

**Environmental  
Health**

**Central District Health Department**

**The Food Review**

Back issues of this publication are available on our website: [cdhd.idaho.gov](http://cdhd.idaho.gov)

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**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.**



**Active Managerial Control Violations Reduced**

The Idaho Food Code requires every food operation to have a Person in Charge (PIC), who can demonstrate good knowledge of food safety principles. The PIC can meet that requirement by taking an approved food safety course or by demonstrating knowledge of food safety principles during the inspection process.

Over the past year (July 2008 - June 2009) the food establishments in Ada, Boise, Elmore and Valley counties substantially reduced the number of violations of this aspect of the Idaho Food Code. This is good news for the food industry and the public.

This trend is also clear evidence that an increasing number of food service employees and managers understand food safety principles and are putting them into practice. Food safety knowledge is the most powerful tool we have in preventing foodborne illness. Let's keep up the good work.



Please take advantage of food training resources that Central District Health has to offer.

**ServSafe®** is an 8-hour food safety course developed by the National Restaurant Association Educational Foundation. It provides food service managers with the knowledge necessary to meet state and national standards. Certification is valid for five years and can be used anywhere in the United States. The cost is \$100 and the course is held every third Thursday of the month at the Central District Health Department.

The 4-hour **Idaho Food Safety & Sanitation** course provides an Idaho certification in food safety under the state's Food Protection Program. The certification is good for five years. The cost is \$30 and the course is held the third Wednesday of every month at the Central District Health Department.

For more information and to register contact our office at 327-7499.

Don't forget the CDHD **Basic Food Safety** video. While this course doesn't offer certification it's free and provides a great review of food safety principles and practices. To view it go to our website <http://cdhd.idaho.gov/EH/food/train.htm>.

If everyone works hard at handling and preparing food safely, foodborne illness can be prevented. Never let your food safety guard down.

*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.*

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## Handwashing Basics

While the H1N1 (swine) flu has dominated the headlines for the past few months, there are any number of diseases that can be transmitted when food service employees fail to properly wash their hands.

It may seem pretty basic, but studies have shown that effective handwashing can significantly reduce bacteria counts on the hands of food service workers, and anyone else for that matter. So, let's review the basics.

### How do you properly wash your hands?

1. Wet your hands with running water that is at least at 100 degrees F
2. Apply soap — plain or antibacterial soaps are acceptable
3. Scrub hands and forearms for at least 20 seconds
4. Rinse freshly scrubbed hands under warm, running water
5. Dry hands and arms with a single-use paper towel or a warm air hand dryer

It is also recommended that a fingernail brush be used to clean under fingernails and between fingers:

- Before beginning work
- After handling raw meat, poultry, and/or fish
- After using the bathroom

### When do you need to wash your hands?

- After using the bathroom
- After sneezing, coughing, smoking, eating or drinking
- After bussing a table
- Before putting on gloves
- When switching between raw and ready-to-eat food
- After handling garbage or trash
- After handling dirty equipment or utensils
- During food preparation
- After handling money

The Idaho Food Code goes even further in trying to protect the public, prohibiting bare hand contact with ready-to-eat foods, like raw fruits and vegetables, baked goods and snack foods like potato chips.



### Hints for Effective Handwashing

#### Do your employees know how to properly wash their hands?

If not, you might consider demonstrating proper handwashing technique as part of employee training.

#### Have you watched your employees wash their hands?

Even long-time employees can sometimes use a refresher course in proper handwashing technique.

#### Do you know if your food service workers are washing their hands at the necessary times?

Some managers require their employees to fill out a hand washing log sheet. (See page 3 for an example) This provides them with information on who is washing their hands and when.



# Unapproved Food Sources and Labeling

During restaurant inspections our staff has recently found processed food lacking ingredient labels and foods from unapproved sources. Unapproved sources include businesses working without inspection or permit and in unapproved, uninspected kitchens - typically, home kitchens.

The most common home-prepared food found in commercial restaurant setting is dessert items, like baked goods. Idaho Food Code section 3-201.11 (B) states “Food prepared in a private home may not be used or offered for human consumption in a food establishment.” This is marked as a Risk Factor violation item #8 on the restaurant’s Food Establishment Inspection Report.

Without ingredient labeling it is impossible to determine if allergens are in the food. This can have serious consequences for consumers with food allergies. See labeling under Idaho Food Code 3-602.11.

Operating without a health district permit is a violation of Idaho Food Code section 8.301.11.

The Idaho Food Code can be found at [www.foodsafety.idaho.gov](http://www.foodsafety.idaho.gov)

The use of home-prepared food in a food establishment can increase the liability of the food establishment because of knowingly violating the Food Code. Ten years ago, food from unapproved source was the first listed violation item on the inspection report. Now, the first violation item is lack of food safety training or lack of demonstration of food safety knowledge. “Unapproved food sources” remains a high priority risk factor. Fortunately, it is not commonly found during inspections.



