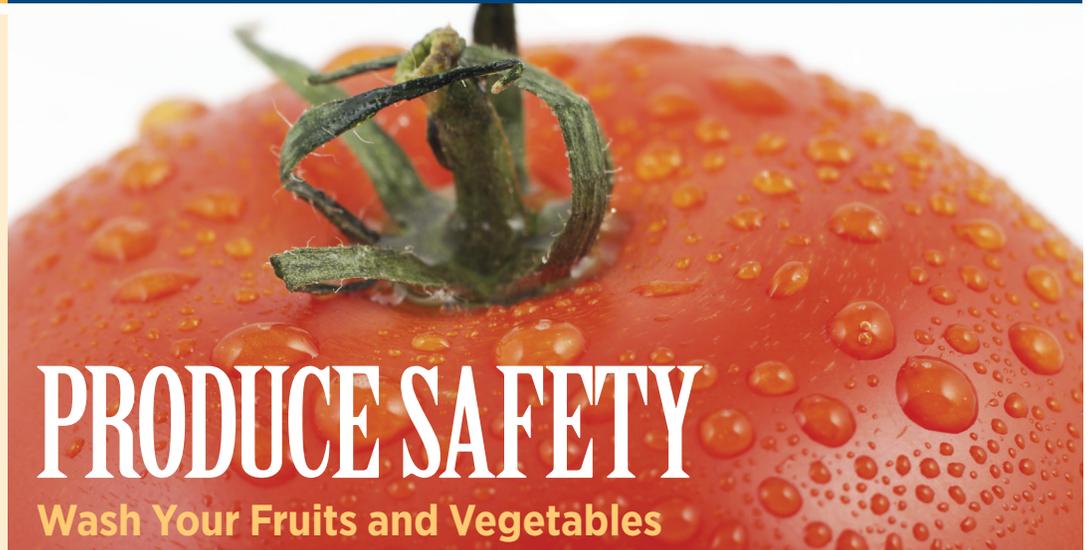


Back issues of this publication are available on our website: cdhd.idaho.gov

IN THIS ISSUE:

- Produce Safety: Wash Your Fruits and Vegetables
- Produce Safety Information Cards
- Special Event Food Safety
- Dogs and Service Animals in Food Establishments
- Teach Food Safety by Example
- Recent Recalls and Food-borne Illness Outbreaks
- Farm Fresh Eggs: Rules and Regulations for Idaho
- Wild Edible Mushrooms
- Keep Your Kitchen Safe: Food Safety Training Schedule



PRODUCE SAFETY

Wash Your Fruits and Vegetables

According to the USDA, consumption of fruits and vegetables increased 32 percent from 1982 to 1997. If this trend continues, your controls in produce safety become more critical to protect the consumer.

Reported outbreaks linked to produce almost doubled between 1998 and 2004. The reasons for the increase in produce-related outbreaks can be attributed to an increase in consumption, increased surveillance efforts, and an increase in the number of consumers eating at salad bars. Other factors that may have led to the increase are produce preparation at central sites, with produce being shipped over large geographic areas and increased globalization both of which would increase human exposure to pathogens.

Minimize the Risk

1. Traceability is important. Have documentation that includes specifics on your vendors and suppliers.
2. Ordering strategies, menu development, standard operating procedures, monitoring and record keeping are controls that can minimize risk.
3. Clean and sanitize utensils and equipment. This includes shelving in walk-in coolers. The inside of the vendor's truck should be clean and cold.
4. Good employee hygiene is as important for produce as it is for other foods. Employees must understand that fresh produce can be a catalyst for foodborne illness. Hand washing is the first step.
5. Train employees by helping them understand where and how produce may be contaminated.

Idaho Food Code 3-302.15 (A) Raw fruits and vegetables shall be thoroughly washed in water to remove soil and other contaminants before being cut, combined, with other ingredients, cooked, served, or offered for human consumption in ready to eat form except as specified in (B) of this section and except that whole, raw fruits and vegetables that are intended for washing by the consumer before consumption need not be washed before they are sold.

