



**New Zealand Food Safety**

Ministry for Primary Industries  
Manatū Ahu Matua

COVID-19 Alert Level 2 & 3

## **PACK 5**

# **Making jams, chutneys and sauces**

---

Unite  
against  
**COVID-19**



## Packaging and labelling



Know

### What do you need to know?

- Unsafe and/or unsuitable packaging can make your food and drink unsafe. You need to know that the packaging you use is suitable for use with food and drink, so it keeps your product safe.
- Not all food or drinks have to be labelled, but for those that are, the labels must meet the rules in the Australia New Zealand Food Standards Code (the Code).
- MPI has developed a guide to help you create your food and/or drink label. Follow '**A guide to Retail Food Labelling**' [www.mpi.govt.nz/dmsdocument/45145-A-guide-to-retail-food-labelling](http://www.mpi.govt.nz/dmsdocument/45145-A-guide-to-retail-food-labelling)

### Package

- Only use packaging that doesn't cause, or contribute to, food or drink becoming unsafe or unsuitable.
- Check that packaging is intended for your type of foods or drink or use.
- Handle and store packaging with the same care as a food or drink, ingredient or input.

### Why is packaging important?

- Packaging protects your food or drink from becoming unsafe or unsuitable.

### Producing, processing and handling food

- Anything that touches your packaging (i.e. bugs, chemicals or foreign matter) can make your food or drink unsafe or unsuitable.

### Labelling

- For all food and drink you label you must meet the rules in the Code.
- If your food or drink doesn't have to be labelled, you must still be able to tell your customers:
  - what's in the food or drink,
  - any warning statements,
  - if the food or drink is made from or contains genetically modified ingredients or irradiated foods.

### Why is labelling important?

- Labels allow your customers to make good and safe choices.
- Some of your customers may have medical conditions (e.g. allergies) which require them to include or avoid certain foods in their diet.
- Consistency in the layout of label (e.g. having a nutrition information panel and using minimum font sizes) can help your customers make good and safe choices.



Do

### What do you need to do?

#### Package

- If you are packaging food or drink you must:
  - implement procedures for ensuring packaging will not cause, or contribute to, food or drink becoming unsafe or unsuitable,
  - only use packaging that is suitable for use with food and drink. Either:
    - purchase packaging labelled as being suitable for food or drink, or
    - get an assurance from your supplier that it is food grade.
  - apply the appropriate date marking, and identify whether you need to label your food or drink (Follow **'A guide to Retail Food Labelling'** [www.mpi.govt.nz/dmsdocument/45145-A-guide-to-retail-food-labelling](http://www.mpi.govt.nz/dmsdocument/45145-A-guide-to-retail-food-labelling)).

#### Label

- You must meet the rules about labelling in the Code for any food or drink you label.
- Labels or specification sheets must include:
  - name of the food or drink,
  - lot/batch identification,
  - name and address of your New Zealand or Australian business,
  - any applicable advisory statements, warning statements and declarations,
  - any conditions for storage and use,
  - ingredients list,

### Producing, processing and handling food

- date marking (e.g. Use By, Best Before) (not required for food or drink with a shelf-life of more than 2 years),
- net contents,
- nutrition information panel ,
- information about nutrition, health and related claims (only if you've made a claim),
- information about characterising ingredients and components,
- if the product is or has been made with genetically modified foods or irradiated foods.



Show

### What do you need to show?

- Show your verifier:
  - your packaging and how you know it is safe and suitable for the foods you are packaging,
  - your food and drink labels and how you know what to put on them.



## Using acid to control bugs



Know

### What do you need to know?

- If you ferment or acidify your food to make it safe, there are pH rules you need to meet.
  - If you don't have the right equipment to test pH in the COVID-19 response, you must thoroughly cook chutneys and sauces. It is also recommended that you consider keeping these products chilled.
- Lowering the pH to less than 3.6 kills most harmful bugs.
- Acidification is when acid (like pectin or vinegar) is added to food to stop or slow down the growth of harmful bugs.
- Fermentation is when good bugs are purposefully grown in food to compete against harmful bugs and slow them down.
- When fermenting, you need to know the signs that the bad bugs are winning, so you can stop unsafe food being made.

