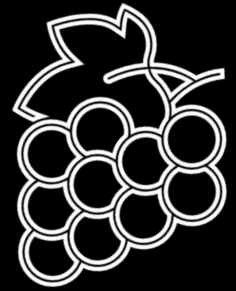




VINELAND'S FOOD SAFETY NEWSLETTER

September 2025



<https://health.vinelandcity.org/>

Produced by the Vineland Health Department- May be copied!

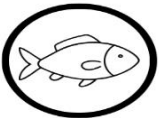
The “Big 9” Major Food Allergens



Milk



Eggs



Fish



Crustacean
Shellfish



Tree Nuts



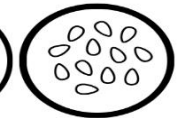
Wheat



Peanuts



Soybeans



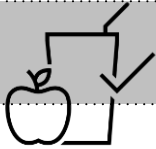
Seesame

According to the US Food and Drug Administration, Food allergens are an increasing food safety and public health issue, affecting twelve million Americans. Restaurant and retail food service managers need to be aware of the serious nature of food allergies, including allergic reactions such as anaphylaxis and know how to prevent them, especially by avoiding allergen cross contact during prep and service. If a food is packaged at retail for sale to consumers, the label must declare the major food allergens it contains (including sesame), either in the ingredient list or in a “contains” statement. Restaurant owners, managers and staff must prevent cross contact using dedicated equipment when possible; clean and sanitize food surfaces between tasks, store allergens separately, and make sure all staff members know how to answer customer questions regarding allergens properly.

Reduce your risk of getting sick: Always read food labels. Avoid foods that you are allergic to. Learn to recognize the early symptoms of an allergic reaction, in case of accidental ingestion. Know what to do in case an allergic reaction occurs. Plan to have ready access to the appropriate treatment measures and medical care.

Did you know...?

- In the food service industry, ensuring customer safety begins with one essential practice: proper hand washing. For food handlers, this simple yet critical step not only protects diners from foodborne illnesses but also upholds the reputation of the establishment.
- Health guidelines emphasize that food handlers must wash their hands before starting work, between handling raw and cooked foods, after using the restroom, after touching potentially contaminated surfaces, or anytime hands may have been contaminated. Proper technique is key: hands should be washed with warm, soapy water for 20 seconds with 10 seconds of lathering.
- Failing to maintain hand hygiene can lead to cross-contamination and outbreaks of illnesses like norovirus, salmonella, and E. coli. Experts remind food handlers that gloves are not a substitute for handwashing—clean hands must always come first.
- By following strict hygiene practices, food handlers can deliver not just delicious meals but peace of mind to their customers. It's a simple act with high stakes, proving that clean hands make for happy diners and a safer dining experience. Bon appetite!



5 Star Award!

Congratulations! To the following Five Star Award recipients: These retail food establishments have gone above and beyond in food safety during the 2024 calendar year. Each establishment will receive a certificate and a decal to display.

Active Day of Vineland.....	2695 S. Lincoln Ave.
Autumn Lake	1640 S. Lincoln Ave.
Central Kitchen.....	688 N. Mill Rd.
Chick-Fil-A.....	3849 S. Delsea Dr.
Chick-Fil-A.....	1211 W. Landis Ave
Community Medical Daycare.....	423 W. Landis Ave.
D'Ippolito School	1578 N. Valley Ave
Dominick Pilla Middle School.....	3133 S. Lincoln Ave.
Faith Bible Church.....	3139 E. Chestnut Ave.
Giovanni's Italian Deli.....	1102 N. East Ave.
Gloria Sabater Elementary School.....	301 S. East Blvd
Greater Deliverance Learning Center.....	800 Wood St.
Hampton Inn.....	2134 W. Landis Ave
Joe's Poultry.....	440 S. Delsea Dr.
Johnstone School.....	165 S. Brewster Rd.
Burger King #28536.....	3341 S. Delsea Dr.
Matias Grocery and Deli.....	511 E. Landis Ave.
Memorial School.....	424 S. Main Rd.
Olive Garden.....	3880 S. Delsea Dr.
Panda Express.....	1169 W. Landis Ave.
Petway School.....	1115 S. Lincoln Ave.
Pinelands Learning Center.....	520 N. 4 th St.
Pizza Hut.....	301 S. Main Rd.
Primo Hoagies.....	301 S. Main Rd.
Serra's Sausage.....	100 W. Park Ave.
Tiny Tots.....	158 E. Elmer Rd.
Tri-County Head Start III.....	116 W. Elmer St.
Vineland High South.....	2880 E. Chestnut Ave
Wawa.....	2802 S. Delsea Dr.
Wawa.....	610 S. Brewster Rd.
Wawa.....	1935 W. Landis Ave
Weisman Children.....	1206 W. Sherman Ave.

