Handbook of
CLEAN FOOD GOOD TASTE

Department of Health
Ministry of Public Health
Thailand
This publication entitled “Handbook of Clean Food Good Taste” is aimed at giving information related to all activities of Clean Food Good Taste project. This distribution of this book to foreign visitors will help them understand more about this project.

Department of Health, as a technical department, has set the standards and guidelines for local health officers in order to improve food establishments to comply with the standards so that consumers would have safe food according to Department of Health’s vision “Good Health for All”

Bureau of Food and Water Sanitation

Department of Health

Ministry of Public Health

September 2011
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Chapter 1: Clean Food Good Taste Project

Background

Because of economic crisis in Thailand in 1997, it had affected on many businesses especially tourism which makes a large contribution to Thailand’s economy. Government sector tried to solve these problems by launching activities and campaigns. One of those campaigns was tourism promotion.

Launched in 1999, Clean Food Good Taste project by Bureau of Food and Water Sanitation, Department of Health cooperated with Ministry of Interior, and Tourism Authority of Thailand, aims to promote food safety and hygiene in food establishments. It firstly focused on only food services in tourist destinations, then expanded all food establishments throughout the country.
Objectives

1. To reduce risk of consuming contaminated food and drinking water in restaurants, canteens, and street food vendors.
2. To promote hygienic food service in tourist destinations for both Thai and foreigners.

Target groups

Food establishments including restaurants, canteens, and street food vendors throughout the country.

Strategies

1. Multilateral building capacity
2. Quality assurance
3. Sustainability
4. Public relations

Responsible agencies

1. Department of Health, Ministry of Public Health
2. Department of Local Administration, Ministry of Interior
3. Tourism Authority of Thailand
4. Related government sectors
5. Related public sectors
Expected outcomes

1. Ensuring food serviced in food establishments is safe for consumer both Thai and foreigners
2. The spread of foodborne diseases will be decreased.
Chapter 2 : Implementation

Central level

(Bureau of Food and Water Sanitation, Department of Health)

1. Multilateral building capacity
   - Formulating Memorandum of Understanding (MOU) between Department of Health, Department of Local Administration, and Tourism Authority of Thailand
   - Policy planning, action plan setting for concerned government sectors and private sectors
   - Organizing meetings to inform the project and implementation for concerned regional/local agencies

2. Quality assurance
   - Setting monitoring system
   - Evaluating food establishments randomly throughout the country

3. Sustainability
   - Conducting training programs related to capacity building for local officers and proprietors
   - Encouraging local government to strengthen the legislation (Public Health Act 1992)
   - Providing guidance and financial support to regional and local officers
4. Public relations
   - Setting public relations action plans for all levels
   - Coordinating with governmental and private public relations agencies
   - Promoting food festival in many areas

Regional level (12 Regional Health Centers)

1. Multilateral building capacity
   - Setting action plan for related agencies

2. Quality assurance
   - Evaluating annually (10 percent of CFGT certified food establishments)
   - Informing local government to take actions in case of incompliance

3. Sustainability
   - Training on local officers, proprietors regarding food sanitation and food safety
   - Promoting club/association of food vender formation

4. Public relations
   - Coordinating with governmental and private public relations agencies

Local level (local officer) According to Public Health Act 1992, the local government may issue the food sanitation local provisions based on Department of Health’s food sanitation standards.
Clean Food Good Taste standard

1. Physical requirements for food establishments consist of
   - License or certification of notification
   - Compliance with basic local provision or Department of Health’s standards (15 items for restaurants, 12 items for street food vendors and 30 items for canteens)

2. Bacterial requirement by using SI – 2 test – kits
   10 samples taken from each restaurant/canteen/street food vendor include
   - 5 samples of food
   - 3 samples of utensils
   - 2 samples of food handlers’ hands
   9 samples must not be contaminated with Coliform bacteria (negative)
Chapter 3 : Physical Requirement