(B) Fruits and vegetables may be washed by using chemicals as specified under section 7-204.12

Idaho Food Code section 7-204.12 Chemicals for Washing Fruits and Vegetables, Criteria. Chemicals used to wash or peel, whole fruits and vegetables shall meet the requirements specified in 21 CFR 173.315 Chemicals used in washing or to assist in the lye peeling of fruits and vegetables.

TOBACCO
FREE
ZONE

To protect the health of **everyone** at CDHD, no use of tobacco or vaping is allowed anywhere on our property.

Thank you for your cooperation.

Continued on page 2

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Food Review is sent biannually, free of charge to all licensed food establishments in our health district. We hope to include news of interest and importance. Topic ideas or articles written by the readers are welcome to be sent to: Editor, Food Review, CDHD, 707 N. Armstrong Pl., Boise, ID 83704. Extra copies of the newsletter are available at your local Health Department office.

PRODUCE SAFETY

Continued from page 1

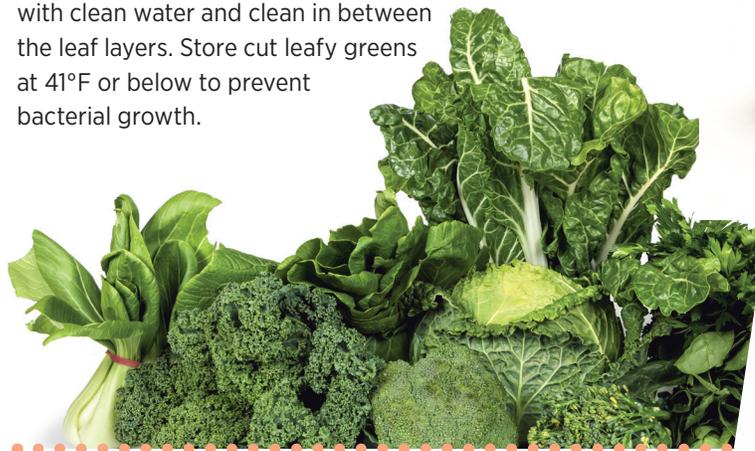
Cut Melons

Choose melons with no visible sign of decay or damaged rinds, and are free of excess soil. Scrub and wash the surface with clean tap water before cutting it. Wash the melon with water that is 10° F warmer than the melon itself. This will reduce water drawing back into the fruit that may carry contamination from the surface. Store cut melon at 41°F or below. Use or serve the melon within seven days, and don't forget to date mark.



Cut Leafy Greens

Iceberg lettuce, butter lettuce, escarole, endive, spinach, romaine, leaf lettuce, baby leaf lettuce, spring mix, cabbage, kale, arugula, and chard, cilantro and parsley need to be examined for decay and damaged leaves. Discard damaged leaves. If prewashed then washing a second time is not necessary. Cut leafy greens that are not pre-washed need to be thoroughly washed with clean water and clean in between the leaf layers. Store cut leafy greens at 41°F or below to prevent bacterial growth.



Produce Safety Information Cards

Central District Health Department has information cards on hand that can be given to your customers at a farmers' market or produce department in a grocery store. If you are interested in offering your customers free information cards about proper washing and handling of produce, contact the health department at 327-7499.



Sprouts

Sprouts can be more of a concern for people with immune-compromised systems and older people. Young children should not eat sprouts because their immune system is still developing. These individuals are considered highly susceptible to illness. Read the label on the sprouts to determine if they must be washed. Store sprouts at 41°F or below. Pathogenic bacteria may be in the seed. The FDA recommends that people not eat sprouts.

Cut Tomatoes

Tomatoes with excessive soil or skin damage should not be used. Wash tomatoes in clean water that is 10°F warmer to reduce water drawing to the inside. Refrigerate cut tomatoes at 41°F or below and date mark them for use within seven days. You should cool tomatoes before you cut them.



Safe Handling of Raw Produce



Fruits and vegetables are an important part of a healthy diet. As you enjoy fresh produce it's important to handle these products safely to reduce the risks of foodborne illness.

