



# Making food acidic

## K

### Know

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#### 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.
- Lowering the pH to less than 3.6 kills most harmful bugs.
- Lowering the pH to between 3.6 - 4.6 creates an environment which harmful bugs find hard to grow in. If you lower the pH to between 3.6 - 4.6, you will still need to either pasteurise or thoroughly cook food to make it safe.
- It's important that the method you use to acidify food results in an even pH, throughout the food, to prevent bugs growing.
- **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.
- **Acidification** is when acid is added to food to stop or slow down the growth of harmful bugs.

## D

### Do

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#### What do you need to do?

- Identify the foods that need to be fermented or acidified.



# D

## Do

- 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.
- Use one of these methods to measure pH:
  - use a calibrated pH meter,
  - send samples to an accredited lab.



You can choose to prove your method works to achieve a consistent pH. Your method must be relied on to be +/-0.1 of the target pH.

- Test your final food to be sure the pH is stable at either:
  - 3.6 or less, or
  - between 3.6 - 4.6
- If your pH is between 3.6 - 4.6, you must also either pasteurise or thoroughly cook your food.

# S

## Show

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### What do you need to show?

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