3.1 Food sanitation standard for restaurants (15 items)

1. Any areas, which are used for eating, preparing and cooking must be clean and tidy.
2. Food must be prepared and cooked on tables with a minimum of 60 cm. above the floor, not be prepared on floor, in front of or inside toilet.
3. Food additive must be standardized and approved by authorized officers such as FDA or the Ministry of Industry.
4. Fresh food must be washed thoroughly before being cooked or served. Food must be kept separately depending on types of food. Raw meat must be kept at temperature not higher than 5°C.
5. Cooked food must be stored in food grade and clean containers with cover. The containers must be placed at least 60 cm. above the floor.
6. Ice for consumption must be stored in clean covered containers, which must be placed at least 60 cm. above the floor. Scoops, tongs, or other ice – dispensing utensils with long handle must not be kept in the ice. Do not place anything in the ice for consumption.
7. All utensils must be cleaned by dishwashing liquid and thoroughly washed twice with potable water. Sinks and washing facilities must be set up with a minimum of 60 cm. above the floor.

8. Chopping boards and knives must be in good condition and separately used for cooked meat, raw meat, vegetables or fruits in order to prevent cross – contamination.
9. Spoons, forks and chopsticks must be stored with handle up or laid down neatly in clean containers that should be placed at least 60 cm. above the floor.

10. Food waste and wastewater must be disposed in such a manner as sanitary system.
11. Toilets with hand washing basin and soap must be kept clean and maintained in good condition.
12. Food handlers must wear suitable protective clothing including short or long sleeves clothes, apron and hair covering.
13. Food handlers must wash their hands frequently and thoroughly before starting work or handling food or whenever else necessary. Food must not be handled with bare hands. Tongs or any other utensils must be used for picking up food.
14. Any cut or wound on food handlers’ hands or skin must be covered with waterproof dressing in order to avoid transmission of diseases.

15. Any food handlers who suffer from or might be a carrier of food and water-borne diseases must not continue to handle food until a complete recovery.
3.2 Food sanitation standard for street food vendors (12 items)

1. Food stall must be made from easily cleanable and durable materials, kept in good condition and be at least a height of 60 cm. above the floor.

2. Cooked food must be put in a clean covered container.
3. Seasoning or food additives must be standardized and approved by authorized officers such as FDA or Ministry of Industry.

4. Drinking water must be clean and stored in clean container with cock or spout.
5. Beverage must be contained in clean covered package with handle, cock or spout.

6. Ice for consumption must be kept in clean covered containers, which must be placed a minimum of 60 cm. above the floor. A spoon with long handle must not be stored or kept in potable ice.
7. All utensils must be cleaned by dishwashing liquid and thoroughly washed twice with potable water. Sinks and washing facilities must be set up at least 60 cm. above the floor.

8. Spoons, forks and chopsticks must be stored with handle up or laid down neatly in clean containers that should be placed a minimum of 60 cm. above the floor.
9. Food waste must be collected and disposed in such a manner as sanitary system.

10. Food handlers must wear suitable protective clothing including short or long sleeves clothes, apron and hair covering.
11. Suitable dispensing utensils must be used for cooked food.

12. Any cut or wound on food handlers’ hands or skin must be covered with waterproof dressing in order to avoid transmission of diseases.
3.3 Food sanitation standard for canteens consists of 7 parts (30 items)

A. Dining area

1. It must be kept clean and maintained in good condition.

2. Tables and chairs must be clean and maintained in good repair.

3. Well – ventilated.
B. Preparation area

4. It must be kept clean and maintained in good condition. Floors must be constructed of smooth durable materials.

5. Well – ventilated.
6. Do not cook or prepare food on the floor.

7. Tables for preparing food must be constructed of cleanable materials, kept in good condition and be at least 60 cm. above the floor.
C. Food, drinking water, ice and beverage

8. Packaged food and beverage shall be obtained from sources approved by authorized officers such as FDA.
9. Fresh food (such as meat, vegetables, fruits, etc.) and dried food shall be in good condition and kept separately depending on types of food, at least 60 cm. above the floor. If kept in a refrigerated unit, it must be a minimum of 30 cm. above the floor. Fresh food shall be thoroughly washed with potable water before being cooked.

