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We're A 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.**



## Food Safety Modernization Act

**The FDA Food Safety Modernization Act of 2010 (FSMA)** was signed into law by President Obama on January 4, 2011. It aims to ensure the U.S. food supply is safe by shifting the focus of federal regulators from responding to contamination to preventing it. The FSMA has given the Food and Drug Administration (FDA) new authorities to regulate the way foods are grown, harvested and processed. The law grants FDA a number of new powers, including mandatory recall authority, which the agency has sought for many years. The FSMA requires FDA to undertake more than a dozen rulemakings and issue at least 10 guidance documents, as well as a host of reports, plans, strategies, standards, notices, and other tasks.

The law was prompted after many reported incidents of foodborne illnesses during the 2000s (decade). Tainted food has cost the food industry billions of dollars in recalls, lost sales and legal expenses.

This law is considered the first major piece of federal legislation addressing food safety since 1938.

Under this law, FDA will now have new prevention-focused tools and clear regulatory framework to help make substantial improvements in our approach to food safety. FDA has a mandate to require comprehensive, prevention-based controls across the food supply chain.

**The major elements of the law are divided into five key areas.**

1. Preventive Controls
2. Inspection and Compliance
3. Imported Food Safety
4. Response
5. Enhanced Partnerships

U.S. consumers enjoy the benefit of imported foods from more than 150 countries. FSMA gives FDA new tools to ensure that those imported foods meet U.S. standards and are safe for U.S. consumers.

FSMA provides a mechanism for the FDA, USDA and local food safety agencies to work together more closely.

**The FDA Food Safety Modernization Act can be found at:**  
[www.fda.gov/Food/GuidanceRegulation/FSMA/](http://www.fda.gov/Food/GuidanceRegulation/FSMA/)

### Ada and Boise County

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

#### Rob Howarth

Community and Environmental  
Health Director  
rhowarth@cdhd.idaho.gov

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

#### Tammie McCarter

tmccarte@cdhd.idaho.gov

#### Frank Isenberg

fisenber@cdhd.idaho.gov

#### Scott Paradis

sparadis@cdhd.idaho.gov

#### Joe Antonucci

jantonucci@cdhd.idaho.gov

#### Lori Badigia

lbadigia@cdhd.idaho.gov

#### Brigitta Gruenberg

bgruenberg@cdhd.idaho.gov

### Boise County

#### Jerry Davis

jdavis@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 1st St.  
McCall, ID 83638  
Tel. (208) 634-7194  
Fax (208) 634-2174

#### Josh Kriz

jkriz@cdhd.idaho.gov

*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.*



## Pathogens

Pathogens are germs, such as bacteria, viruses, and parasites that can cause illness.

More than 250 pathogens and toxins are known to cause foodborne illness. Nearly all of them can cause an outbreak.

Many types of pathogens, including bacteria, viruses, parasites, and chemicals and toxins cause foodborne illnesses.

Norovirus and Salmonella are the top two pathogens responsible for foodborne illness and outbreaks.

## Norovirus

Norovirus is a highly contagious virus that can make someone very sick with diarrhea, vomiting, and stomach pain. Anyone who works with food should know about this virus.

Norovirus is the leading cause of illness and outbreaks from contaminated food in the United States. The virus can easily contaminate food because it is very tiny and infective. It only takes a very small amount of virus particles (as few as 18) to make someone sick.

### **Food can become contaminated with norovirus when:**

- Infected people who have stool or vomit on their hands touch the food,
- It is placed on counters or surfaces that have infectious stool or vomit on them, or
- Tiny drops of vomit from an infected person spray through the air and land on the food.

## Botulism Outbreak

Recently, there was a Botulism outbreak in Ohio and the most likely cause was improperly home canned potatoes used in potato salad at a church potluck. As of April 27, 2015, one woman died and 21 others were confirmed as associated with the outbreak.

Foodborne illness symptoms from Clostridium botulinum bacteria begin within six hours to 10 days (most commonly between 12 and 36 hours) after eating food that contains the toxin. Symptoms of botulism include double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, and muscle weakness that moves down the body, usually affecting the shoulders first, then the upper arms, lower arms, thighs, calves, etc. Paralysis of breathing muscles can cause a person to stop breathing and die, unless assistance with breathing (mechanical ventilation) is provided.



