



VINELAND'S

FOOD SAFETY NEWSLETTER

February 2016

Produced by the Vineland Health Department- May be copied!



Foodservice Calorie Disclosure Rule

The FDA has made a final rule that may affect some of you on calorie disclosure. Retail food establishments that are part of a chain of 20 or more locations, doing business under the same name and offering basically the same menu items will be required to comply by December of 2016. A variety of foods will be required to have their calories disclosed such as:

- Meals from sit-down restaurants
- Takeout food
- Muffins at bakery shops
- Popcorn at a movie theatre
- Serving of ice cream or milk shake
- Even salad bars and vending machines

Foods not required to disclose calorie information are foods that are typically intended for more than one person to eat and require additional preparation before eating. For more information go to: http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/ucm461934.htm?source=govdelivery&utm_medium=email&utm_source=govdelivery

Did you know...?



- Pharaoh or Thief ants can carry disease causing micro-organisms such as salmonella, Staph, and Clostridium to food and food contact surfaces.
- In a study from 1998 to 2012, more than 80 percent of E. coli O157 illnesses were attributed to beef and vegetable row crops, such as leafy vegetables.
- In the same study, Salmonella illnesses were broadly attributed across food commodities, with 77 percent of illnesses related to seeded vegetables (such as tomatoes), eggs, fruits, chicken, beef, sprouts and pork.
- Crockery made before 1970 may contain lead. It would not be safe for food storage or preparation.
- Customers may not go through your food prep areas, food storage or warewashing areas to use a lavatory! NJAC8:24-6.6d
- If you replace any of your backflow prevention devices, they must be lead-free as of 1/1/2015. The box will specifically state "Lead Free".
- Switching sanitizer types periodically will reduce the potential of Listeria. Quaternary ammonia, chlorine and iodine are all acceptable food contact sanitizers.
- A recent study here in Vineland showed improper cold holding temperatures of potentially hazardous foods were most commonly found in the tops of bain maries. Most commonly out of temperature were: sliced tomatoes and deli meats/cheeses.



Food Safety Training Available!

What are you waiting for?

Vineland Health Department: *Introduction to Food Safety*

Intended students: Anyone working with food, especially prep people. At least one person in charge from a Risk Type 2 Facility must have this course or similar.

Class focus: The causes of foodborne illness/ how to protect your establishment from an outbreak.

Instructors: Jeanne Garbarino and Chris Gross (English) and Emma Lopez (Spanish class only)

Certificate: Upon successful completion of course. Certificate is valid for 3 years.

Cost: \$ 15.00 for each person or 3 or more persons from the same establishment \$10 each

Location: Vineland- Please see enclosed schedule.

Dates: Please see the enclosed schedule. *Note: 6 hours of class must be attended to receive a certificate. This class does not count towards the State training requirement for Risk Type 3 Facilities. To find your risk type, look at your most recent report, license or call this office. For a current list of the classes available and required for Risk Type 3 Facilities, go to www.vldhealth.org. We do not teach the class required for Risk type 3 facilities.*

HOW TO REGISTER

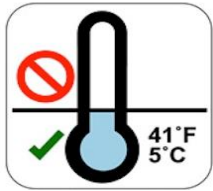
To register, return the enclosed application to the address listed with the appropriate fee. For more information, please call Jeanne Garbarino at 794-4000 extension 4326. Confirmation and directions will be sent upon registering.

Employee Health

New employee health regulations are coming to NJ. If you did not attend one of the one hour classes last year, we highly recommend that you attend this year. The new requirements will be explained in easy to understand terms. Be prepared for the new regulations. See attached form for more details.

Outbreak of Interest

In April of 2015, 29 people attending a potluck dinner at a Church in Ohio became ill with botulism. One died. The culprit was potato salad made from home canned potatoes. Symptoms of botulism include blurred or double vision, drooping eyelids, difficulty swallowing and shortness of breath. Home canned foods pose a serious risk. Do not allow homemade food of any type in your establishments.



Proper Refrigeration / Cold Holding of Foods



Rapid chilling of heated foods, proper cold holding / refrigeration temperatures are the easiest ways to control the out-growth of spores and prevent multiplication of harmful bacteria in foods. Most of the common food-borne pathogens will not grow at temperatures of less than 38°F (the major exception being *Listeria monocytogenes*, which requires a labeled time-limit for use of the food, because it will continue to grow at cold temperatures all the way down to the point where the food is frozen solid). However, many of the food-borne pathogens (especially *Bacillus cereus*) will grow rapidly in foods that are only a little warmer than 41°F. This makes it critical for coolers and refrigerators to always be maintained at temperatures of less than 41°F and that the **temperature of the food itself** be quickly reduced from cooking temperature to less than 41°F in order to prevent the outgrowth of *Bacillus* or *Clostridium* spores or the multiplication of harmful bacteria such as *Salmonella*, *E. coli*, or *Staphylococcus aureus* in the food before chilling.