******* Interested in receiving a 2025 5 Star Award *******

Visit our website at <https://health.vinelandcity.org/> for information.

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 can assist with offering ideas to eliminate violations.

SEPTEMBER IS FOOD SAFETY MONTH

September is National Food Safety Month, a vital reminder for restaurants to reinforce best practices in food handling, storage, and sanitation. As the backbone of the food service industry, restaurants play a crucial role in protecting public health. This month is an opportunity to evaluate current food safety protocols, provide refresher training for staff, and ensure compliance with local and federal regulations. From proper hand washing to correct food temperatures, even small improvements in daily routines can significantly reduce the risk of foodborne illnesses.

For restaurant owners and managers, Food Safety Month is also a chance to build customer trust by demonstrating a strong commitment to cleanliness and safety. Consider using this time to update signage, review HACCP plans, and inspect kitchen equipment for maintenance needs. Encourage your team to take ownership of food safety by recognizing good practices and addressing gaps proactively. A clean, safe kitchen not only keeps your guests healthy—it also protects your reputation and bottom line.

Is That a Real Service Dog?



In situations that it is not obvious that the dog is a service animal, staff may ask only two questions: 1) Is the dog a service animal required because of disability? And 2) what work or task has the dog been trained to perform? More information available at <https://www.ada.gov/topics/service-animals/>

SERVICE DOGS

Dogs individually trained to perform specific tasks that mitigate a person's disability.

EMOTIONAL SUPPORT DOGS

Companion animals that provide comfort by their presence, relieve loneliness, and sometimes help with depression, anxiety, and certain phobias, but do not perform trained tasks for a disability.

THERAPY DOGS

Dogs (with their handlers) that visit hospitals, schools, and similar settings to provide comfort and therapeutic contact.

Are They Allowed in Public Places?

Yes, restaurant owners must legally allow service animals into their establishments. This means that you cannot refuse entry to a person with a service dog based on your own personal beliefs or your concerns for health and food safety rules.

No, emotional support dogs are not permitted in restaurants or other retail food establishments. They are permitted in other workplaces if the business makes an individual accommodation.

No, however they are allowed in public places when invited.

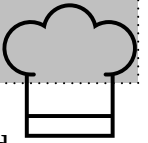
What Laws Pertain to These Dogs & Their Handlers?

- Equal Employment Opportunity Commission
- Americans with Disabilities Act
- Fair Housing Act
- Air Carriers Access Act

- Equal Employment Opportunity Commission
- Fair Housing Act

- None

TEST YOUR FOOD SAFETY KNOWLEDGE!



By practicing these food safety guidelines, retail food workers in New Jersey can help safeguard the health of their customers and ensure compliance with state regulations.

- 1) What is the proper minimum internal cooking temperature for poultry?
 - a) 145°F
 - b) 160°F
 - c) 165°F
 - d) 175°F

- 2) Which practice helps prevent cross-contamination?
 - a) Using the same cutting board for raw meat and vegetables.
 - b) Washing hands before and after handling food.
 - c) Storing raw meat above ready-to-eat foods in the refrigerator.
 - d) Skipping hand washing when wearing gloves.

- 3) How should perishable foods be stored to ensure safety?
 - a) At room temperature for up to 12 hours
 - b) Below 41°F in the refrigerator
 - c) Above 60°F in a warm cabinet
 - d) Covered with a cloth at any temperature.

- 4) What should a food worker do if they exhibit symptoms of illness, such as vomiting or diarrhea?
 - a) Continue working and wear gloves.
 - b) Report the illness to their supervisor and refrain from handling food.
 - c) Work only with cold foods.
 - d) Wait until symptoms worsen before taking action.

- 5) What is the best way to check if food has been cooked to the correct temperature?
 - a) Observe its color and texture.
 - b) Use a food thermometer.
 - c) Check the cooking time.
 - d) Taste a small piece.