10. Packaged food and beverage shall be in good condition, stored a minimum of 30 cm. above the floor.
11. Cooked food shall be stored in clean covered containers and placed at least 60 cm. above the floor.

12. Cooked food shall be placed in food units with glass shield at the front.
13. Drinking water, beverage shall be stored in clean covered pour – type containers and placed at least 60 cm. above the floor.
14. Ice for consumption shall be clean, stored in a clean covered container with and placed at least 60 cm. above the floor. A spoon with long handle shall be provided and not placed in the ice.
D. Equipment and utensils

15. Equipment and utensils shall be made of safe materials such as stainless steel, porcelain, glass, aluminum, etc.
16. Containers for condiments, seasonings shall be made of glass, porcelain with covers and spoons.
17. All utensils must be cleaned by dishwashing liquid and thoroughly washed twice with potable water. Sinks and washing facilities must be set up with a minimum height of 60 cm. above the floor.

18. At least 2 sinks with drains shall be provided for washing purposes.

19. Cleaned utensils shall be stored inverted in clean, dry containers with cover, at least 60 cm. above the floor.
20. Spoons, forks and chopsticks must be stored with handle up or laid down neatly in clean containers that should be placed at least 60 cm. above the floor.

21. Chopping boards must be in good condition and separately used for cooked meat, raw meat, vegetables or fruits.
E. Sewage and water drainage

22. Garbage and refuse shall be kept in durable, easily cleanable covered containers that do not leak.

23. Drains shall be in good condition, not be directly discharged into public or environment.
24. Trash screening and grease trapping shall be installed and maintained in good condition.
F. Toilets

25. Toilets shall be kept clean with adequate potable water.

26. Toilets with sinks shall be separated from preparation area, washing area, and food storage area.
G. Food handlers

27. They shall wear clean clothes.

28. They shall properly dress with aprons and hairnets.

29. They shall not be suffering from, or carrying a communicable disease. They shall present their medical check-ups.
30. They shall perform good hygiene practices during all working period.
Chapter 4: Bacterial inspection by test-kits

Test – kits for Coliform bacteria consists of

1. SI – 2 solution
2. Sterilized cotton bud
3. Scissors
4. Forceps and teaspoon
5. Cutter
6. 70% alcohol
7. Bunsen burner

Remarks: - Item 3, 4 and 5 need to be sterilized by 70% alcohol and following sterile techniques before using.
-SI – 2 solution should be kept in cool and dry place.

Sampling

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<th>Food establishments</th>
<th>timing</th>
<th>Type of sample</th>
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<tr>
<td></td>
<td>No. of food sample</td>
<td>No. of utensil</td>
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<tr>
<td>1. Restaurants/street food venders</td>
<td>Twice a year</td>
<td>5</td>
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<tr>
<td>2. Canteens</td>
<td>Twice a year</td>
<td>5</td>
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Procedure for utensil and hand

1. Put a sterilized cotton bud into SI – 2 solution (1 sterilized cotton bud/1 bottle of SI – 2 solution/5 utensils)
2. Swab that cotton bud on the surface of utensil and hand
3. Put that cotton bud back into the same bottle and swab the surface of utensils again 4 times
4. Break the handle of cotton bud and close the cover
5. Leave at room temperature for 17 hours
Remarks: SI – 2 must be sterilized by Bunsen burner before opening

Swabbing

Food handlers’ hands: from 2\textsuperscript{nd} part of finger to finger’s tip (4 fingers), and the only first part of thumb

Glass: $\frac{1}{2}$ inch from the edge both inside and outside
Spoon, fork: eating part
Plate, bowl: 2x2 sq. inches
Cutting board: 2x2 sq. inches
Chopstick: 1 $\frac{1}{2}$ inches around eating part

Procedure for food sample

1. Cut food sample into small pieces and put 1 gram of food sample into the SI – 2 solution. If food is in liquid form/water, put 1 ml. of sample into the SI – 2 solution
2. Leave at room temperature for 17 hours
Result

If the solution turns from purple to yellow, there are Coliform bacteria contaminated in that sample (positive).
If the solution is still purple, there is no Coliform bacterium contaminated in that sample (negative).
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