## Food Safety Knowledge

### Certified Food Safety Managers

In 2006, an Environmental Health Specialist Network study found that restaurant managers certified in food safety are less likely to be involved in foodborne illness disease outbreaks than restaurants without managers certified in food safety.

Food Safety knowledge and applying that knowledge is the best defense to prevent a foodborne illness outbreak.

# Educational Posters for Retail Food Employees

The FDA has a new source of training materials that are easy to understand and can be used to educate food establishment staff.

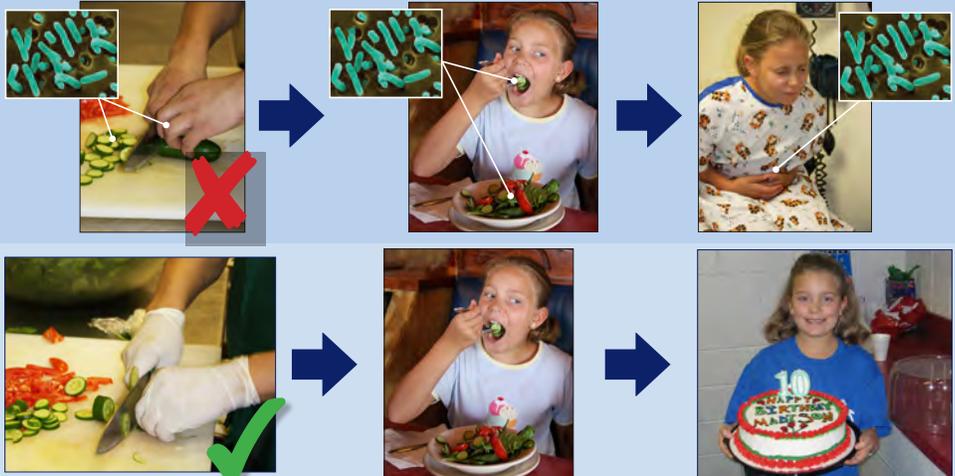
These posters/storyboards are designed to enhance food safety training efforts at the retail level by helping food service employees understand the important role they play in protecting public health. They are available in nine different languages, including Arabic, English, Hindi, Korean, Russian, Simplified Chinese, Traditional Chinese, Spanish, and Vietnamese.

These materials are not copyrighted. You may post these materials on your website and distribute them freely. We kindly ask, however, that you credit FDA when using or posting the materials.

Materials will soon be available that address cooking, cold holding, date marking, approved sources, and chemical use and storage.

Visit the website listed below for your free educational storyboard posters to educate your staff about foodborne illness prevention.

**If you wear gloves or use utensils when handling ready-to-eat foods, you keep the food and your customers safe.**



**Protect people from getting sick. Always wear gloves or use utensils when handling ready-to-eat foods.**



**No dejes que te pase lo mismo que a mí**



Me llamo David. Un día, mientras trabajaba, me sentí enfermo y tuve que correr al baño.



Me sentí mejor, así que regrese a terminar mi turno. Necesitaba el dinero. Llegó una orden de una ensalada y yo olvide lavarme las manos o ponerme guantes.



No sabía que tenía gérmenes en mis manos. Le pase mis gérmenes a los tomates...



... y a los pepinos...



... y a toda la ensalada...



... y también a una niña llamada Ashlynn que se comió la ensalada que yo prepare.



Al otro día, Ashlynn se enfermó con retortijones y vómitos. De hecho, docenas de personas se enfermaron porque yo seguí preparando alimentos ese día.



Yo pude haber evitado que esto sucediera.

**Protege a todos. Lava bien tus manos, usa guantes o utensilios para manejar la comida y nunca te presentes a trabajar si estas enfermo.**





# Protect Yourself, Your Family and Your Customer from Food Poisoning

## **CLEAN AND SANITIZE**

Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards. Use chemical sanitizer test strips daily.

## **SEPARATE, DON'T CROSS CONTAMINATE**

Even after you've cleaned your hands and surfaces thoroughly, raw meat, poultry, seafood, and eggs can still spread illness-causing bacteria to ready-to-eat foods—unless you keep them separate.

