

VINELAND'S

FOOD SAFETY NEWSLETTER

March 2005



PRODUCED BY THE VINELAND HEALTH DEPT- May be copied!

State Laws will be changing soon! You need to know!

The State laws that govern how you handle food are supposed to change significantly. The comment period on the law starts in April. When the changes are finalized, we will be holding orientation programs in more than one language. We will let you know the schedule by mail.

DID YOU KNOW...?

- Every year, there are around 76 million cases of **foodborne illness** in this country alone, causing 300,000 people to be hospitalized. 5,000 people die from eating contaminated or mishandled food. Poor or no handwashing caused over 66% of these cases.
- **Sneeze guards** on a salad bar or buffet line should be 14" above the food and extend 7" beyond the food display.
- **Bare hands** touching ready-to-eat foods is a dangerous practice. Diseases such as *Hepatitis A*, *Salmonella*, *Shigella*, and *Norovirus* are easily spread this way (fecal-oral). If a food item won't be cooked afterwards, it must not be touched by bare hands. Use gloves or tongs!
- Some **hard-boiled eggs** have a greenish ring around the yolk. This ring is harmless and is due to an iron and sulfur compound that is formed when eggs are overcooked and not cooled quickly. Cool them quickly in ice water or in the refrigerator for safety and better coloring.
- **Pork** can easily have many microorganisms, not just trichinosis. It can have high counts of salmonella and campylobacter (disease-causing bacteria) as well as a tapeworm and Toxoplasma. (The chances of these last two are low but you have no way of knowing this with the piece of meat you are cooking.) Toxoplasma is a protozoan that CDC suspects of causing miscarriages. All of these can be killed, making the pork safe to eat, with proper cooking. Currently, 150° F on the inside is the minimum required cooking temperature. These critters are both inside and on the outer surface of the meat. In other words, don't serve or eat undercooked pork!
- In one recent study, 98% of the people stated they always **wash their hands** after using the toilet. When actually observed, only 68% actually washed their hands after using the toilet.
- Only hybrid **striped bass** may be sold in any retail food establishment. Wild ones are prohibited by the State with a heavy fine attached for violators. It is easy to tell them apart. Hybrids have broken lateral lines/stripes. Wild stripers have unbroken lines along their sides.

FOOD SAFETY CLASSES AVAILABLE

FOOD SAFETY –PART I (THE BASICS)

April 11th and 12th, 2005 – 1:00 to 4:00 pm (both days)

April 18th and 19th, 2005 – 6:00 to 9:00 pm (both days)

This food safety class is highly recommended for anyone directly involved in food preparation! Classes focus on the causes of foodborne illness and how to protect your establishment from the financial disaster and embarrassment associated with an outbreak. After successfully completing this 6-hour course, a certificate will be issued that is good for 3 years. (Instructor: Jeanne Garbarino)

HOW TO REGISTER

This course costs only \$5.00 per person, a real bargain. Successful completion of this class helps your eligibility for **Vineland's Five Star Award** in Food Safety. To register, return the enclosed application to the address listed. For more information, please call Jeanne Garbarino at 794-4131. **All courses are held at the fire hall at 185 W. Forest Grove Rd. in Vineland.** Confirmation and directions will be sent upon registering.

New Classes to be offered in the Summer

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“Serv-Safe” classes and self-study exams will be offered in English, Chinese and Spanish this summer. “Serv-Safe” is one of the recognized food safety certificates that will be required (once the laws change) for many retail food establishments. A separate mailing will be sent out on this in late spring. If you have any questions, please call Jeanne Garbarino at 794-4131.

If someone vomits in your establishment, how do you safely clean it up?

Your employees and customers could become ill, if not done correctly!

- The clean up person should wear a surgical-type mask and rubber gloves. (They could actually catch the illness, especially if it's *Norovirus*, by inhaling the virus particles.)
- Remove the vomit into a trash bag as soon as possible. Close it up and remove the bag from the building right away. Throw away the gloves and mask too. Viruses like *Norovirus* can go airborne and are highly contagious!
- Disinfect the affected area with Du Pont's "Virkon" (best choice) or a very strong bleach solution. Quats are totally ineffective against *Norovirus*.
- Rewash any dishes, glasses, silverware, shelves, etc. that are within 25 feet as they could have virus particles on them.
- Throw out any uncovered food or single service items that were within 25 ft at the time too!
- If vomit is in a lavatory, take it out of service for cleaning and air it out for at least 1 hour.
- If it's *Norovirus*, all persons within 25' of a vomiting incident are at risk for catching it.

