

VINELAND'S

FOOD SAFETY NEWSLETTER

February 2010

Produced by the Vineland Health Department- May be copied!



Duties of the Person In Charge

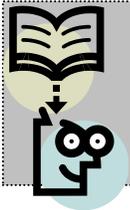
The person in charge, whether that is an owner, manager or just the one left in charge for an hour, has the legal and moral obligation to provide safe food. They are responsible for ensuring:

- Hazards in the day-to-day operation are identified and corrected.
- Policies/procedures to prevent foodborne illness are followed.
- Employees are adequately trained in preventing food safety.
- Food preparation activities are supervised and corrective actions taken, when needed, to protect the health of the consumer.
- Self-inspections are conducted on a routine basis to identify hazards.

Did you know...?



- Bacteria can live on **stainless steel surfaces** for up to 34 days if not properly cleaned and sanitized, according to a recent study.
- 83% of **Listeria cases** are associated with deli meats that were sliced at the retail level. FDA is trying to determine the exact reason for this.
- If you are interested in receiving a **5 Star award** for 2010, you must have an extra person attend a food safety class to qualify. State/local laws already require at least one person for risk type 2 and 3.
- The **salmonella strain in raw shell eggs** won't grow under refrigeration. Thus, when you keep your shell eggs under refrigeration, you will have a safer product.
- A Purdue researcher has found a way to **eliminate bacteria in produce** by placing 2 high-voltage, low watt coils on the outside of a sealed package. The process kills E. coli and Salmonella on produce without changing the product. It takes from 30 seconds to 5 minutes.
- Study results show that drying your hands with **paper towels** results in a significant decrease in the numbers of bacteria on the hands - a clear advantage compared with the increases observed for both types of electric hand dryers tested in this study.
- Should you **lose electric or water** for more than 30 minutes, you are required by State law to notify the Health Dept. right away. We have an on-call person 24/7 that can be reached at 856-207-6048.



Food Safety Training Available!

What are you waiting for?

Vineland Health Department:

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 by January 2, 2011.

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

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

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

Cost: \$ 15.00 for each person or 3 persons from the same establishment for \$30

Location: Vineland- Please see enclosed schedule as there are 2 locations.

Dates: Please see the enclosed schedule. Note: There will be no classes in July and August in 2010. There will be evening and Saturday classes later this year.

Note: 6 hours of class must be attended to receive a certificate. This class does not count towards the new 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 of Risk Type 3 Facilities, go to <http://www.vldhealth.org/EnvironmentalService.htm#retailfood>

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.

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Outbreaks of Interest

A Church in Minnesota served a meatballs and spaghetti dinner in 2006 that resulted in more than 12 persons becoming ill with bloody diarrhea, vomiting and fever. Two people died.

E. coli was the illness passed through the food at this event. Ground beef was made into meatballs at the church and contained the harmful bacteria. (There was no way to know that.) The church workers failed to cook the meatballs to at least 155° F, as required. The church and meat producer were sued by the families of the deceased patrons. The church sued the producer of the meat. The producer counter-sued the church, stating that if they had cooked the meatballs to the right temperature, as their label stated, the incident would not have happened.

Norovirus made 280 patrons of an **Oyster Bar** in Raleigh, North Carolina ill in November and December of 2009. The illness is most likely linked to the consumption of raw oysters from southwestern Louisiana. In response, the oyster beds in this area of Louisiana were closed for harvest. Norovirus causes explosive diarrhea and vomiting with a low-grade fever and sometimes body and head aches. The virus can be picked up by shellfish via sewage run-off or discharge. It lasts for 24 to 48 hours usually and is highly contagious.

Why are produce-associated outbreaks on the rise over the last 30 years?

By Jeanne Garbarino, Principal REHS

Spinach, green onions, tomatoes, lettuce, cantaloupes, parsley and basil have all been in the news recently associated with 75% of the foodborne outbreaks linked to fresh produce. Aren't raw veggies and fruit supposed to be good for you?

Well, they are if they are not contaminated from outside sources!



