

VINELAND'S Food SAFETY NEWSLETTER

March 2023

www.vldhealth.org

Produced by the Vineland Health Department- feel free to make copies!



The Science Behind Washing Your Hands



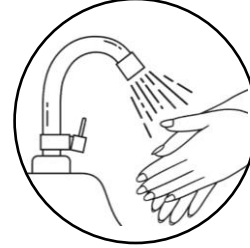
1. Wet



2. Get Soap



3. Scrub



4. Rinse



5. Dry

To avoid getting people sick, it is very important to wash your hands as recommended to decrease the spread of germs. Soap is very important to use when washing hands since it acts as a surfactant to lift soil and microbes from the skin. Scrubbing the hands vigorously for 10 seconds will further remove germs due to the friction. Rather than rinsing the hands in a potentially contaminated basin of standing water, clean running water should always be used. This will remove the soap, lifted dirt, and microbes. The minimum required time for handwashing is 20 seconds. Continuous running water will drain the contaminants, while reducing the risk of bacteria growth. Germs can be spread easily when hands are wet so it is vital to use proper hand drying methods. This can include disposable paper towels or air drying equipment.

Hand Sanitizers are also able to reduce the number of germs on the hands but is not meant to be used as a replacement for handwashing. The CDC (Center of Disease Control) recommends alcohol-based hand sanitizers to be at least 60% alcohol. Again, hand sanitizers do not remove all types of germs. They are not effective when hands may be visibly dirty or greasy- hands should be washed at a handwashing station. Reach out to your health inspector for further information if needed!

If you are planning to cook, prep, or hold an event outside of your approved facility, you must get pre-approvals from the City of Vineland Health Department. This includes grilling outside of your facility and/or temporary events.

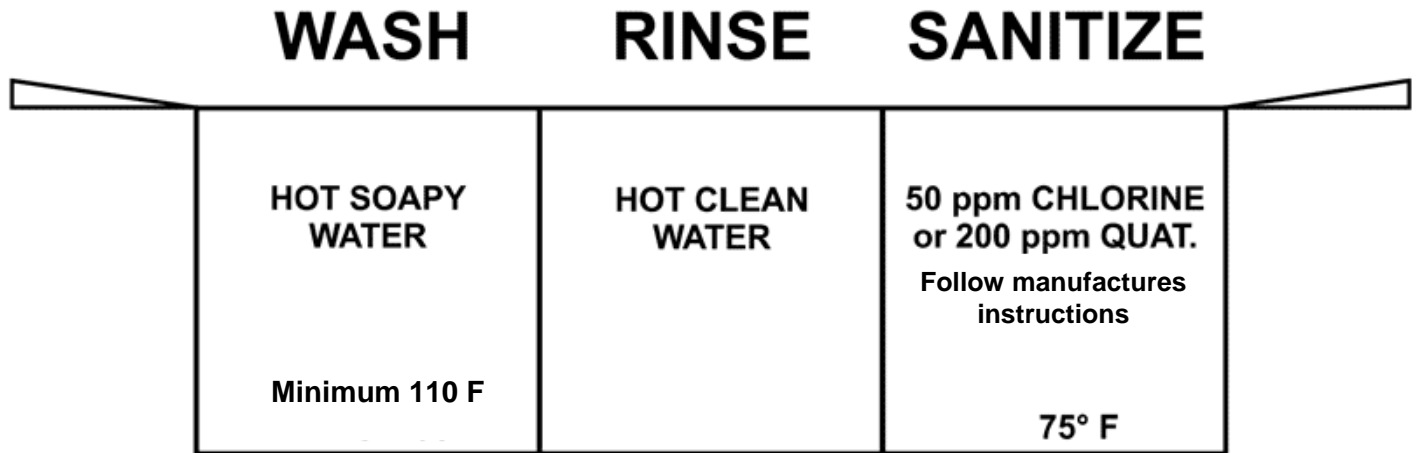


Did you know...?

- The three categories of hazards are biological, chemical, and physical with biological hazards being the most common cause of foodborne illness.
- Everyone is susceptible to foodborne illness but high-risk individuals include older adults, young children, and people with immunocompromised systems.
- Milk dispensing tubes shall be cut at a diagonal, leaving no more than 1 inch protruding from the chilled dispensing head.
- All retail food establishments shall have a food thermometer to ensure foods are cooked to a safe internal temperature.

How to Clean Your Pots and Pans

When operating in a retail food establishment, it is very critical to follow the proper cleaning procedures. Every retail food establishment shall wash, rinse, and sanitize all food contact equipment.