STORAGE

To maintain quality of fresh produce:

- Keep perishable fruits and vegetables, (like strawberries, lettuce, herbs and mushrooms) in a clean refrigerator at 40° or below.
- All produce that is pre-cut or peeled should be refrigerated to maintain quality and safety.

PREPARATION

Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

- Cut away any damaged or bruised areas on fresh fruits and vegetables.
- Thoroughly wash all produce before eating. This includes home grown and organically grown produce.

Continued on back...



Special Event Food Service

Have you noticed an increase in special events and in the number of food vendors out there? While these events bring people together in our communities for fun and good causes, please be aware that whenever you participate as a food vendor at a special event, the Idaho Food Code requires that you submit an application at least two weeks in advance. When you complete a *Temporary Food Establishment* application in advance, this allows the health department customer service representatives and health inspectors to review the application and menu items in an effective and timely manner. This applies to both indoor and outdoor events.

According to the Idaho Food Code section 1-201(95) the definition of a temporary food establishment is **a food establishment that operates for a period of no more than 14 consecutive days in conjunction with a single event or celebration.**

Therefore an application is required for each event that you intend to serve food. A food establishment is defined as **an operation that is conducted in a mobile, stationary, temporary, or permanent facility or location; where consumption is on or off the premises and regardless weather or not there is a charge for the food.**

The cost for a Temporary Food Establishment application is \$65. You can access the application online at <http://cdhd.idaho.gov/ehs/food.htm>. There, you will also find the CDHD Food Vendor packet for temporary food establishments.

Dogs and Service Animals in Food Establishments



Dogs in food establishments are the most common complaint with regard to animals that is reported to the health department.

The Idaho Food Code (IFC) prohibits dogs in food establishments unless they are service animals or a patrol dog. The restrictions apply to live animals with limited access allowed only in specific situations and under controlled conditions. The specific situations when a dog can be in a food establishment are described in IFC section 6-501.115 The Idaho Food Code can be found at <http://cdhd.idaho.gov/EH/food/forms.htm>

The reason animals are not allowed in food establishments is because animals carry disease-causing organisms and can transmit pathogens to humans through direct or indirect contamination of food and food contact surfaces. Animals shed hair continuously and may deposit liquid or fecal waste, creating the need for vigilance and more frequent and rigorous cleaning efforts.

The Idaho Food Code allows patrol dogs accompanying police or security officers in offices and dining, sales, and storage areas, and sentry dogs running loose in outside fenced areas. In areas that are not used for food preparation, and that are usually open to the public for customers, such as dining and sales areas, service animals that are controlled by the disabled employee or person are allowed, if a health or safety hazard will not result from the presence or activities of the service animal.

According the Department of Justice (DOJ) service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities.

For more information about service animals, American Disabilities Act (ADA), visit the Department of Justice website: www.ada.gov/service_animals_2010.htm

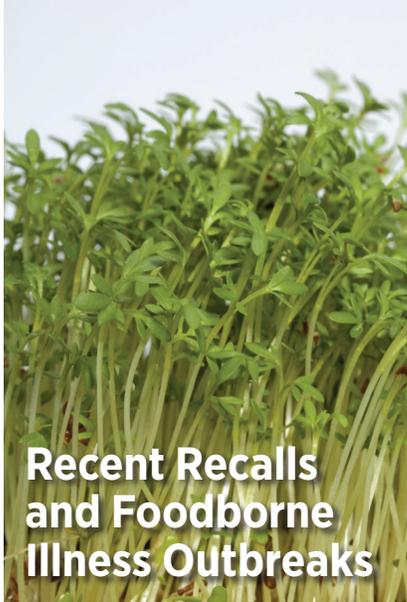
Teach Food Safety by Example

It should be no surprise that food service employees learn best by the example set by the Person-In-Charge (PIC). This is especially true when it comes to food safety practices.

