



Cynthia in the Driver's Seat

Having good safety practices in a Supermarket doesn't happen by accident. However, having an accident will focus on what safety practices are in place and what management has done in terms of their legal and moral requirements.

MGA OH&S Consultants Roger and Marg were pleasantly surprised when conducting a recent safety audit of CBD supermarkets in Melbourne. They found that CBD's human resources manager Cynthia Liu had developed some very good safety policies and procedures and was actively introducing them into their four stores.

Cynthia had put together an induction manual using information and images from the MGA OH&S CD.

"This is exactly what the CD should be used for" said Marg, "Customising to suit the supermarket staff and equipment is excellent. It demonstrates a commitment of complying with the law and also caring about the safety of staff".

Cynthia was excited to take advantage of the free MGA safety audit as it enabled her to see how her safety system was going. "I feel happy that I am well on the way to achieving compliance with safety laws" she said. "The MGA OH&S CD and this safety audit have been very helpful in assisting me to make our supermarkets a safe place to work".

"All good safety systems need someone to drive them" said Roger. "Cynthia is certainly doing that and in my opinion has one of the best developing documented systems we have seen in a supermarket. She has kept it simple but has the records to prove the safety activities in the stores are working".

Note: Victorian Supermarkets with less than 50 staff have access to a free safety audit through MGA. If you are interested ring Allison Hawkins on 03 9284 4111

Food Labels Education Kit

A new education package on how to read food labels was launched recently by the Parliamentary Secretary to the Minister for Health and Ageing, Senator Brett Mason.

"Food Standards Australia New Zealand (FSANZ) has developed this innovative education package that is ideal for consumers, schools, universities and health professionals to use" he said.

It includes a seminar on FSANZ's web site about how to read food labels. You can view this seminar on your computer any time and over any period as it will even remember where you left off viewing. An interactive section on the FSANZ web site explains what food labels mean. A pocket guide to take shopping and a full colour poster are also available.

You can learn about the nutritional content of food by reading the nutrition information panel and also how to interpret that for healthier eating. You can also find out the difference between 'best before' and 'use by dates', how food recalls are carried out and how to identify life saving allergen information from ingredients lists.

"I strongly encourage teachers, health professionals and academics to look at this educational package and to use it as a teaching aid. It is also easy enough to use at home with our families" Senator Mason said.

*The understanding food labels educational package is available on the FSANZ web site at www.foodstandards.gov.au. Hard copies of the posters and shopping pocket guide are available by e-mailing info@foodstandards.gov.au. This package complements the book *Choosing the Right Stuff - the official shoppers' guide to food additives and labels, kilojoules and fat content*, which was launched in May 2007. The book is published by Murdoch books and is available in bookshops at a recommended retail price of \$14.96*

Produce Supplier

Jack De Stefano 0418 317 858
Robert De Stefano 0419 368 940




**Range
Quality
Service**

Harvest Fresh Pty Ltd
Warehouse C, Melbourne Fresh Centre, 542 Footscray Road, West Melbourne, Vic 3003
Phone: (03) 9687 7874, Fax: (03) 9689 6029, Email: jack@harvestfresh.com.au