The three compartment sink shall be designed and constructed to be large enough to accommodate immersion of the largest equipment/utensil needing to be cleaned.

1. **Wash** – When conducting manual ware washing, a cleaning agent shall be used to scrub off food debris from the dirty equipment/utensil. The wash solution can be soap, detergent, acid cleaner, alkaline cleaner, degreaser, abrasive cleaner, or other cleaning agent as directed by the manufacture's label.
2. **Rinse** – The middle compartment shall be used to rinse off the detergent cleaner.
3. **Sanitize** – Sanitizing in the three compartment sink can be done in multiple ways. It is always critical to follow manufactures instructions. Some methods are listed below:
 - a. Hot water may be used for sanitization if the sink is equipped with an integral heating device that is capable of maintaining the water temperature not less than 171 degrees Fahrenheit.
 - b. Chlorine/ bleach may be used as a chemical sanitizer. Equipment shall be submerged for at least 10 seconds. Testing strips shall be used to determine the effectiveness of the solution. Scented bleach shall never be used.
 - c. Quaternary Ammonium may be used as a chemical sanitizer. Equipment shall be submerged for at least 30 seconds. Water temperature must be at least 75 degrees Fahrenheit. Testing strips shall be used to determine the effectiveness of the solution.
4. **Air-Dry**- All items must be air-dried - cloth drying is prohibited.



Equipment/ Utensil Doesn't Fit in the Three Compartment Sink?

If the three compartment sink cannot be used, the facility may use another approved method to clean overly large equipment/ stationary equipment (non- movable equipment) as listed in N.J.A.C. 8:24-4.8(3). One method includes spray bottles. The item must be washed and rinsed with an approved detergent with a wet wiping cloth. Then it may be sprayed with a chemical sanitizing solution from a spray bottle. Once the equipment is air-dried, it has completed the proper cleaning procedure.

5 Star Award!

To the following Five Star Award recipients: These retail food establishments have gone above and beyond in food safety during the 2022 calendar year. Each establishment will receive a certificate and a decal to display.

Active Day of Vineland.....	2695 S Lincoln Ave.
Baker Place.....	685 S. Brewster Rd.
Central Kitchen.....	688 N Mill Rd.
Chick-Fil-A.....	3849 S Delsea Dr.
Community Medical Daycare.....	423 W Landis Ave.
Compass Academy.....	23 W Chestnut Ave.
Crust N Krumbs Bakery.....	1370 S Main Rd. Unit 4
Cumberland Christian School.....	1100 W Sherman Ave.
Dominick Pilla Middle School.....	3133 S Lincoln Ave.
Dominick's Pizza.....	1768 S Lincoln Ave.
Giovanni's Italian Deli.....	1102 N East Ave.
Jim Main's Bakery.....	343 S Delsea Dr.
Joe's Poultry Farm.....	440 S Delsea Dr.
Johnson's Pizza Queen.....	1383 S. Main Rd.
Macs Amour.....	1406 S. Main Rd.
Manny and Vics Pizzeria.....	1687 N Delsea Dr.
Panda Express.....	1169 W Landis Ave.
Pizza Hut.....	301 S Main Rd.
Rita's Water Ice.....	3470 S Delsea Dr.
Serene Custard.....	2336 N West Blvd.
Starbucks Coffee.....	3849 S Delsea Dr.
Starbucks Coffee.....	1381 W Landis Ave.
Taqueria La Tejana.....	613 E Landis Ave.
The Courtyard School.....	1270 S East Ave.
Thomas Wallace School.....	688 N Mill Rd.
Tiny Tots Pre-School.....	158 E Elmer Rd.
Tri-County Head Start.....	116 W Elmer St.
Wawa.....	610 S Brewster Rd.
Winslow School.....	1335 Magnolia Rd.
Xpress Mart.....	67 E Oak Rd.

******* Interested in receiving a 2023 5 Star Award *******

Visit our website at www.vldhealth.org

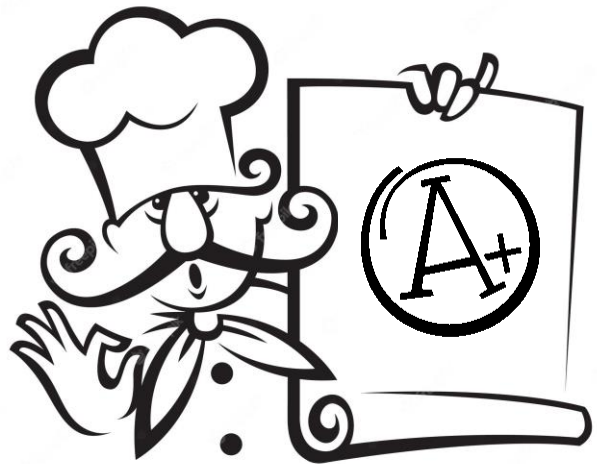
Use your Health Department and Inspectors as resources!

