



The Facts About Food

FALL EDITION ❄️ NOVEMBER 2011



KITSAP PUBLIC HEALTH DISTRICT

FOOD PROGRAM STAFF

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Check us out on the web at

www.kitsapcountyhealth.com

After January 1, 2012 our new web address is:
www.kitsappublichealth.org

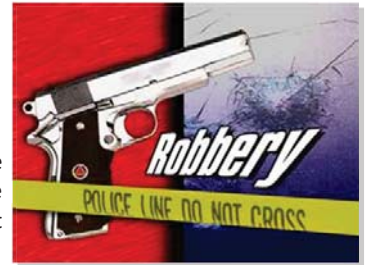
PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

We are pleased to announce that effective January 1st, 2012, the Kitsap County Health District is changing its name to Kitsap Public Health District.

The replacement of “County” with “Public” will help reduce the confusion our customers experience when we are mistaken for a department of Kitsap County government. More importantly, it represents our intention to highlight the chief purpose of public health in our nation—to assure community-level conditions in which *all* people—the “public”— can be healthy and safe.

Violence Protection Program

Many workplaces, like restaurants, can be a target for workplace violence because of the presence of cash, the late work hours and contact with the public. Young workers may also be exposed to workplace violence in restaurant drive-thru windows.



Employees should be trained in techniques to moderate tense situations, and employers should preemptively make safety plans for potentially dangerous situations.

Design and implement a violence prevention program, specific for your establishment. The plan should indicate how employees should notify local law enforcement agencies in case of an emergency.

- **Contact** your local Police Department for safety tips.
- **Train** employees to follow the safety plan when dealing with unsatisfied customer, or an emergency such as a robbery or theft.
- **Instruct** employees in reporting and logging incidents of threats or violence.
- **Post** signs saying, “No more than \$30 in cash register at all times.” Limit available cash on hand to discourage theft.
- **Install** a panic button under the counter to quickly notify the police in case of a robbery.
- **Increase** workplace security by installing video surveillance, extra lighting around dimly lit areas (such as trash dumpsters and parking lots), alarm systems, door detectors, or bullet-resistant barriers where appropriate.
- **Install** height markers to help employees identify the height of suspects.
- **Use the ‘buddy system’** when jobs require employees to be outside after dark. Also, provide an escort for anyone who has a shift that ends late and must walk through a dark parking lot to their vehicle.
- **Assess** staffing needs at high-risk areas and times.
- **Keep** the cash register closed when not in use.
- **Keep** cash register in line of sight of other employees.
- **Do not** count cash in front of customers.
- **Help** establish and follow lock-up procedures such as all employees should leave the workplace at the same time.
- **Install** drop safes to limit the amount of cash on hand.
- **Keep** the back doors locked and set regular times for deliveries. Use panic bars on exit doors so they can be locked but employees can safely exit if they need to.

Information from the USDA [Handbook on Workplace Violence Protection and Response](#).





Pumpkin pies are once again in season. This favorite American tradition must be properly stored to keep bacteria from growing. Pumpkin, sweet potato or meringue pies are prepared with eggs and milk, which may support bacterial growth when not refrigerated. Some pies are made using a special formula with shelf-stable ingredients such as preservatives and antimicrobials which allows them to be kept at room temperature for a limited time, usually 3-5 days, without bacterial growth. These pies must be properly labeled with the following restrictions:

1. The pies must be in individual containers, except when in an enclosed display case not accessible to customers.
2. Individual containers must be labeled **THIS PIE IS PREPARED USING A SPECIAL RECIPE THAT ALLOWS ROOM TEMPERATURE DISPLAY** or **SPECIAL RECIPE ALLOWS ROOM TEMPERATURE DISPLAY** or equivalent wording approved by the local health officer. Otherwise the pie will be prominently labeled with the American Institute of Baking **RT** symbol.
3. Individual containers must be labeled with a **SELL BY** or **REFRIGERATE BY** date corresponding to the period the manufacturer has documented that the pies are safe to store at room temperature.
4. Individual containers must be labeled **KEEP REFRIGERATED AFTER PURCHASE** or **REFRIGERATE AFTER OPENING** or **REFRIGERATE BY** a date corresponding to the time period the manufacturer has documented that the pies are safe to store at room temperature.

The following is a list identified by Washington State Department of Health as some of the limited room temperature storage pies:

Pumpkin & Sweet Potato Pies

- Country Home Bakers, Inc.; code JLCHB (Sold by Safeway under label as "gourmet")
- Sara Lee Pumpkin Pie; code NPH-AT-3
- Sara Lee Sweet Potato Pie; code NPH-AT-3
- Bonert's Slice of Pies; code Non-PHF
- Plush Pippin Corporation; codes 2414 ,44214, 54514, 2914, 43214
- Western Country Pies; codes WCP and SS (Sold by Albertson's under store label)
- Phranil Foods Company; code 143
- Sarsfield Foods Limited, "The Pie People"; codes 16123, 47923, 61223
- Kroger Company, dba Smith's Food & Frozen Dough Bakery; codes 326299, B 26477, 32084, B 26476, and 99756 (Sold by QFC and Fred Meyer as "Your Pie Connection, Home-style Pumpkin Pie.")