## **COOK TO THE RIGHT TEMPERATURE**

While many people think they can tell when food is “done” simply by checking its color and texture, there's no way to be sure it's safe without following a few important but simple steps. Use your probe thermometer to verify correct cook temperature to kill harmful bacteria.

## **CHILL, REFRIGERATE PROMPTLY**

Keep food cold (41°F or below) and remember to cool hot food rapidly. Drop the food product temperature from 135°F to 70°F within 2 hours and then 70°F to 41°F within the next 4 hours.

## **HANDS CLEAN**

Wash hands with soap and warm water for 20 seconds before preparing food and starting a new task. Bare hand contact with ready-to-eat food is prohibited. Be sure hand wash sinks are in good repair and stocked with soap and paper towels.

## **DATE MARKING**

Date mark ready-to-eat foods that are potentially hazardous, such as salads, soups, gravy, meat, poultry, fish, casseroles, sauces and similar foods. The maximum hold time for these foods is seven days in the refrigerator.



# Food Safety Training Opportunities

## Basic Food Safety Video

The Basic Food Safety video is a six-part video covering the basics of food safety. The video is designed for entry-level food service employees, but the information is useful for review of key topics as well as home kitchens. The Basic Food Safety video does not offer certification. Videos can be found at [www.cdhd.idaho.gov/EH/food/food\\_safety\\_videos.htm](http://www.cdhd.idaho.gov/EH/food/food_safety_videos.htm).

**Cost: FREE!**

Note: The Basic Food Safety Video by Central District Health Department, Boise, ID is licensed under a Creative Commons Attribution-Share Alike 3.0 United States License.

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## Idaho Food Safety and Sanitation Certification

Completing this four-hour course provides an Idaho certification in food safety under the state's Food Protection Program. The certification is good for five years. For more information and to register call 327-7499. **Cost: \$38**

## ServSafe® Manager Certification

ServSafe® is an eight-hour food safety course sanctioned by the National Restaurant Association Educational Foundation and designed to provide food service managers with the knowledge necessary to meet state and national standards. The certification is valid for five years and can be used anywhere in the United States. The course is intended for food service managers, but is open to all food service employees. The registration fee covers all classroom materials and lunch. For more information and to register call 327-7499. **Cost: \$114**



### CLASS SCHEDULE

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

#### Idaho Food Safety and Sanitation Course

Class time is 8:30 a.m. - 12:30 p.m.

Thursday, July 23

Thursday, August 27

Thursday, September 24

Thursday, October 22

Wednesday, November 18

#### National Restaurant Assoc. ServSafe® Certification

Class time is 8 a.m. - 5 p.m.

Thursday, July 22

Wednesday, August 18

Wednesday, September 23

Tuesday, October 20

Thursday, November 5

**TO REGISTER: CALL 208-327-8531**



# Unadulterated and Honestly Presented Food

## Idaho Food Code 3-101.11 Safe, Unadulterated, and Honestly Presented

A primary line of defense in ensuring that food meets the requirements of § 3-101.11 is to obtain food from approved sources, the implications of which are discussed below. The regulatory community, industry, and consumers should exercise vigilance in controlling the conditions to which foods are subjected and be alert to signs of abuse. Foods in hermetically sealed containers that are swelled or leaking are considered to be adulterated. Depending on the circumstances, rusted and pitted or dented cans may also present a serious potential hazard.

Food should be purchased from commercial supplies under regulatory control. Controlled processing in food processing plants is required for the safe preparation of food entering commerce. A retail food establishment has the obligation to have food safety procedures that will prevent contamination. Standard operating procedures should be implemented to assure safe food is being served.

Food, at all stages of production, is susceptible to contamination. The source of food is important because pathogenic microorganisms may be present in the breeding stock of farm animals, in feeds, the farm environment, waters used for raising and freezing aquatic foods, and in soils and fertilizers in which plant crops are grown. Chemical contaminants that may be present in field soils, fertilizers, irrigation water, and fishing waters can be incorporated into food plants and animals. Food from approved sources is prepared, packaged and labeled in a facility that is regulated by the FDA, USDA, IDA, or local health department.

