30 childcare settings to take part.

For more information on the HCA, visit www.brighton-hove.gov.uk/healthychoice

Violence at work project

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- The key trigger to violence was customers being drunk (52%), followed by racism (34%) and refusing to serve someone.
- 34% of respondents said location was a problem.
- 49% thought workplace violence is part of the job.

To reduce incidents of violence, respondents thought that the following would help:-

- Regular visits by the Police
- A visit and advice from a crime prevention officer
- Training on defusing difficult situations

The Health & Safety Team is intending to build on this work and return to vulnerable businesses to offer them additional support, with help from partners such as the Police and the Racial Harassment Forum. The Team can help with risk assessments for staff, training, promotion of the Nightsafe scheme and crime prevention. Their role in this project is educational rather than enforcement.

Any businesses that have any information for the Team can contact them on 01273 294429.

Reporting underage sales

To report any businesses selling alcohol or tobacco to children, please contact Trading Standards on 01273 292522, email Trading.Standards@brighton-hove.gov.uk or call the Citizens Advice Consumer Helpline on 08454 04 05 06.

Food waste from businesses

Are you recycling food waste or do you sell your food waste? If you do, then you may need to register with us. Please contact Trading Standards for further advice on 01273 292523 (select Option 2).

Use by dates

Please remember to check your stock to ensure that you do not have food past its use by date.

It is a Food Business Operator's responsibility to ensure that they do not sell or have food on sale that is past its use by date. It is important that you have a procedure in place to check the dates and also that the checks are actually being made. Please do not rely on your delivery man to check for you - they aren't legally responsible if they get it wrong.

Remember it is a criminal offence to sell food or have food on sale past its use by date.

If you need to store out of date products in the shop prior to collection, you should place them in a bag which is tied up and put at the back of the fridge, so it is clear that the food is not on sale.

Sous vide guidance

Sous vide is French for 'under vacuum' and describes a method of cooking food in vacuum packs at low temperatures for long periods. Allerdale Council has produced a useful leaflet for food businesses, which aims to highlight the complexity of issues which need to be considered when using sous vide cooking methods.

www.allerdale.gov.uk/downloads/sous_vide_leaflet_v1.doc

Update on Food Hygiene Rating Scheme

Since Brighton & Hove City Council changed to the national Food Hygiene Rating Scheme (FHRS) in March 2012, the number of businesses attaining a high food hygiene rating of 4 or 5 out of 5 is increasing. At the turn of the year, the number of businesses with a rating of 4 was up from 508 to 571 and those achieving 5 increased from 1311 to 1365. This success has built on the improvements under the previous local 'Scores on the Doors Scheme'.

The current ratings and further advice on the scheme is available via the council's website www.brighton-hove.gov.uk/hygienerating

Watch out for rodents

It seems that nationally numbers of rats and mice are on the increase. In the winter months, there is an increased chance that rodents will try to get inside buildings to seek warmth and food. Follow this advice to protect your business:-

- Check regularly for signs of pests
- Keep external areas tidy and free from weeds
- Make sure bins have close-fitting lids and are easy to clean
- Maintain the building in good repair – fill in any holes where pests could get in
- If you see signs of pests, call a pest contractor immediately and consider a contract if you have persistent problems
- If you think any equipment, surfaces or utensils have been touched by pests, they should be washed, disinfected and dried to stop harmful bacteria spreading
- If you think food has been touched by pests in any way, throw it away
- Don't leave out food or dirty plates at night as they could attract pests
- Train your staff on recognising signs of pests and tell them to report problems immediately

Contact the Food Safety Team if you need further advice.

Edible glitters

The Food Standards Agency has produced guidance to help food businesses to safely use 'edible' and 'non-toxic' glitters and dusts with food. It applies to food that is prepared at home as well as to commercially made products. www.food.gov.uk/news-updates/news/2012/apr/glitter

Dusts or glitters that are edible will include permitted additives (such as mica and titanium dioxide) and must comply with the requirements of the associated EU legislation (Regulation (EC) 1333/2008 on food additives). Only glitter or dust clearly labelled to show it is suitable for human consumption should be applied to food and food products.

Food safety warning - 'rare' burgers could be a recipe for food poisoning

Food safety officers have noticed a trend among some eateries to offer rare or medium beef burgers on their menu, which could lead to food poisoning.

While some restaurants have strict food safety controls in place to serve minced beef in this way, inspectors are concerned that others don't. Some chefs sear the outside of meat to produce safe mince for burgers, but this must be carefully done and controlled.

It is safe to eat rare steak because any bugs that might have contaminated the outside will be killed when it is seared. However, this doesn't apply to minced products like burgers, because any bacteria that may have been on the surface of the raw meat will be spread throughout the burger when the meat is minced, so any pink meat inside may still contain harmful bacteria such as E coli. Even just small numbers of this bug can cause food poisoning and other serious symptoms such as kidney failure.

The issue has been raised nationally by the Food Standards Agency (FSA) which advises that burgers made from any type of meat should always be cooked until there are no pink bits and the juices run clear. Cooking in this way kills any potentially dangerous bugs which may be present on or in the meat. This applies whether buying a ready-made burger, making burgers with mince bought from the supermarket or butcher, or mincing steak yourself for home-made burgers.

Food businesses seeking advice on this issue, and members of the public who are offered a rare or medium-rare burger, can contact the Food Safety Team on (01273) 292161 or by email ehl.food@brighton-hove.gov.uk. Information is also available on the council's website www.brighton-hove.gov.uk/foodsafety

Advice from the FSA is at http://blogs.food.gov.uk/science/entry/burgers_rare_or_well_done

Live Music Act 2012 - music in licensed venues

This Act brought in changes to the law relating to live music. In venues licensed for the sale of alcohol for consumption on the premises, live music is no longer counted as regulated entertainment when it takes place between 8am and 11pm and is unamplified, or amplified but the audience present is 200 people or less.

The premises must be open for the sale of alcohol during the time that the live music is provided for these exemptions to take effect.

Additionally, any condition attached to the Premises Licence relating to live music no longer applies unless the Licensing Authority states otherwise on the licence following a Review hearing.

Live music in venues which are not licensed

For those premises which are not licensed for alcohol sales, the Act states that live music is not regulated entertainment when it is unamplified and takes place between 8am and 11pm.

Amplified live music in non-licensed venues will still require formal authorisation from the Licensing Authority, such as a Premises Licence or Temporary Event Notice.

Provision of facilities for making music and dancing

In addition, the Act removed the provision of facilities for making music and dancing as forms of regulated entertainment.

Information

For information and advice regarding Food & Safety News or any articles in it, please contact the following numbers:

Food Safety 01273 292161

Health, Safety & Licensing 01273 294429

**Trading Standards Business Advice
01273 292523**

www.brighton-hove.gov.uk

We welcome your views about Food & Safety News - please send comments to:

**Tim Nichols, Head of Regulatory Services,
PO Box 780, Bartholomew House,
Bartholomew Square, Brighton BN1 1JP**