Improper temperature holding accounts for ~35% of all foodborne disease outbreaks, with potentially hazardous foods that spoil easily if not held at the proper cold holding temperature of less than 41°F include meats, poultry, fish, milk & dairy products, eggs, gravies, soups, cut melons, cooked-pasta or rice, cooked-salads, cooked-vegetables, meat-containing salads, potato salads, tofu, custards and cream-filled pastries.



- **Listeriosis:** If all refrigerated Ready-To-Eat foods were stored at 41°F or below, approximately 9% of predicted listeriosis cases caused by contaminated deli products or sliced in the retail deli could be prevented. Considering that 1-in 5 cases of Listeriosis end in death, proper cold-holding can mean the difference between you being the successful owner of that restaurant or deli, and losing everything after lawsuits for “wrongful death” after your customers become ill or die!

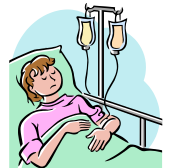


- **Botulism:** Oxygen is driven-out of foods that are heated, so filling a hot food into a non-oxygen-permeable container and then leaving it at room temperature for more than an hour creates an “anaerobic environment” that could in many non-acidic foods allow the outgrowth of spores from *Clostridium botulinum*. Many times in the past, death and serious illness has occurred in consumers of temperature-abused foods including grilled onions, foil-wrapped baked potatoes, vacuum packaged Salmon, and various thick gravy and sauces. **All of those deaths and illness would have been prevented if the foods were properly chilled and refrigerated!**



- ***Bacillus cereus*:** This pathogen produces a heat-stable toxin (re-heating or cooking the food after the poison has formed will not remove toxic effects) in temperature-abused foods. Past outbreaks have been caused by cooked rice left at room temperature afterwards (this illness is often nick-named “fried-rice syndrome”). Other outbreaks were caused by leaving liquid eggs out on the prep counter at room temperature all morning during breakfast hours, and leaving liquid batter mix out in the hot kitchen/cook area all afternoon or evening.

Proper refrigeration and cold-holding of foods, after quickly chilling them down from cooking temperatures, will reduce your risk of causing a food-borne illness outbreak or making your customers sick (or dead!). This article was written by: Donna F. Schaffner, Director of Food Safety, Quality Assurance and Training at the Rutgers University Food Innovation Center.





TEST YOUR FOOD SAFETY KNOWLEDGE!



You have been around food all of your life. You may have worked with food for many years, but do you really know what can go wrong and how to keep your food safe? Take this quiz and see!

- 1) What food item below does NOT have to be date marked if keeping the food for more than 24 hours?
 - a) Soft serve mix in a dispenser
 - b) Live clams
 - c) Sliced lunchmeat
 - d) Mozzarella cheese in solution in a salad bar

- 2) What actions can help reduce the potential that Listeria will contaminate your foods?
 - a) Wearing disposable gloves and changing them frequently
 - b) Controlling condensation drips
 - c) Preventing construction dust from entering the food prep areas
 - d) All of the above

- 3) What should a manager do if a foodhandler reports to them that they were diagnosed with typhoid fever?
 - a) Send them home until symptoms have resolved.
 - b) Allow them to work only in the dishwashing or trash areas.
 - c) Exclude them from working until cleared by a doctor and the health department
 - d) Nothing. Typhoid fever cannot be passed on through food.

- 4) Can a Person in Charge or manager who knowingly serves unsafe or contaminated food be charged criminally?
 - a) Yes
 - b) No

- 5) Which type of melon is not potentially hazardous? In other words, it will not grow disease-causing bacteria if held at improper temperatures.
 - a) Whole watermelon
 - b) Slices of cantaloupe
 - c) Honeydew cut in half

- 6) Blowing under a pizza when transferring off the peel into the oven for cooking is acceptable?
 - a) Yes
 - b) No

ANSWERS:

1. B. The bacteria in live shellstock prohibit growth of Listeria in and on shellstock if held under refrigeration. There have been no reported cases of Listeria associated with live clams, mussels or oysters. Thus, these are exempt from date marking. All other items mentioned must be date marked.
2. D. All of these actions will contribute to keeping Listeria out of your kitchens and food. Listeria will grow anywhere and at any temperature. It will also spread very easily. Certain consumers are extremely vulnerable to Listeria and could easily die.
3. C. Per Table 1b of the FDA's Employee Health Handbook, the employee must be excluded from work until cleared by both a doctor and the health department. If you need a copy of the handbook, ask your inspector for one.
4. a. A manager and/or owner can be charged in a criminal court of law and receive jail time if found guilty. In the Fall of 2015, a Federal Judge sentenced three executives from the Peanut Corporation of America to a combined jail sentence of 53 years for their role in the 2008-2009 outbreak of Salmonella. Numerous consumers died as a result of eating their contaminated peanut butter.
5. a. Any kind of melon can grow disease-causing bacteria once cut. To further reduce the potential of bacteria getting into the flesh of the melons, scrub the outside of the melon with clean running water before you cut it open.
6. No. Use of cornmeal will eliminate sticking and create a safer product.