



# VINELAND'S

## FOOD SAFETY NEWSLETTER

March 2020



Produced by the Vineland Health Department- May be copied!

### HANDWASHING

Proper handwashing goes “hand-in-hand with employee health when preventing foodborne illness outbreaks. Foodborne illnesses are often caused by foodhandlers contaminating their hands and then touching food or food contact surfaces without first washing their hands. Proper handwashing is the single most effective way to stop the spread of disease. Handwashing shall last no less than 20 seconds (wet hands with warm water, rub vigorously with soap and warm water for at least 10 seconds, rinse well and then dry thoroughly with a paper towel).

Hand sanitizers only work on clean hands and do not kill viruses such as Norovirus or Hepatitis A. Never use hand sanitizers instead of handwashing!

### Did you know...?



- Potentially hazardous foods that require cold holding must be maintained at 41°F or less at all times. This includes refrigeration, salad bars, and during transport.
- “While the food supply in the United States is one of the safest in the world, the Centers for Disease Control and Prevention estimates that 76 million people get sick, more than 300,000 are hospitalized, and 5,000 Americans die each year from foodborne illness. Preventing foodborne illness and death remains a major public health challenge.” In addition, CDC estimates that foodborne illness costs the country \$6.9 billion every year.
- Employee Health and Hygiene Manuals and Food Handler’s Manuals in both English and Spanish are available at the Vineland Health Department for no cost.
- Unless wearing intact gloves in good repair, a food employee may not wear fingernail polish or artificial fingernails when working with exposed food.
- Food employees who work with unpackaged foods, food equipment or utensils, or food contact surfaces are not permitted to wear jewelry including medical information jewelry on their arms or hands (The only exception to this rule is a plain ring such as a wedding band).
- 12” x 18” colorful “Choke” posters are available at the Vineland Health Department for no cost. If you need one, please come to our office and ask for one.
- Keep your tongue away from the raw batter and dough! Not only is there a potential for a salmonella infection from raw eggs but also the flour has the potential to contain pathogens like E.coli.



# 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:** Chris Gross and Carolyn Fisher (English) and Emma Lopez (Spanish)

**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. 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 Carolyn Fisher at 794-4000 extension 4283. Confirmation and directions will be sent upon registering.

## **What's New On-line at [www.vldhealth.org](http://www.vldhealth.org)? Check Us Out!**

### **Employee Health Tutorials now available on-line:**

New employee health regulations are coming to NJ soon. We highly recommend that you watch the tutorials on our updated website at [www.vldhealth.org](http://www.vldhealth.org). Under "Environmental" then "Food Safety" then "Get Certified". The new requirements will be explained in easy to understand terms for both managers and employees. Be prepared for the new regulations! There is an optional test at the end with a printable certificate for both the manager and the foodhandler versions, if you pass.

### **Dates and Ratings for Restaurant Inspections:**

Inspection dates, ratings and number of Risk Factors that were out during the inspections of retail food establishments are on the website. Inspection results are updated weekly.

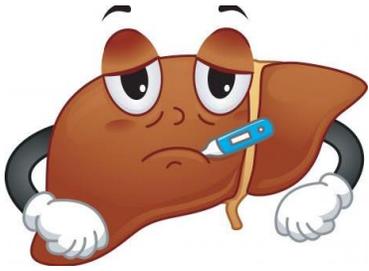
### **Cold Holding and Handwashing 30 second Informational Clips:**

Cold Holding and Handwashing 30 second clips are now available on-line.

### **Refrigeration Log Charts:**

Refrigeration log charts are available on-line for use with single units or multiple units. We encourage all food establishments to use them.

.....



# Hepatitis A Among Food Service Workers: How to Prevent it!



## What is it?

Hepatitis A is a serious liver infection caused by the hepatitis A virus. This causes inflammation and affects the liver's ability to function. Symptoms of hepatitis can include: fever, fatigue, nausea, vomiting, diarrhea, or jaundice (yellow skin or eyes).

## How is it spread?

Hepatitis A is most commonly spread when someone eats or drinks an item contaminated with fecal matter, it does not spread through sneezing or coughing. Examples of this involve consumers eating food handled by an employee with the virus, who did not wash his or her hands after using the toilet. Other ways of acquiring the infection include: drinking contaminated water, eating raw shellfish from water polluted with sewage, and through objects contaminated with the virus.

## General Food Safety Tips!

Restaurants and retailers should always practice safe food handling and preparation measures. The FDA recommends that employees wash hands for at least 20 seconds total. Employee protection should also be a high priority for foodservice establishments.

- Food workers should never work while they are sick with stomach (gastrointestinal) illnesses.
- Food workers may consider vaccination if they wish to further reduce their risk or are in communities where ongoing outbreaks are occurring
- Regular frequent cleaning and sanitizing of food contact surfaces and utensils used in food preparation may help to minimize the likelihood of cross-contamination.
- Wash and sanitize display cases and refrigerators where potentially contaminated products are stored.
- Wash hands by applying soap and water, rubbing them vigorously together for 10 to 15 seconds, rinsing them with clean water, and thoroughly drying them.

For more information about Hepatitis A go to :<https://www.fda.gov/food/foodborne-pathogens/hepatitis-virus-hav>

**Use your Health Department and Inspectors as resources!**  
~Ask questions about violations. The Health Department Inspectors can help explain the violations to you, the importance of the violations and assist with offering ideas to eliminate violations.



## 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) Food handlers should wash their hands after which of the following events?
  - a) Loading dirty dishes into the dishwasher
  - b) Touching cleaning products
  - c) Handling raw poultry, fish, meats and eggs
  - d) All of the above
  
- 2) Which method of thawing frozen meats, poultry and fish is not allowed?
  - a) Thaw in a refrigerator
  - b) Thaw under cold running, draining water
  - c) Thaw on the counter
  - d) Thaw as part of the cooking process
  
- 3) Which of the following events is a key factor in the rapid growth of microorganisms?
  - a) Time and Temperature
  - b) Personal Hygiene
  - c) Bleach exposure
  - d) A hot, humid kitchen
  
- 4) Clostridium botulinum is often associated with which of the following foods?
  - a) Canned foods
  - b) Smoked or salted fish
  - c) Herb-infused oils
  - d) All of the above
  
- 5) When using the First In, First Out (FIFO) system, which food should be used first?
  - a) Coldest
  - b) Oldest
  - c) Newest
  - d) The one that is listed as the daily special

### ANSWERS:

1. D. All of the above events require food handlers and kitchen staff to wash their hands. They are all potential chemical or biological hazards where cross contamination could be prevented with proper handwashing.
2. C. Thawing temperature controlled for safety (TCS) foods such as meats, poultry and fish at room temperature is not permitted. Harmful bacteria can multiply rapidly at room temperature.
3. A. Time and Temperature control is a key factor in preventing rapid growth of microorganisms. .
4. D. All of the above are associated with Clostridium botulinum. These bacteria thrive in environments where the level of available oxygen is low.
5. B. When using the First In, First Out system, always use the oldest product first. This way foods do not stay in the kitchen for extended periods of time.

There are many unknowns around COVID-19 right now, and the situation can change at any time, but you can find information on COVID-19, how it spreads and its presence in your area through the World Health Organization, the Centers for Disease Control and Prevention, the National Institutes of Health, and your City and State Health Department websites.