Meringue Pies

- Sara Lee Lemon Meringue Pie; codes 5529 & 5866 embossed on bottom of pie tin.
- Bonert's Slice of Pie, Lemon Meringue tin is stamped with "Bonert's" and "non-PHF".
- Western Country Pies, Lemon, Chocolate & Coconut Meringue pies; codes "WCP" and "S/S" embossed on bottom of pie tin.
- Plush Pippin Pies; identified by the bar code number 33764, followed by item number 42340 or 22340.

Don't let bacteria spoil holiday gatherings. If you have a special formula pie not on this list that is identified for room temperature storage you must have documentation that the pie is safe for room temperature storage. Please call us if you have any questions.

It's TURKEY Time!

The holidays are upon us so it's a good time to review proper methods for preparing whole turkeys, cooked hams, and large roasts. The typical steps to properly preparing large poultry or hams and roasts are thawing frozen items, proper cooking temperatures, proper cooling, and proper reheating. If done right these steps help reduce food borne illness by controlling pathogen growth and will keep your customers safe.

Preparation of large cuts of meat or whole birds usually begin from a frozen product. Large cuts of meat and whole turkeys will take three to four days to completely thaw in a refrigerator. Another method is to completely submerge the product in cool running water in a prep sink. The disadvantage of this is it will take many hours to thaw large meat pieces this way and your prep sink will be unusable for any other food prep during the thawing process. Using a microwave is another option for thawing frozen products, but turkeys are big, and microwaves are

small. So this method is probably not an option. Planning ahead will make all the difference at this step.

Now let's review the cooking temperatures. So for your holiday roasted chicken, duck, or turkey the proper internal temperature of the meat must be 165 degrees F or higher, checked with a calibrated thermometer. A deep fried bird must also be temperature checked with a thermometer. A partially frozen turkey going into an oven or deep fryer may not reach the correct internal temperature and could cause illness. Roasts and hams must be cooked to 145 degrees F or greater.

Now the meat is cooked and at some point may need to be cooled. To properly cool large chunks of meat or whole turkeys you must reduce the size of the meat or bird to 4" or smaller slabs or pieces and cool **uncovered** in the refrigerator. Once it reaches 41 degrees F or less, cover it. If you are precooking your holiday dinners, cooling, and reheating then always reheat to 165 degrees F or greater in two hours or less.

Remember to "DO RIGHT AND SERVE IT SAFE"!



Listeria Monocytogenes What You Should Know to Prevent an Outbreak.

A sudden increase in illness associated with the consumption of whole Rocky Ford cantaloupes grown by Jensen Farms in Colorado has focused a great deal of attention on food safety in the past few months. At least 133 people in 26 states have been identified as part of the *Listeria* illness outbreak. So far 28 people have died and one woman has miscarried as a result of their illnesses.

Listeriosis is a serious infection caused by eating food contaminated with a germ called *Listeria monocytogenes*. A person with the disease usually experiences muscle ache, fever, diarrhea, and nausea. The disease primarily affects people with weakened immune systems such as older adults, pregnant women and newborns.

Listeria can survive the effects of freezing, drying and heat. The germ is widespread. It can be found in soil, water, sewage, mud, decaying vegetation, animal feed and animal products and cold, wet, difficult to clean places. Foods and equipment can become contaminated with the germ anywhere from the farm to the table. The common presence of *Listeria* in the environment and its ability to grow at refrigeration temperatures means that all raw and ready-to-eat foods are at risk of contamination with the germ.

The Center for Disease Control (CDC) says that when *Listeria* germs get into a food processing factory, they can live there for years, sometimes contaminating food products. The germ has been found in a variety of raw foods, such as uncooked meats and vegetables. *Listeria* is killed by pasteurization and cooking. It can occur in foods that become contaminated after cooking or processing, such as soft cheeses, processed meats such as hot dogs and deli meat (both products in factory-sealed packages and products sold at deli counters), and smoked seafood. Unpasteurized (raw) milk and cheeses and other foods made from unpasteurized milk are very likely to contain the germ.

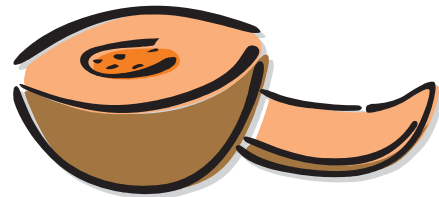
Here are some general recommendations on how to prevent an infection with *Listeria*.

