

BEAN SPROUT FOOD SAFETY FACT SHEET

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PHOTOGRAPHY

2018: 21 cases (7 hospitalised) of Salmonella in South Australia

2016: 300 cases (47 hospitalised) of Salmonella in South Australia

**What do these outbreaks have in common?
Bean sprouts were linked to these Salmonella outbreaks.**

Raw sprouts provide a higher level of risk and need to be cooked to reduce the risk of food borne illness.

Raw sprouts can carry salmonella, listeria and E. coli bacteria. Potential sources of contamination include fertiliser, bacteria in water and soil. This can occur during harvest, sprout production, storage, cleaning, packaging and transportation.

Store bean sprouts in the refrigerator for up to two days. Refrigerator temperature should be 4°C.

For further information, contact Andrew Thomson on info@thinkstsolutions.com.au or call 0422 285 720

WHAT CAN YOU DO?

To reduce the risk of food borne illness from sprouts follow these steps:

Purchasing:

- Use tongs or a plastic bag turned inside out to pick up loose sprouts
- Avoid sprouts that are dark in colour or smell musty
- Buy sprouts from refrigerated display units
- Place sprouts in a chilled cooler to transport home

Storing:

- Store sprouts under refrigeration and below 5°C
- Package sprouts- throw out past use by date

Preparation

- Rinse sprouts under running water
- Avoid cross contamination from other risky foods such as meat or poultry

Cooking:

- Cooking sprouts reduces risk and can be used in a variety of South-East Asian dishes

Avoid:

- Providing people with lower immunity raw and lightly cooked sprouts