## Section from: Food Establishment Inspection Report

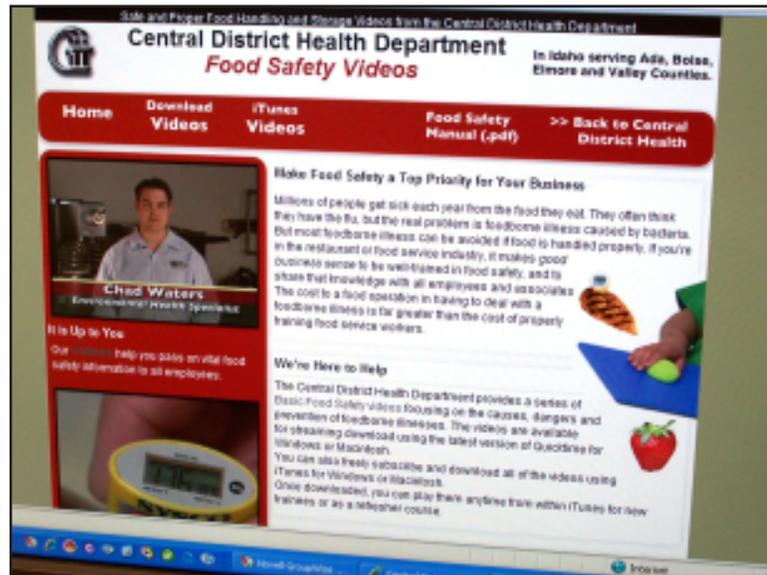
RISK FACTORS AND INTERVENTIONS			
<b>DEMONSTRATION OF KNOWLEDGE 2-102.11</b>			
1. Certification/Demonstration			
<b>EMPLOYEE HEALTH 2-201.11 - .13</b>			
2. Exclusion, Restriction, Reporting			
<b>HYGIENIC PRACTICES 2-401.11-.12 / 2-403.11</b>			
3. Eating, tasting, drinking, tobacco use			
4. Discharge from eyes, nose, mouth			
<b>CONTROL OF HANDS AS VEHICLE OF CONTAMINATION</b>			
5. Clean hands, properly washed (2-301.11-.14)			
6. Bare Hand Contact of RTE food/exemption(3-301)			
7. Handwashing Facilities (5-203 & 6-301)			
<b>APPROVED SOURCE</b>			
8. Food obtained from approved source (3-101, 3-201)			
9. Receiving Temp. / Condition (3-202)			
10. Records: shellstock tags, parasite destruction, required HACCP (3-202 & 3-203)			
<b>PROTECTION FROM CONTAMINATION</b>			
11. Food segregated, separated and protected (3-302)			
12. Food contact surfaces clean & sanitized (4-5, 4-6, 4-7)			
13. Returned / reserve of food (3-306, 3-801)			
14. Discarding / reconditioning unsafe food (3-701)			
<b>POTENTIALLY HAZARDOUS FOOD, TIME &amp; TEMPERATURE</b>			
15. Proper cooking time & temperature (3-401)			
16. Reheating for hot holding (3-403)			
17. Cooling (3-501)			
18. Hot Holding (3-501)			
19. Cold Holding (3-501)			
20. Date Marking & Disposition (3-501)			
21. Time as Public Health Control, records (3-501)			
<b>CONSUMER ADVISORY</b>			
22. Consumer advisory for raw or undercooked foods (3-603)			
<b>HIGHLY SUSCEPTIBLE POPULATIONS</b>			
23. Pasteurized foods used, avoidance of prohibited foods (3-801)			
<b>CHEMICAL</b>			
24. Additives, approved / unapproved (3-202)			
25. Toxic substances identified, stored, used 7-101 thru 7-301)			
<b>CONFORMANCE W/ APPROVED PROCEDURES</b>			
26. Compliance with variance and HACCP (8-201)			

## Basic Food Safety Video - A Great Review Tool

Two years ago the Central District Health Department produced the Basic Food Safety Video with the idea of increasing the availability of information to the public about food safety. Since then it has been downloaded thousands of times from the health district website <http://cdhd.idaho.gov/EH/food/train.htm>. If you haven't checked it out, we invite to you see what it's all about. It's an excellent training tool for new employees and a great way to review the basic concepts of food safety. Best of all, it's free!

The Basic Food Safety Video is divided into six sections, each five to six minutes in length, with the final section being a review of the previous five. The multiple segments were designed to make downloading faster and easier. The video is available in a variety of formats and can be downloaded directly onto a computer's hard drive or onto an iPod or similar device. The Basic Food Safety Video does not offer any kind of certification.

For certified training in food safety CDHD offers the 4-hour Idaho Food Safety and Sanitation course and the 8-hour ServSafe® food safety course. Both courses provide students with a certificate upon completion. More information is available on the Food Safety Training page at <http://cdhd.idaho.gov/EH/food/train.htm> or by calling 327-7499.



## Proper Handwashing





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## CDHD Food Safety Program Personnel Changes

It is with sadness that we announce the departure of Tammie McCarter who has worked as a Food Safety Inspector/ Environmental Health Specialist since November 2005. Tammie has accepted a position in Wisconsin and we wish her well. She enjoyed working with many food establishment owners and managers. Most recently Tammie was responsible for food establishments in the 83702 and 83713 zip code areas in Boise. Tammie was also the instructor for the Idaho Food Safety class that is offered monthly.

For an interim period we will distribute Tammie's work to other staff. If you have questions and your food establishment is in the 83713 or 83702 zip code areas call the Environmental Health number at 327-7499. You will be directed to another food safety inspector, who can assist you.

Ann Potcher, R.E.H.S., who teaches the National Restaurant Association Food ServSafe® course will also serve as instructor for the Idaho Food Safety course.



Tammie McCarter