

# The Facts About Food



KITSAP COUNTY HEALTH DISTRICT

SEPTEMBER, 2002

## We've Got Gloves...Now What?



The Kitsap County Health District began enforcing the "No Bare Hands" policy, effective January 1, 2002. The "No Bare Hands" policy prohibits bare hand contact with ready-to-eat foods. In other words, food workers must use a physical barrier between their hands and any food item that will not be either cooked or reheated after handling. The physical barriers most often used include deli tissues, tongs, spoons, scoops, spatulas, and single-use, disposable gloves. Most food service establishments commonly use gloves as their barrier of choice.

Now that employees are using gloves more frequently, it is important to provide them with proper glove use training. The following tips listed below will help you accomplish this task.

- ⇒ "Hand washing is the single most important means of preventing the spread of infection" according to the Centers for Disease Control in Atlanta, Georgia. It is extremely important that food workers understand that gloves are only effective when used in combination with proper hand-washing.
- ⇒ Make sure food workers are using the right size glove for their hand. Gloves come in sizes ranging from small to extra large. A glove that is too small may easily tear and may cause discomfort. Gloves that are too large may make handling foods and utensils difficult, or may get trapped in equipment, thus, leading to injuries.
- ⇒ Only use gloves for designated food tasks. Single-use, disposable gloves are task-specific and should never be worn continuously. Gloves do not need to be worn when cleaning and taking out the garbage, for example.
- ⇒ If workers touch raw meats, poultry or seafood with gloves on, make sure they do not use

the same gloves to handle ready-to-eat foods. Let them know to discard the contaminated gloves, wash their hands, and change gloves after handling raw meat.

- ⇒ Remind employees to change gloves after coughing, sneezing, or touching their hair or face.
- ⇒ An increase in latex allergy has been noted in food service workers due to an increased use of latex gloves. Vinyl gloves are an alternative to latex since they are tight-fitting, heat resistant and come in varying sizes. They cost slightly more than latex. Nitrile gloves are similar to vinyl gloves, but are more durable and more expensive. Polyethylene gloves are an inexpensive option but should not be used around heat sources because they will melt.

## New Phone Numbers for Food Program Staff

Bonnie Halvorson,  
Program Manager .....337-5674  
Ross Lytle, RS .....337-5628  
Vanessa Bussiere, RS .....337-5629  
Anne Fowler .....337-5627  
Jerry Allen .....337-5626

Please call us if you need assistance or have questions. The best time to reach an inspector is between 8:00 a.m. and 9:30 a.m. Monday through Friday

## Tony's Italian Goes Smoke Free

After 36 years in business, a local institution now plans to serve fresh air alongside its fresh pizza. Tony's Italian Restaurant and Pizzeria informed customers and staff that beginning July 1<sup>st</sup> it would be completely smoke free. "It's the right thing to do," said owner Mike Malane. "This (smoke free policy) protects the

health of all our customers". It can also be good for business. Malane's restaurant is joining more than 200 other Kitsap establishments catering to diners who want good food and fresh air. Drifting cigarette smoke creates an annoyance for many customers. Those with asthma, allergies, and emphysema can find that second-hand smoke triggers severe symptoms. Others simply want to avoid the health risk.

A brochure featuring local smoke free restaurants is enclosed with this newsletter. Copies reach the hands of more than 5,000 diners every year. To inquire about adding your business to the Health District's listing, phone Barbara Smithson at: 337-5246 x 6292 or the Food Safety Program at 337-5674.



### Be a Smart Customer – Inspect Your Deliveries!!!

Would you invest thousands of dollars into a new diamond without first inspecting the quality and color? If the answer is no, then the same holds true for the thousands of dollars food establishments spend each year on food products. Having established receiving guidelines will not only save your business money, but it can reduce food safety hazards before they enter

your establishment. Use the following list to inspect your deliveries:

1. Make sure you have enough time between deliveries so that items can be thoroughly inspected and stored properly.
2. Perform a visual inspection of all products and take temperatures of any potentially hazardous foods. Things to check for include:
  - a. Foul odors
  - b. Expired date codes
  - c. Signs of thawing or refreezing
  - d. Signs of insect infestation
  - e. Damaged packaging
  - f. Items that may have been re-packed or mishandled
3. Do not accept deliveries that are not at the correct temperature, damaged, or infested.



### Food Managers Certification Course

The Food Manager Certification Course starts October 23, 2002. The course is designed to help food service managers deal with the ever changing and complex area of food sanitation. Successful participants will become certified managers through a nationally recognized program. For more information see the enclosed application.



### Protect your food against contamination from broken glass

The Food Program Staff would like to remind all food service operators of the requirement for light shielding within their establishments. To prevent broken fluorescent or standard light bulbs from contaminating food or equipment with glass fragments in case of shattering, the Washington Food Service Regulations require light fixtures to be enclosed or shielded in all food preparation and storage areas.

For fluorescent light fixtures, the requirement for light shielding can be met with any of the following methods:

- (a) a plastic shield that encloses the entire light fixture,
- (b) plastic tubes with end caps, which fit over the fluorescent bulbs, or
- (c) shatterproof plastic or rubber-coated bulbs.

For standard light fixtures:

- (a) shatterproof bulbs, which have a plastic or rubber coating, or
- (b) globe-style plastic light bulb covers.

Please be sure to also check light fixtures within refrigerators, and heating lamps. The shielding requirements do not apply to dining areas or restrooms.