



NUTRITION, POVERTY ALLEVIATION AND RURAL DEVELOPMENT

Steve Vukile Tshwete Complex, Zone 6 Zwelitsha, 5608, Private Bag X0032, Bisho, 5605
REPUBLIC OF SOUTH AFRICA, Website: www.ecdoe.gov.za – enq: linky.ketile@ecdoe.gov.za

REF: PN SIWENDU - NSNP

TO : CHIEF DIRECTORS
: DISTRICT DIRECTORS
: EDO'S
: PRINCIPALS
: SGB'S

FROM : HEAD OF DEPARTMENT

SUBJECT : PREVENTION AND CONTROL GUIDANCE TO SCHOOLS ON
LISTERIOSIS

DATE : 05 MARCH 2018

1. PURPOSE

The above matter refers to the threat that is being publicized on social and other media platforms about the spread of listeriosis through contaminated food items.

2. BACKGROUND AND DISCUSSION

While most microorganisms do not cause disease, the disease causing microorganisms (pathogens) are widely found in soil, water, animals and people. These microorganisms are carried on hands, wiping cloths and utensils, especially cutting boards and the slightest contact can transfer them to food and cause foodborne diseases. It has been scientifically proven that raw food, especially meat, poultry and seafood, and their juices, can contain pathogens which may be transmitted onto other foods during food storage and preparation. The amount of food that is handled by schools on a daily basis in the Province makes it very imperative that all measures and precautions are put on record and advocated in and around school communities. The Eastern Cape provincial menu has food items such as frozen



Ikamva eliqagambileyo!

Given the latest media statements made around some poultry products and brands, it is prudent to caution schools against the use of implicated food items.

3. PREVENTION AND CONTROL GUIDANCE GIVEN TO SCHOOLS

Keep clean

- 🗑️ Wash your hands before handling food and often during food preparation
- 🗑️ Wash your hands after going to the toilet
- 🗑️ Wash and sanitize all surfaces and equipment used for food preparation
- 🗑️ Protect kitchen areas and food from insects, pests and other animals

Separate raw and cooked

- 🗑️ Separate raw meat, poultry and seafood from other foods
- 🗑️ Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- 🗑️ Store food in containers to avoid contact between raw and prepared foods

Cook thoroughly

- 🗑️ Cook food thoroughly, especially meat, poultry, eggs and seafood
- 🗑️ Bring foods like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear, not pink.
- 🗑️ Reheat cooked food thoroughly

Keep food at safe temperatures

- 🗑️ Do not leave cooked food at room temperature for more than 2 hours
- 🗑️ Refrigerate promptly all cooked and perishable food (preferably below 5°C)
- 🗑️ Keep cooked food piping hot (more than 60°C) prior to serving
- 🗑️ Do not store food too long even in the refrigerator
- 🗑️ Do not thaw frozen food at room temperature

Use safe water and raw materials

- Use safe water or treat it to make it safe
- Select fresh and wholesome foods
- Choose foods processed for safety, such as pasteurized milk
- Wash fruits and vegetables, especially if eaten raw
- Do not use food beyond its expiry date



T. KOJANA

HEAD OF DEPARTMENT

2018-03-05

DATE