

The Food Review

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

In This Issue:

Can A Sick Restaurant Worker Transmit The Novel H1N1 Flu Virus To Customers?

Food Fees Increase

Possible Food-borne Illness Investigation in Valley County

Active Managerial Control Is The Gold Standard

Effective Consumer Advisories

Special Event Food Service

We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out. **Thank you for your cooperation.**



Can a Sick Restaurant Worker Transmit The Novel H1N1 Flu Virus to Customers?

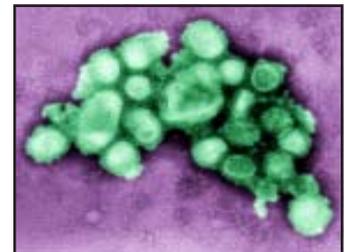
From PandemicFlu.gov

Transmission of the virus in a restaurant could occur through the normal routes of infection that could happen in any public or private setting—inhalation of the virus expelled by infected individuals when coughing or sneezing and by touching any surface that is contaminated with the virus and then touching the mouth, nose or eyes.

Influenza is not known to be spread through consumption of food items. However, in accordance with long-standing FDA recommendations, food workers experiencing symptoms of respiratory illness should not work with exposed food, clean equipment, utensils, linens or unwrapped single-service or single-use articles.

In addition, the U.S. Centers for Disease Control and Prevention recommends that individuals experiencing symptoms of 2009 H1N1 flu virus stay home from work (see CDC Web site <http://www.cdc.gov/h1n1flu/qa.htm>).

The symptoms of novel influenza A (H1N1) virus in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and/or vomiting. Investigations of these cases suggest that ongoing human-to-human transmission of the novel influenza A (H1N1) virus is occurring.



Novel influenza A (H1N1) virus is likely to spread from person-to-person in the same way as seasonal flu. The main way that influenza is thought to spread is through the coughing or sneezing of people infected with the influenza virus. People may also become infected by touching something with flu viruses on it and then touching their mouth or nose.

Idaho Food Code section 2-201.11(B) states that an employee must report the onset of illness symptoms to the person-in charge. This employee must then be restricted from working with food and clean dishware and equipment. The symptoms to report are diarrhea, fever, vomiting, jaundice, or sore throat with fever. The restriction may be lifted if the employee no longer has symptoms and no customers have become ill.

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.

Ada and Boise County
 707 N. Armstrong Pl.
 Boise, ID 83704-0825
 Tel. (208) 327-7499
 Fax (208) 327-8553

Rob Howarth
Environmental Health Director
 rhowarth@cdhd.idaho.gov

Tom Schmalz - Supervisor
 Facility Based Programs
 tschmalz@cdhd.idaho.gov

Jerry Davis
 jdavis@cdhd.idaho.gov

Bud Fulleton
 bfulleton@cdhd.idaho.gov

Ann Potcher
 apotcher@cdhd.idaho.gov

Tammie McCarter
 tmccarte@cdhd.idaho.gov

Frank Isenberg
 fisenber@cdhd.idaho.gov

Deb Carney
 dcarney@cdhd.idaho.gov

Bob Jue
 rbjue@cdhd.idaho.gov

Boise County:
Tyler Fortunati
 tfortuna@cdhd.idaho.gov

Elmore County:
 520 E. 8th North
 Mtn. Home, ID 83647
 Tel. (208) 587-4407
 Fax (208) 587-3521

Marty Jones
 mjones@cdhd.idaho.gov

Valley County:
 703 N. 1st,
 McCall, ID 83638
 Tel. (208) 634-7194
 Fax (208) 634-2174

Jeff Lappin
 jlappin@cdhd.idaho.gov

Josh Kriz
 jkriz@cdhd.idaho.gov

Food Fees Increase



Effective July 1st of this year the first of a two-stage increase in the fees charged most food establishments will go into effect. The food fee increase is a compromise over what Idaho's seven health districts were seeking at the Legislature. The districts felt the existing fee of \$65 for all types of food establishments was unfair to their bottom lines because it forced them to subsidize roughly three-quarters of the cost of a state-mandated service. The resulting legislation creates a tiered structure of fees and brings some relief to health districts struggling with shrinking tax support.

To understand how the new fee structure affects your business we must define some terms.