Here are some examples of typical practices the PIC can demonstrate to his or her workers:

- Serve safe, contamination-free food
- Wash hands frequently and correctly
- Demonstrate the four-step process of cleaning kitchenware and utensils
- Use sanitizer test strips every day
- Positively reinforce safe food handling techniques
- Do not allow bare hand contact with ready-to-eat foods
- Monitor safe food product temperatures with a thermometer
- Practice efficient date marking
- Promptly refrigerate meats, poultry dairy, and egg products when delivered
- Rapidly cool potentially hazardous food





Recent Recalls and Foodborne Illness Outbreaks

Raw Clover Sprouts Contaminated with E. coli in ID and WA

As of May 21, 2014, seven confirmed and three probable cases of Shiga toxin-producing Escherichia coli O121 (STEC O121) infection have been reported in Idaho and Washington.

- The number of ill persons identified in each state is as follows: Idaho (3) and Washington (7).
- Fifty percent of ill persons have been hospitalized. No ill persons have developed hemolytic uremic syndrome (HUS), and no deaths have been reported.

Results from initial state and local epidemiologic investigations indicate a link to eating raw clover sprouts.

- In interviews, nine (90%) of 10 ill persons reported eating raw clover sprouts in the week before becoming ill.

Preliminary traceback investigations indicate that contaminated raw clover sprouts produced by Evergreen Fresh Sprouts, LLC of Idaho is the likely source of this outbreak of STEC O121 infections.

The Marler Clark Law Firm is representing a patient in this foodborne illness outbreak.

Source: CDC and the Food Poison Journal.

Continued on page 5

Farm Fresh Eggs

Rules and Regulations for Idaho



Ungraded eggs provided by small egg producers that meet the requirements of the United States Department of Agriculture law and rules will be permitted to be sold without a food establishment permit under certain conditions as described below.

Who is considered a small egg producer?

Idaho shell egg producers having three hundred (300) or fewer hens are effectively exempted from the United States Department of Agriculture egg inspection regulations and then would fall under the Idaho Code § 37-1523A(2)(f).

What are the labeling and product holding requirements?

Labeling Requirement

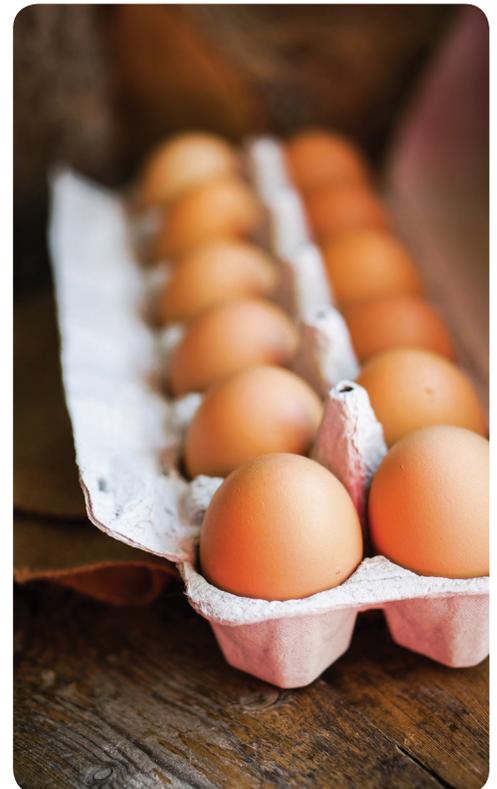
Idaho Food Code 3-201.11 (G) Shell eggs that have not been specifically treated to destroy all viable Salmonellae shall be labeled to include safe handling instructions as specified in law, including 21 CFR 101.17 (h).

Idaho shell egg producers having three hundred (300) or fewer hens may sell ungraded shell eggs produced upon their premises to retailers, provided that each carton or other container:

- Is clearly marked “ungraded”
- Bears the name and address of the Idaho producer
- Is kept refrigerated at 45 degrees F and below
- Includes safe handling instructions to prevent illness from bacteria: Keep eggs refrigerated, cook eggs until yolks are firm, and cook foods containing eggs thoroughly.