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) You are asked by a customer to prepare a chicken medium rare, what should you do?
 - a) Submit the customer's order to the kitchen
 - b) Warn the customer that it could increase their chance of getting a foodborne illness
 - c) Tell the customer chicken cannot be ordered undercooked
 - d) None of the above
- 2) How long should you wash your hands for?
 - a) 15 seconds
 - b) 20 seconds
 - c) 10 seconds
 - d) 9 seconds
- 3) What is the proper order of how food items shall be stored in a refrigerator (top to bottom shelf):
 - a) Apples, cooked pie, cooked fish, raw beef, raw chicken
 - b) Apples, cooked pie, raw beef, raw chicken, cooked fish
 - c) Raw chicken, raw beef, cooked fish, apples, cooked pie
 - d) Cooked pie, apples, cooked fish, raw chicken, raw beef
- 4) What temperature should ground beef be cooked to?
 - a) 150F
 - b) 165F
 - c) 135F
 - d) 155F
- 5) What food item is not an allergen?
 - a) Sesame
 - b) Fish
 - c) Cantalope
 - d) Wheat



ANSWERS:

1. C. Under no circumstances can poultry be served undercooked in a Retail Food Establishment, not even with a consumer advisory
2. B. The handwashing procedure shall last at least 20 seconds with 10 seconds being vigorous lathering
3. A. cooked, ready-to-eat foods shall always be placed on the top shelf, then raw beef, fish, or pork, finally raw chicken should always be placed on the bottom shelf. A colored, printable handout can be found on www.vldhealth.org
4. D. 155F
5. C. Cantaloupe, the 9 major food allergens are milk, eggs, fish, crustaceans, tree nuts, peanuts, wheat, soybeans, and sesame

Food Safety Training Courses!

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: Carolyn Fisher (English) and Karla Rivera (Spanish)

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

Cost: \$25.00 for each person.

Spanish Class Dates: March 20-21 from 9:30 a.m. to 1:00 p.m.

Spanish Class Location: Vineland Public Library (1058 E Landis Ave, Vineland, NJ 08360)

English Class Dates: March 28-29 from 9:30 a.m. to 1:00 p.m.

English Class Location: Ramada Inn (2216 W. Landis Ave, Vineland, NJ 08360)

Note: Six 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 or to be placed on the waiting list, please email cfisher@vinelandcity.org and include the name of the persons wanting to be added to the waiting list, their email addresses and phone numbers, the establishment they are affiliated with and if they need a Spanish or an English class. Registration forms can be found on www.vldhealth.org → education tab → training & classes

Helpful Links For Nationally Accredited Programs

Risk Type 3 (high risk) establishments are required by NJAC 8:24 – 2.1 to have at least one person in charge who is certified as a food protection manager through an accredited certifying program that is recognized by the Conference for Food Protection. Three of the State approved programs are listed below. Exams must all be proctored.

***Serv-Safe-** www.servsafe.com

***National Registry-** www.nrfsp.com

There are many private companies and organizations that administer these approved food safety programs. The list of companies and organizations below is just a partial list and is provided for your convenience, the Vineland Health Department does not have any affiliations to them and are not endorsing them.

- 1) **Paster Training, Inc.-** 1-866-394-1776; www.PasterTraining.com
- 2) **Premier Food Safety-** 1-800-676-3121; www.premierfoodsafety.com
- 3) **FSS Consultants-** 908-782-0637; www.fssconsultants.org
- 4) **Language Directions-** 973-228-8848; www.languagedirections.com
- 5) **American Food Safety Institute-** 1-800-723-3873; www.americanfoodsafety.com

Refrigerator Storage Chart

Always store ready-to-eat foods on the top shelf! Arrange other shelves by cooking temperature (highest cooking temperature on the bottom).