Intermittent Food Establishment – A food vendor that operates for a period of time not to exceed three days a week, at a single specified location in conjunction with a recurring event. Think farmer's market.

Mobile Food Establishment – Any food establishment serving food from a vehicle or other itinerant station. Think hot dog vendor. Mobile Food Establishments are further sub-divided into those with a commissary and those without. A commissary is a facility where the food is stored, prepared and packaged for transit to the sales location. A mobile unit that is fully self contained is considered a full service mobile unit.

Temporary Food Establishment – A food establishment that operates for a period of no more than 14 consecutive days in conjunction with a single event. Think food vendor at the Western Idaho Fair.

Food Establishments with more than two licenses – This category of food establishment primarily involves grocery stores that might have several different kinds of food establishments under one roof, like deli, meat, produce and fish departments.

Type of food establishment	Fees effective 7-1-2009	Fees effective 7-1-2010
Temporary, intermittent and mobile food (full service) establishments w/o commissary	\$65	\$65
Mobile food establishment w/ commissary	\$75	\$85
All other food establishments except those with more than 2 licenses on one premise	\$95	\$125
Food establishments with more than 2 licenses on one premise	\$107.50	\$150

The legislation also allows for review of the food fees every three years, with the cycle starting after January 1, 2010.

Possible Foodborne Illness Investigation in Valley County



By Josh Kriz R.E.H.S. and Jeff Lappin R.E.H.S.

On January 13, 2009, the Valley County Office of Central District Health Department received a complaint of possible food poisoning at a Valley County restaurant. The individual making the complaint had eaten lunch at the restaurant on January 4 and began suffering abdominal cramps, severe diarrhea, and vomiting in the early morning on January 5. The affected individual also provided names of several other people who had been in the party and also reported being ill (8 out of a party of 10). Interviews with members of this party and other individuals eating lunch that day resulted in 14 probable ill patrons. All of the ill patrons experienced basically the same symptoms.

An investigation of the restaurant was conducted on the day of the initial report. Several samples of potentially contaminated foods were collected and submitted to the Idaho State Laboratory for analysis. None of the food samples collected were from the same batches of food that were suspected to have caused illness in the patrons. The food samples collected on the date of the investigation all tested negative for the suspected bacteriological agent. No stool samples were submitted by the ill patrons so no testing could be conducted to determine the exact cause of the illness.

Due to the number of patrons reporting similar symptoms after eating a common food at the same restaurant, foodborne illness is very strongly supported by the evidence. During the investigational visit by CDHD staff, improper cooling of large containers of food products was discovered. The cooling process had been started in the morning (around 10AM according to restaurant staff). Six hours later, three large containers of food were still in the temperature danger zone ranging in temperature from 115°F to 95°F. These foods were discarded upon request by CDHD staff. Idaho Food Code calls for potentially hazardous foods (PHFs) to be cooled from 135°F to 70°F within 2 hours then from 70°F to 41°F within 4 hours. Based on the symptoms described by the ill patrons and the improper cooling procedures noted, it is believed that bacteria growing in the improperly cooled foods were to blame for the illness in restaurant patrons.

Restaurant staff stated that they had changed their cooling procedures since the previous health inspection. Subsequent to the illness outbreak, CDHD and restaurant staff devised a cooling procedure that resulted in a cool rate faster than that required by the rules. The new cooling procedure involves placing the containers of the food in question in a large tub of ice and water, as well as mixing ice into the food product and stirring the product to assist with rapid cooling. Temperature logging devices were delivered to the establishment and placed in the food product while cooling. The new process has been shown to exceed the cooling requirements set forth in Idaho Code. CDHD has been working with the operator through frequent consultations to ensure that the proper cooling methods are being consistently implemented.

This outbreak of food poisoning demonstrates the importance of rapid cooling of potentially hazardous foods and thorough reheating to 165°F.

Where else do you work?

It should come as no surprise to food establishment owners and managers that staff members might have more than one food industry job. In the event of a foodborne illness outbreak you will want to ask them where else they are working. Such knowledge can assist health department investigators in identifying problems and stopping the spread of disease.

Diseases, like norovirus, are not only contagious, but portable. Employees can acquire an illness at one food establishment and take it to another.

Active Managerial Control is the Gold Standard

By Tammie McCarter R.E.H.S., M.B.A.

Question: When should the operator of a food establishment be practicing “Active Managerial Control?”