Examples of conditions that would make an egg inedible:

- Broken shell or crack in the shell with its contents leaking
- Dirty egg that is broken whether its shell membrane is intact and its contents do not leak or do leak
- Black rots
- Yellow rots
- Mixed rots
- Sour eggs
- Eggs with green whites
- Eggs with stuck yolks
- Moldy eggs
- Musty eggs
- Eggs showing blood rings
- Eggs containing embryo chicks (at or beyond the blood ring state)
- Any egg that is adulterated



Recent Recalls

Continued from page 4

Steak Burgers and Ground Beef Patties Recalled by Wolverine Packing Company in Detroit Michigan in a Multistate Outbreak

This recall involved 1.8 million pounds of Angus steak burgers and ground beef patties in a multistate outbreak. The product was produced between March 31 and April 18, 2014. This is a voluntary recall initiated by the company. Even though no positive test results were found in the ground beef, the company has taken steps to protect the consumer.

Food Safety and Inspection Service (FSIS) officials are continuing to investigate whether more states received the potentially tainted meat, and CDC officials are continuing to scan PulseNet for any additional illnesses. The states involved in this multistate outbreak as of May 23, 2014 are Michigan, Ohio, Missouri and Massachusetts. Other states may be involved as the investigation continues.

Eleven E. coli illnesses were reported with the same genetic finger print in the span of a two week period.

E. coli O157:H7 can cause severe food poisoning, including a potentially deadly complication known as hemolytic uremic syndrome, or HUS, which causes kidney failure. So far, six of 10 victims of this outbreak have been hospitalized, but none has developed HUS.

The illnesses are a good reminder for consumers to cook ground beef thoroughly and eat only well-done burgers served at restaurants, CDC officials said.

Source : NBC News Jone/ Aleccia

Wild Edible Mushrooms

Are you getting your mushrooms from an approved source?

That's a good question to ask.

Morel mushroom season is here and there are "look-a-like" mushroom varieties that are not safe for human consumption. Only an expert can identify the safe mushrooms to eat. As you know, some wild mushrooms are poisonous, so a mushroom expert is needed to be sure you are serving a safe food product.

Here are some questions to consider:

- Was the mushroom identified while fresh?
- Who identified the mushrooms as safe to consume?
- Were the mushrooms stored refrigerated?
- Are the mushrooms firm?
- Do the mushrooms have a fresh appearance?
- What education does the picker/identifier have that verifies their knowledge in this area?

If you are searching for wild edible mushrooms to use in your recipes or to sell, then you need to know that they are safe to eat to protect your customers and your business. Expertise of your supplier must be verified.



According to the Idaho Food Code 3-201.16 Wild Mushrooms

(A) Except as specified in (B) of this section, mushroom species picked in the wild shall be obtained from sources where each mushroom is individually inspected and found to be safe by an approved mushroom identification expert.

(B) This section does not apply to:

- (1) Cultivated wild mushroom species that are grown, harvested, and processed in an operation that is regulated by the food regulatory agency that has jurisdiction over the operation; or
- (2) Wild mushroom species if they are in packaged form and are the product of a food processing plant that is regulated by the food regulatory agency that has jurisdiction over the plant.



Central District Health Department

Environmental Health
 707 N. Armstrong Pl.
 Boise, ID 83704-0825



Keep Your Kitchen Safe

Two Food Safety Certifications Offered Through Central District Health Department

Idaho Food Safety and Sanitation Course

- 4-hour classroom format
- Cost: \$38 per student

National Restaurant Association's ServSafe® Certification Course

- 8-hour classroom format
- Cost: \$114 per student

For 10 or more students, in either course, we will send an instructor to Boise, Elmore and Valley counties, by appointment.

CLASS SCHEDULE

All classes are held at the Central District Health Department
 707 N Armstrong Place, Boise – Ada County

Idaho Food Safety and Sanitation Course

Class time is 8:30 a.m. – 12:30 p.m.

National Restaurant Assoc. ServSafe® Certification

Class time is 8 a.m. – 5 p.m.

Tuesday, July 15

Wednesday, July 16

Wednesday, Aug. 13

Tuesday, Aug. 19

Tuesday, Sept. 16

Wednesday, Sept. 24

Wednesday, Oct. 8

Wednesday, Oct. 22

Wednesday, Nov. 5

Wednesday, Nov. 14

NO DECEMBER CLASS FOR EITHER COURSE

For more information on these and other food safety courses and videos, visit cdhd.idaho.gov