- 6) How long should food workers wash their hands with soap and water to ensure thorough cleaning?
 - a) 5 seconds
 - b) 10 seconds
 - c) 15 seconds
 - d) 20 seconds

ANSWERS:

1. **C.** To ensure food safety, poultry must be cooked to 165°F, ground meats to 155°F, and seafood to 145°F. Using a food thermometer is essential for accuracy.
2. **B.** Cross-contamination occurs when harmful bacteria transfer from one surface to another, such as raw meat juices mixing with vegetables. Prevent it by using separate cutting boards, washing utensils thoroughly and maintaining clean workstations.
3. **B.** Perishable foods should be stored at or below 41°F in a refrigerator. Raw meats must be kept separate from ready-to-eat items to avoid cross-contamination.
4. **B.** Food workers, who are ill, especially with symptoms like diarrhea, vomiting, or fever, should report their condition to their supervisor and avoid handling food to prevent spreading illnesses.
5. **B.** Proper hand washing eliminates germs that can contaminate food, preventing food borne illnesses. It's vital to wash hands thoroughly before handling food, after using the restroom, and after touching potentially contaminated surfaces.
6. **D.** Dirty or improperly sanitized equipment can harbor bacteria that contaminate food. Regular cleaning with soap and water, followed by sanitizing with approved solutions, helps maintain food safety.

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 Emma Lopez (Spanish)

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

Cost: \$ 25.00 for each person or 3 or more persons from the same establishment \$20 each

Location: City Hall 4th Floor Conference Room (640 E Wood St Vineland, NJ 08360)

English Class Dates: November 20 & 21, 2025 – from 9:30 a.m. - 1:00 p.m. (Must attend BOTH days)

Spanish Class Dates: December 8th & 9th, 2025 - from 9:30 a.m. to 1:00 p.m. (Tienes que asistir a AMBOS días)

Note: Six hours of class must be attended to receive a certificate and pass test. 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 fill out the form on the back of this page and return bottom portion and payment as indicated 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.health.vinelandcity.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. 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. **Serv-Safe-** <https://www.servsafe.com/ServSafe-Manager>
2. **360 Training-** <https://www.360training.com/learn2serve>
3. **AAA Food Manager-** <https://aaafoodhandler.com/>
4. **Above Training/ State Food Safety-** <https://www.statefoodsafety.com/>
5. **National Registry of Food Safety Professionals-** <https://www.nrfsp.com/>
6. **My Food Service License-** <https://myfoodservicelicense.com/>
7. **The Always Food Safe Company, LLC-** <https://alwaysfoodsafecom/en/>
8. **Trust20: A New Standard in Restaurant Safety-** <https://trust20.co/>
9. **WFSO Academy-** <https://academy.worldfoodsafety.org/#/fpm>
10. **Cenza-** <https://www.cenzasmart.com>

Vineland Food Safety Training Classes 2025

(This is **NOT** a nationally recognized course)

Clases de capacitación en seguridad alimentaria de Vineland 2025

(Este No es un curso reconocido a nivel nacional)

NOTE: This class is mandatory for all Risk Class 2 Establishments.
NOTA: Esta clase es obligatoria para todos los establecimientos de tipo riesgo clase 2.

FEE: \$25.00 per person or \$20.00 each for 3 or more people from the same establishment.
PLEASE NOTE: Registration Fee is **NON-REFUNDABLE & NON-TRANSFERABLE.**

COSTO: \$25.00 por persona o \$20.00 cada uno para 3 o más personas del mismo establecimiento.

ATTN: **SEATING IS LIMITED. PAYMENT MUST BE RECEIVED TO GUARANTEE A SPOT.**
ATENCIÓN: **EL ESPACIO ES LIMITADO. EL PAGO DEBE SER RECIBIDO PARA GARANTIZAR UN ESPACIO.**

DATES	TIME	LOCATION
November 20 & 21, 2025 – Thursday and Friday (English Only) Diciembre 8 & 9, 2025 – Lunes y Martes (Sólo en Español)	9:30 am - 1:00 pm Must attend BOTH days Tienes que asistir a AMBOS días	City Hall 4 th Floor Conference Room 640 E Wood St Vineland, NJ 08360

Please detach form and mail or drop off to the Health Department to register for a class.
Por favor, despegue y envíelo o traiga en persona al Departamento de Salud para inscribirse en una clase.

(PLEASE FILL OUT FORM COMPLETELY) (POR FAVOR RELLENE EL FORMULARIO COMPLETAMENTE)



Name of Person(s): _____
(Nombre de Persona(s))

Name of Establishment: _____
(Nombre del Establecimiento)

Mailing Address: _____
(Dirección postal)

Phone Number: _____
(Número de teléfono)

*Email Address: _____
(Correo Electrónico)

*Email sent only for changes/cancellations (*Correo electrónico enviado solo para cambios/cancelaciones)

Date(s) of Class: _____
(Fecha(s) de la Clase)

Mail or Bring to: Vineland Health Department
(Envíe por correo o traiga a) Attn: Carolyn Fisher
640 E. Wood Street
PO Box 1508
Vineland, NJ 08362-1508

(Make checks payable to: City of Vineland)
(Cheques hecho a nombre de: City of Vineland)