### Why is using acid to control bugs important?

- Lowering the pH to between 3.6 and 4.6 creates an environment which harmful bugs find hard to grow in. If you lower the pH to between 3.6 and 4.6, you will still need to either pasteurise or thoroughly cook food to make it safe.
- You need to get the pH levels of your food right so you don't harm your customers i.e. if the food is too acidic (pH less than 2.4) you could burn someone's throat.

## Producing, processing and handling food

If the food is not acidic enough (pH more than 4.6) bugs can grow.

- It's important that the method you use to acidify food results in an even pH, throughout the food, to prevent bugs growing.

**D**

Do

### What do you need to do?

- Identify the foods that need to be fermented or acidified.
- If you're acidifying food, you must use a method that achieves a consistent pH.
- If you're fermenting food, you must use a method that allows the good bugs to grow well and evenly throughout your food.
- You must pasteurise or thoroughly cook your food if the pH is between 3.6 and 4.6. You must thoroughly cook your food if you're not sure what the pH is.
- If you are pasteurising or thoroughly cooking your food because you cannot measure the pH, or you do not know what the pH is, you must keep your product chilled.
- Use one of these methods to measure pH: (tick which one you do)
  - use a calibrated water activity meter, or
  - use a calibrated pH meter, or
  - send samples to an accredited lab.
- Test your final food to be sure the pH is stable at either:
  - 3.6 or less, or
  - between 3.6 and 4.6.



Show



### What do you need to show?

- Show your verifier
  - how you acidify or ferment your food,
  - how you know the pH in the food is even, and is either less than 3.6 or between 3.6 and 4.6,
  - if you are fermenting, how you know the fermentation is working,
  - if your pH is between 3.6 - 4.6 (or unknown), how you pasteurise or cook your food.





## Thoroughly cooking or pasteurising food



### Know

#### What do you need to know?

- Thoroughly cooking or pasteurising food is:
  - heating food to a specific temperature and holding it at that temperature long enough to kill the bugs that can make people sick or die,
  - heating food evenly (preventing cold spots) to make sure all active/growing bugs are killed,
  - checking that the correct temperatures are reached every time.

#### Why is thoroughly cooking or pasteurising food is important?

- Many foods can be contaminated with bugs that could make people sick or cause death.



Raw foods can be contaminated with thousands or millions of bugs.

- Cooking or pasteurising can kill these bugs and make your food safe to eat. It's important to check the temperature with a thermometer (or equivalent) because food can look cooked when it isn't and look uncooked when it is.
- Thorough cooking kills millions of bugs (1 in a million can be expected to survive). Higher-risks foods (e.g. meat, poultry, rice) need to be thoroughly cooked.



**Know**

- Pasteurisation kills thousands of bugs (1 in 100,000 can be expected to survive).
- Pasteurisation can be used when other food safety controls will also be used, (e.g. refrigeration, acidification, fermentation, addition of preservatives to food and/or application of a Use-By date and directions for use and storage).



**Do**

---

### **What do you need to do?**

- Identify the foods that need to be thoroughly cooked or pasteurised.

### **Thoroughly cook**

- Heat foods following one of the temperature/time combinations:

Internal temperature	Minimum time at temperature
75°C	30 seconds
73°C	60 seconds
70°C	3 minutes
68°C	5 minutes
65°C	15 minutes
63°C	31 minutes



Do

### Pasteurise food

- Heat foods following one of the temperature/time combinations in the table below:

Internal temperature	Minimum time at temperature
75°C	15 seconds
72°C	60 seconds
71°C	2 minutes
69°C	5 minutes

### Cooking or pasteurising

- If your registration authority has approved a different time/temperature combination, make sure you meet it.
- Heat the food evenly so all parts of it reach the temperature/time combination.
- Make sure the food doesn't become recontaminated with bugs after it has been cooked or pasteurised.
- After thoroughly cooking or pasturing:
  - secure the food immediately, or
  - keep the food above 60°C until it's served, or
  - rapidly cool the food.