1. **30 years ago**, we did not purchase as much fresh produce from so many areas of our country and world. 28% of our fresh produce now comes from foreign countries. However, 64% of the produce-related outbreaks occur with domestic sources.
2. **Our technologies have increased to improve our detection** of an outbreak. Scientists can “fingerprint” the specific disease and see if a case in California matches a case in New Jersey. Now we can determine if cases are caused by eating the same foods all across the country. We probably missed some before.
3. **Four sources of contamination are of importance** in produce outbreaks: soil, water, health and practices of farm workers, and animals (both wild and domestic). For example, the source of the spinach outbreak a few years ago was determined to be the feces of wild pigs in the farm fields. FYI: Proper cooking will kill harmful viruses and bacteria.
4. **The location and time of year** also affects the chances of harmful contamination on produce. For example, Salmonella is known to grow on tomatoes grown on the east coast in the summer. E. coli is more likely to be on lettuces grown in the Salinas Valley of California in the fall for unknown reasons.

So what can you do to ensure the safety of the fresh produce you serve to your customers?

- ✓ **Rinse your produce** well with clean water that is at least 10° F warmer than the produce. The warmer water will prevent the bacteria from infiltrating into the flesh of the produce and allow you to rinse off the contamination more easily. Use a scrub brush if you can, but never use soap.
- ✓ **Store your produce at 41° F**, even if not required by law. E. coli, for example, will start to grow on leafy greens at a temperature as low as 46° F. At 33° to 41° F, E. coli dies off.
- ✓ **Uncover your fresh produce in the refrigerator**. Studies have proven that Norovirus survives very well when produce is sealed up in a bag. After one day uncovered, 30% of the virus had died compared to produce that was covered in which no virus died.
- ✓ **Produce washes** will give you some reduction of germs that are attached to the surface of the produce. Produce washes are not required, only an option.
- ✓ **The hands of your employees must be clean** prior to handling the produce as well as the equipment they use.

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 is the minimum temperature required to cook fish?
 - a) 145° F
 - b) 150° F
 - c) 155° F
 - d) 165° F

- 2) Which of the following conditions would not necessarily be a reason to send a foodhandler home?
 - a) She is vomiting
 - b) He keeps running in and out the bathroom and admits he has diarrhea
 - c) He has a very bad cold
 - d) She has a cut on her finger

- 3) In which food items can raw whole shell eggs be used at any retail food establishment?
 - a) Egg salad
 - b) Tiramisu
 - c) Caesar salad dressing
 - d) Chocolate mousse

- 4) What food items must have a date mark on them? (A date mark is the date that the food will be discarded if not all used.)
 - a) Lemonade made on-site
 - b) Soup made on-site that will be totally used within 24 hours
 - c) Potato salad made on-site that will be totally used within 48 hours
 - d) An unopened commercially packaged roll of lunchmeat

- 5) Which foods are not potentially hazardous? (Potentially hazardous means that the food will allow the rapid growth of disease-causing bacteria and/or toxins.)
 - a) Sliced cantaloupe and melon
 - b) Cooked potatoes
 - c) Raw onions
 - d) Cooked pasta

ANSWERS:

1. a. 145° F is the minimum cooking temperature.
2. d. A cut on a finger or hand can be bandaged and covered with a disposable glove. All of the other conditions could easily be a symptom of a foodborne illness and the employee could spread that illness to customers and employees.
3. a. Egg salad is the only food item that will be fully cooked to destroy any Salmonella bacteria inside the egg. All other food items on this list must be prepared with pasteurized eggs or no eggs at all. Commercially made dressings contain no raw shell eggs.
4. c. Any potentially hazardous food that is made on-site and will be held for more than 24 hours must be marked with a date of discard. The date must be 7 days if the temperature will never exceed 41° F or 4 days if the temperature will range up to 45° F. Any commercially made potentially hazardous food must be date marked with the same days as above once opened. If the manufacturer has marked that food with a "use by" date, the product must be discarded on whichever date is the earliest (your date or theirs). Exceptions include commercially made deli salads, cheeses with not more than 50% moisture and cultured dairy products.
5. c. Raw onions, like most raw vegetables, will not grow any disease-causing bacteria. Cooked vegetables, cut up melons and cooked pasta will and have been implicated as the source of infection in several outbreaks.