Answer: Every minute the establishment is open for business.

Active Managerial Control is one of the things we look for when we inspect food establishments. So why do some places practice it while others don't? Why is it important? What exactly does it mean? How can an establishment put good practices and procedures in place?

Active Managerial Control involves:

- Good practices and procedures.
- A manager who is actively participating in the establishment's operations.
- If an owner is not on-site, a Supervisor, Team Lead, or Person-in-Charge who maintains active managerial control.
- The person-in-charge is leading by example.

Some establishments are better at this than others. There are many reasons for food safety problems related to the operations, but they generally fall into a few common areas:

- Lack of training.
- Failure to anticipate hazards before they occur.
- No standard operating procedures or failing to implement existing ones.
- Poorly maintained records like temperature monitoring and cleaning schedules.
- Poor personal hygiene.
- Lack of accountability.

The best food establishments have simple, written Standard Operating Procedures and Protocols. These guidelines and operations should reflect exactly what Central District Health would recommend for any establishment.

These don't have to be complicated. Consider including:

- Basic cleaning schedules.
- Cooking and reheating procedures based on the Idaho Food Code.
- Procedures for cooling processes.
- Temperature logs.
- Schedules for checking the dish machine temperature and sanitization levels.

Other areas that lead to good active managerial control include:

- Frank discussions with employees about illness and symptoms that are reportable to management. Do not waiver by allowing employees to work when they are sick, especially if they may have a transmissible illness.
- Focus on good hygiene practices; a 20-second hand-washing regimen and appropriate times to wash hands.
- Train new employees to take *personal* responsibility for your establishment's high standards.
- Determine how these standards will be met by enlisting employee input.
- Establish corrective actions if standards are not met.

As a manager, you have a responsibility to determine if good practices are being followed, which means vigilance in checking for hazards and accurate record-keeping. Make training part of the regular routine. Enlist the input of your employees in achieving your goals.

By setting smart, simple, and high standards, you will have no trouble maintaining a sanitary operation. When you make standards part of the everyday operation the guess work disappears, allowing quality and safe food handling practices to improve. It is a win-win for everyone.

Effective Consumer Advisories

Idaho Food Code 3-603.11

Effective Consumer Advisories will reduce and prevent foodborne illness and protect the liability of an owner.

The purpose of a Consumer Advisory is to inform the consumer of potential risks when consuming undercooked or raw animal-derived foods or ingredients. Your customers will appreciate the ability to make an informed choice, because they may not understand the health risks.

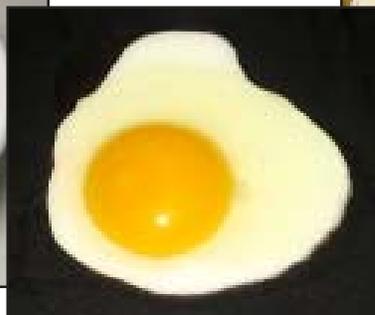
Some questions to ask yourself about your Consumer Advisories:

- How are your consumer advisories posted for your customer?
- Are you sure your customers are receiving the intended message?
- Would your customer know which specific menu items have a raw animal-derived ingredient or are served undercooked?
- Do they understand the potential health risk?
- Is your method of notification effective?
- If you serve sauces or dressings using raw egg, do your customers know, before they are served, that consuming raw egg may include the ingestion of salmonella bacteria?
- Do you serve sunny-side-up eggs, medium rare burgers, sushi, sashimi, or steak tartare?

Disclosure of raw or undercooked animal-derived foods or ingredients and reminders about the risks of consuming such foods belongs at the point where the consumer selects the food. Disclosure is achieved when there is clear identification of animal-derived foods that are sold or served raw or undercooked, and of items that either contain or may contain such raw or undercooked ingredients.



Steak Tartare



Egg - Sunny Side Up



Sushi

“Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.”



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

PRSR STD
U.S. POSTAGE
PAID
PERMIT NO. 1
BOISE, ID

Special Event Food Service

Have you noticed the increase in special events and the increased number of food vendors? Yes, these fun 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. Completing a Temporary Food Establishment application well in advance allows our 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 where 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.*

You can access Temporary Food Establishment application online at <http://cdhd.idaho.gov/ehs/food.htm> You will also find our Food Vendor packet for temporary food establishments at this site.