First Aid for Kitchen Cuts



By Betsy Cabbage, RN, Communicable Disease Coordinator

Intact skin is the body's best defense to keep germs out. When the skin is broken by a cut, bacteria and viruses from uncooked food, contaminated counter tops, infected co-workers or dirt can enter through the opening in the skin and cause an infection. Human blood can contain the viruses that cause Hepatitis B, Hepatitis C and HIV. Dirty knives or other kitchen tools can cause Tetanus. (If it has been more than 10 years since your last tetanus shot, you should speak to a healthcare professional to see if you need a booster shot.)



Minor cuts can be treated at the workplace. First, stop the bleeding by applying direct pressure to the wound. If bleeding does not stop within 15 minutes, or the bleeding seems severe, follow your manager's directions to seek medical help. Clean the wound as soon as possible by washing the wound with large amounts of cool water and soap, dry with a clean towel, apply an antibiotic ointment and cover with a clean bandage. Keep the cut covered and dry until healed. Remove the bandage everyday to look at the cut for signs of infection. Redness, swelling, drainage, pain or warmth at the site of the cut may indicate an infection. Go to your doctor if you have these signs. Remember to tell your manager if you have drainage from a cut on your hands. Disposable gloves must be worn whenever you are handling food, if any wound is on your hands.



Hepatitis B, Hepatitis C and HIV can be spread in the workplace if you come into contact with blood and have cuts or scratches on your hands. If you are helping an injured co-worker or cleaning up body fluids such as blood, vomit, or feces you should wear gloves.



Remember to wash your hands after removing your gloves. If the environment has been contaminated with blood from the injury, the area will need to be cleaned and sanitized. First, put on gloves. Then, clean the surface thoroughly with soap and water or other general cleaner. After cleaning, sanitize the area by applying a bleach water solution and let stand on the area for a few minutes. Wipe the surface with paper towels that can be thrown away. Remove your gloves and wash your hands. If a knife or other kitchen tool was contaminated with blood, wash it first in warm soapy water and place in sanitizer or in a commercial dishwasher.



TEST YOUR FOOD SAFETY KNOWLEDGE!

What comes to mind when you think of a “safe” kitchen? Clean floors? Spotless counters? They can help, but a truly “safe” kitchen is one that relies on more than just looks. It also depends on safe food handling practices. Let’s see how well you do!

- 1) How long can the bacteria E. Coli survive on surfaces inside a building?
 - a. 24 hours
 - b. 1 week
 - c. 42 weeks
- 2) What affect does adding mayonnaise to foods have on Salmonella, a disease-causing bacteria?
 - a. None
 - b. It promotes bacterial growth
 - c. Reduces the amount of bacteria in the food
- 3) What is the rainbow-like sheen sometimes seen on lunchmeats?
 - a. An indication of spoilage
 - b. Food additives
 - c. Mold
- 4) What is the minimum cooking temperature for chicken?
 - a. 140 F
 - b. 150 F
 - c. 165 F
- 5) What is the maximum temperature that any refrigerator should reach?
 - a. 41 °F
 - b. 45° F
 - c. 50° F
- 6) What should a manager do if an employee at a retail food establishment calls or notifies the manager that he/she is vomiting and they are scheduled to or already at work?
 - a) Make them work until a replacement is found, if you are shorthanded.
 - b) Keep them in the kitchen where the customers won’t see them.
 - c) Don’t allow them to come in if they are still at home or send them home immediately.

ANSWERS:

1. c. – In a recent study, the E. Coli that comes from cows and can kill humans survived 42 weeks in a dance hall. Cows were kept in here during a County Fair in Lorain County, Ohio. Over 100 people came down with E.Coli after attending a dance in the same hall.
2. c. Food scientists have found that commercially prepared mayonnaise actually reduced the amount of Salmonella bacteria in foods. The level of acidity prevents bacterial growth. However, once blended with other foods, you have changed the level of acidity and bacteria can grow easily. Once opened, the mayonnaise should still be refrigerated due to the possibility of moisture, food particles, and mold spores entering the jar and cause the level of acidity to change.
3. b. The rainbow sheen is usually caused by the addition of nitrates and other pumped juices or additives. It is safe to consume. If the color is primarily green, it could also be mold and should be discarded. Check the date on the package in this case.
4. c. Chicken and turkey need to be cooked hotter than other meats because they have a lot more bacteria on and in them. Bacteria such as Salmonella and Clostridium perfringens are all through the meat, not just on the outside.
5. b. Currently, the maximum temperature by State law is 45° F. However, for safety reasons, it will be changing to 41° F in the near future.
6. c. If they have *Norovirus*, they are highly contagious and can make all of your employees ill just by being in the same room when they vomit. Managers should also make the vomiting employee stay home for 48 hours after they recover and are still highly contagious.