



Public Protection (food & safety)

Food Premises Inspection Report

| | |
|----------------------------------|--|
| Name of business: | Supplements Wellbeing @ Fully Pumped Gym |
| Address of food business: | 11 Delta Close Norwich NR6 6BG |
| Date of inspection: | 15/01/2025 |
| Risk rating reference: | 25/00120/FOOD |
| Premises reference: | 24/00291/FD_HS |
| Type of premises: | Health food shop |
| Areas inspected: | All |
| Records examined: | None |
| Details of samples procured: | None |
| Summary of action taken: | Informal |
| General description of business: | Gym providing supplements and frozen meals |

Relevant Legislation

Food Safety Act 1990 (as amended)

Regulation (EC) No 178/2002 applied by The General Food Regulations 2004 (as amended)

Regulation (EC) No 852/2004 and No 853/2004 applied by Regulation 19 (1) of the Food Safety and Hygiene (England) Regulations 2013

Health and Safety at Work etc. Act 1974 and related regulations

Food Information Regulations 2014

What you must do to comply with the law

The report may include **Contraventions** - matters which do not comply with the law. You must address all of the contraventions identified; failure to do so could result in legal action being taken against you.

As a guide, contraventions relating to cleaning, temperature control and poor practice, should be dealt with straight away.

Contraventions relating to structural repairs, your food safety management system and staff training, should be completed within the next 2 months.

Health and safety contraventions should be dealt with within 3 months unless otherwise stated.

To assist you the report may also include **Observations** of current practice, useful **Information, Recommendations** of good practice and reminders of **Legal Requirements**.

My inspection was not intended to identify every contravention of the law and only covers those areas, practices and procedures examined at the time of the inspection. If the report fails to mention a particular matter this does not mean you have necessarily complied with the law.

FOOD SAFETY

How we calculate your Food Hygiene Rating:

The food safety section has been divided into the three areas which you are scored against for the hygiene rating: 1. food hygiene and safety procedures, 2. structural requirements and 3. confidence in management/control procedures. Each section begins with a summary of what was observed and the score you have been given. Details of how these scores combine to produce your overall food hygiene rating are shown in the table.

| Compliance Area | You Score | | | | | |
|--|------------------|----------|---------|---------|---------|------|
| Food Hygiene and Safety | 0 | 5 | 10 | 15 | 20 | 25 |
| Structure and Cleaning | 0 | 5 | 10 | 15 | 20 | 25 |
| Confidence in management & control systems | 0 | 5 | 10 | 15 | 20 | 30 |
| Your Total score | 0 - 15 | 20 | 25 - 30 | 35 - 40 | 45 - 50 | > 50 |
| Your Worst score | 5 | 10 | 10 | 15 | 20 | - |
| Your Rating is | 5 | 4 | 3 | 2 | 1 | 0 |

Your Food Hygiene Rating is 5 - a very good standard



1. Food Hygiene and Safety

Food hygiene standards are high. You demonstrated a very good standard of compliance with legal requirements. You have safe food handling practices and procedures and all the necessary control measures to prevent cross-contamination are in place. Some minor contraventions require your attention. **(Score 5)**

Temperature Control

Observation I was pleased to see you were able to limit bacterial growth and/or survival by applying appropriate temperature controls at points critical to food safety and that you were monitoring temperatures.

Observation There was a build up of ice in the freezer, it was explained that it was due to be defrosted shortly and was on a regular scheme of defrosting - depending on stock currently in the freezer. The current build up of frost was due to stock being placed in front of the fan. This issue has now been rectified and staff made aware not to block the fan.

2. Structure and Cleaning

The structure, facilities and standard of cleaning and maintenance are all of a good standard and only minor repairs and/or improvements are required. Pest control and waste disposal provisions are adequate. The minor contraventions require your attention. **(Score 5)**

Cleaning of Structure

The premises were clean and presentable at the time of my inspection. You have a weekly cleaning schedule.

Maintenance

Observation You are maintaining the premises in good condition. There were a few holes in the ceiling - these are scheduled to be filled and were caused by the recent removal of the security cameras. I was advised the the whole front area is due for redecoration.

3. Confidence in Management

A food safety management system is in place and you demonstrate a very good standard of compliance with the law. You have a good track record. There are some minor contraventions which require your attention. **(Score 5)**

Type of Food Safety Management System Required

Contravention Your documented Food Safety Management System or Safer Food Better Business pack was not available for inspection. As a consequence you could not demonstrate an effective system for managing food safety hazards at the time of my inspection.

Your food business is mainly pre-packaged food with some drinks sold so is quite low risk, however, your food management system should always be available on the premises.

Any queries asked at the time of inspection were answered by your staff member on reception. I was also provided with relevant information upon request directly from the food business operator, which supported the information I was given at the time of inspection. I was advised that the SFBB pack is now kept at the gym.

Traceability

Observation Your records were such that food could easily be traced back to its supplier.

Allergens

You had discussed the allergens contained in the food that you sell with your staff and now also display the poster regarding the allergens from the SFBB pack.