- Rinse raw produce, such as fruits and vegetables, thoroughly under running tap water before cutting or cooking. Even if the produce will be peeled, it should still be washed first.

- Wash, rinse and sanitize knives, countertops, cutting boards, slicers and other food contact surfaces after handling and preparing uncooked foods.
- Keep your equipment and food service facility clean to reduce the potential for environmental contamination of food.
- Prevent cross contamination. Avoid getting fluid from hot dog and lunch meat packages on other foods, utensils, and food preparation surfaces. Wash hands after handling hot dogs, luncheon meats, and deli meats.
- Separate uncooked meats and poultry from vegetables, cooked foods, and ready-to-eat foods.
- Be aware that *Listeria monocytogenes* can grow in foods in the refrigerator. Use a thermometer to check the temperature of foods inside your refrigerator. The foods should be 41°F or lower.
- Clean up all spills in your refrigerator right away – especially juices from hot dog and lunch meat packages, raw meat, and raw poultry.

Follow this general advice for melon safety:

- Food preparers should wash their hands with warm water and soap for at least 20 seconds **before** and **after** handling any whole melon, such as cantaloupe, watermelon, or honeydew.
- Scrub the surface of melons, such as cantaloupes, with a clean produce brush under running water and dry them with a clean cloth or paper towel before cutting. Be sure that your scrub brush is sanitized after each use to avoid transferring bacteria between melons.
- Promptly serve cut melon. Keep cut melon refrigerated at or less than 41 degrees F (32-34 degrees F is best) for no more than 7 days.



Food Service Personnel Working While Ill?

A cough. A sneeze. Perhaps a bead of sweat from a fevered brow.

They're not ingredients that are supposed to come with a food order, but a national survey of restaurant workers released October 10th of this year served up an unsavory possibility. Two-thirds of 4,323 food servers and preparers surveyed admitted they had worked while sick in the past year. Food workers working when sick is one of the top reasons for foodborne outbreaks to occur in Washington State. If you are throwing up or having diarrhea (loose stool), know that you could be shedding literally millions of germs in your feces every time you use the bathroom and very possibly contaminating your hands with them. Do not work when you are ill with vomiting and/or diarrhea.

The main reasons cited for working while sick included less employees on staff, getting slammed with a high volume of meals, not wanting to leave their co-workers stranded and a lack of policies requiring workers to report illnesses to managers.

It is your obligation as food workers to decrease the occurrence of foodborne disease, especially from settings due to ill food service workers. It is necessary that food workers and managers understand their obligation to not work while ill. As a food worker, don't work when you're sick, wash your hands after going to the bathroom and don't touch food with bare hands; you will cut the chances of having an outbreak from your restaurant, and you will protect your business, your employees and your customers.





Food Worker Card Class Schedule

The online Food Worker card program has been such a huge success that we have seen a drastic reduction in the number of people who attend our in-person classes. As a result we have updated the class schedule. The updated in-person food worker class schedule is listed to the right.

At the in-person food worker class, food safety instruction will be given prior to administering the food worker test. Bring identification and **\$10 cash** to purchase your Food Worker Card.

Please call (360) 337-5235 for a recorded message to confirm testing dates and times at locations to the right.

Classes are subject to change because of holidays, etc., so please make sure to call ahead! Check the food worker class schedule on our website: www.kitsapcountyhealth.com.

Tuesday at 8:30 a.m.
Givens Community Center
1026 Sidney Ave
Port Orchard, WA

Wednesday at 3:00 p.m.
Please call 360.337.5235 to confirm this day, time, and class location on campus.
Olympic College
1600 Chester Ave
Bremerton, WA

Thursday at 3:15 p.m.
1st Thursday of the month
Madison Avenue Retirement Center
285 Madison Avenue South
Bainbridge Island, WA

Friday
1st and 3rd Friday of the month at 3:00 p.m.
Silverdale Community Center—Popular Room
9729 Silverdale Way
Silverdale, WA
2nd and 4th Friday of the month at 1:00 p.m.
Poulsbo Park and Recreation Center
19540 Front Street
Poulsbo, WA
Seating is limited at this location.

Fake Online Food Worker Cards

After Kitsap County Health District started offering the ability to obtain your Food Worker Cards online, inspectors have been finding online cards from unapproved websites during restaurant inspections. Cards from www.efoodhandlers.com or www.wafoodhandlers.com are **NOT** valid in Washington State. No one likes telling someone that their food worker card is not valid. Especially after the time, effort and money spent to get it.

Obtain your food worker card through our website, www.kitsapcountyhealth.com >>Food Worker Classes (Under Featured Links)>>Online Food Worker Cards. This will take you to the only **authorized** site where you can obtain an online food worker card. It takes about an hour to get a card by this means and costs \$10.00. You must have a printer and a credit card ready to get your food worker card this way.

Have a fun and safe holiday season!

Prevent Foodborne Illness ❄ Wash Your Hands