Ready-to-Eat Foods (Top Shelf)

Lowest Cooking Temperature

135°F (57°C)

Any food that will be hot held that is not in other categories

145°F (63°C)

Whole seafood; beef, pork, veal, lamb (steaks and chops); roasts; eggs that will be served immediately

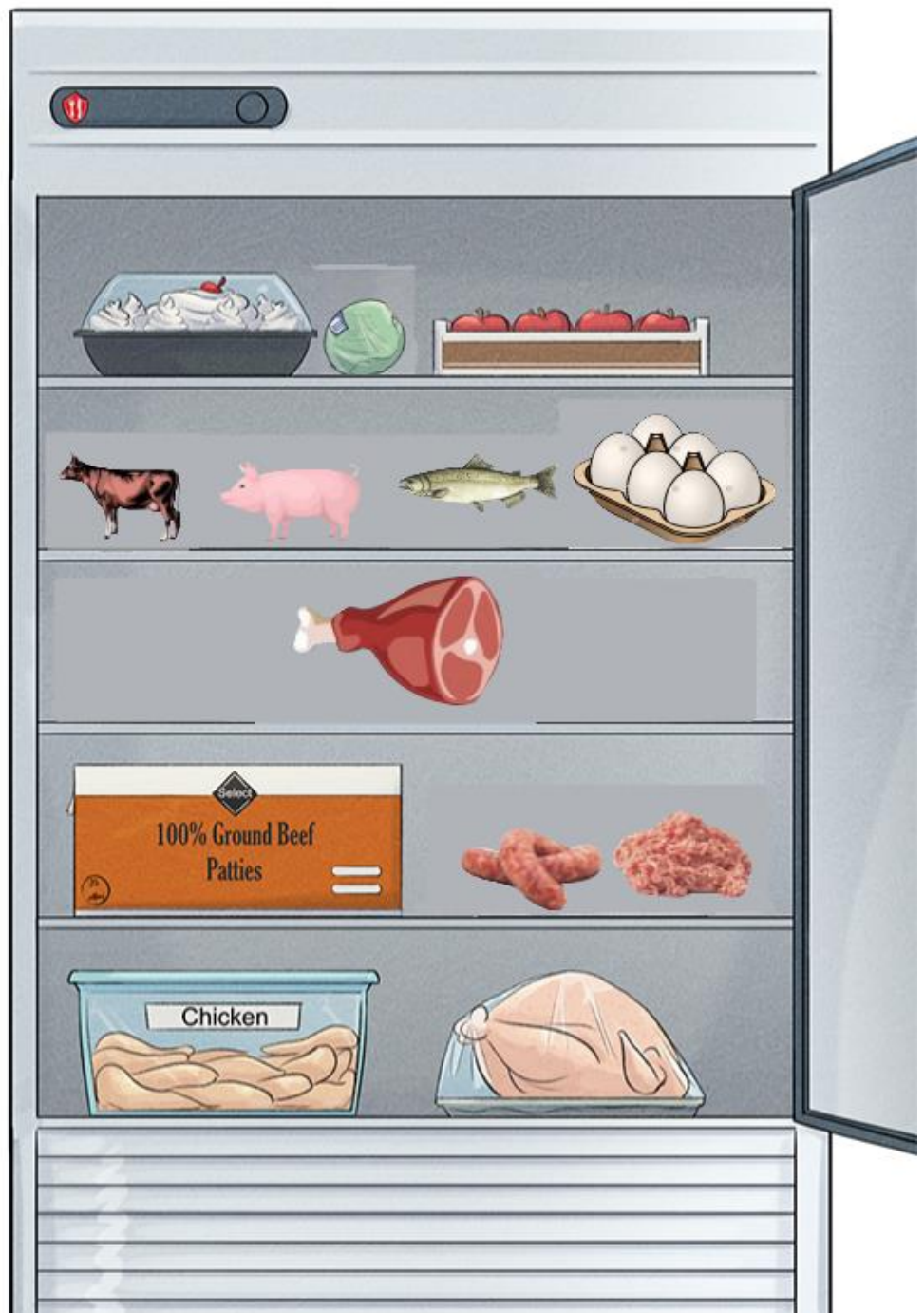
155°F (68°C)

Ground, injected, marinated, or tenderized meats; eggs that will be hot held

165°F (74°C)

All poultry (chicken, turkey, duck, fowl); stuffing made with foods that require temperature control; dishes with previously cooked foods (casseroles)

Highest Cooking Temperature



Fahrenheit

0F

41F

135F

145F

155F

165F

Cold Holding

**DANGER
ZONE**

Hot Holding and Cooking Temperatures