Sources of molluscan shellfish are a particular concern because shellfish are consumed raw or in an undercooked state and thus receive neither heat treatment nor any other process that would destroy or inactivate microbial pathogens. For safety, these foods must be accompanied by certification that documents that they have been harvested from waters that meet the water quality standards contained in the National Shellfish Sanitation Program Guide for the Control of Molluscan Shellfish. Certification also provides confidence that processing, packaging, and shipping have been conducted under sanitary conditions.

Purchasing food from an approved source assures a retail food establishment that the food received has been prepared and packaged in a processing facility that practices proper food safety controls. The best way to keep food safe once it enters your food establishment is to follow standard procedures that verify potential contamination is being prevented. Knowledge in understanding major food safety risk factors and monitoring food safety risks in receiving, storage, facility sanitation, employee food handling, food preparation and service will reduce the chance of serving adulterated or contaminated food to a consumer.



# Creating a Properly Made Ice Bath for Thermometer Calibration

The easiest way to test the accuracy of any thermometer is in a properly made ice bath. If you do this carefully, your ice bath will be 32.0°F within  $\pm 0.1^\circ\text{F}$ . If you are not careful, the ice bath can be off by several whole degrees. (Just a cup with ice water in it can be 12 or more degrees too high.)

## Step One: Fill with Ice

Making a proper ice bath is all about keeping a proper ice-to-water ratio. Fill a vessel all the way to the top with ice. Crushed ice is preferred because there are fewer gaps between the ice, however cubed ice will also work fine.

## Step Two: Add Water

Slowly add water to fill the spaces between the ice. Fill about 1/2" below the top of the ice. Let the mixture sit for a minute or two to allow the temperature of the water to settle. If you see the ice starting to float off the bottom of the vessel, pour off some water and add more ice. Water below the ice will not be at 32°F.

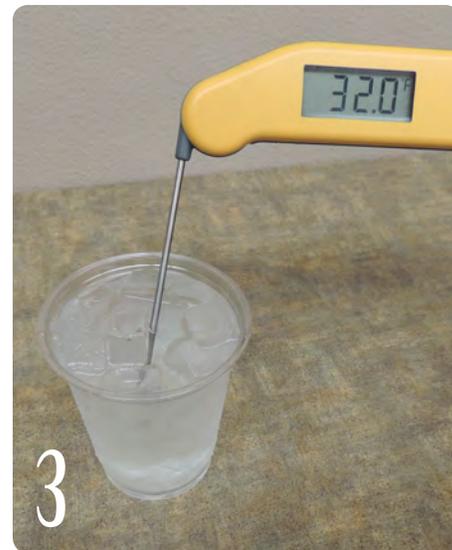
## Step Three: Insert the Probe

Once the mixture has rested for a minute or two, insert your probe (or thermometer stem) into the mixture and stir in the vertical center of the ice slurry. Stirring the probe keeps the sensor from resting against an ice cube, which will affect your reading. Keep the probe tip away from the side walls and don't allow it to rest against the bottom of the vessel. Doing so will give you inaccurate temperature readings. If the thermometer has an extremely fast and sensitive needle tip you MUST gently stir the probe or you will find colder and warmer spots in the ice bath. Stirring equilibrates the temperature throughout the vessel.

## Step Four: Confirm Calibration

Your thermometer should read 32°F (0°C) in the ice bath. Adjust your dial thermometer as directed by the manufacturer; however, before you attempt to adjust a digital, instant-read thermometer, check that the readings are within the manufacturer's accuracy specifications. (Look for a  $\pm$ °F on the documentation included with the instrument.) If it's within the specified tolerance, don't adjust.

As a rule of thumb, it's always a good idea to keep track of your calibrations to monitor the performance of the thermometer over a period of time. Misuse can cause the instrument to fall out of spec more often, and a record of temperatures may help you take corrective actions to preserve the useful life of the thermometer.





## Central District Health Department

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

# Foodborne Illness and Outbreaks

According to the Centers for Disease Control and Prevention, about 48 million people (1 in 6 Americans) get sick, 128,000 are hospitalized and 3,000 die each year from foodborne diseases.

Foodborne illness is preventable when the proper steps and food safety principles are followed from the processor to the consumer.

## CDC Surveillance for Foodborne Disease Outbreaks 2013 Annual Report – Main Findings:

- In 2013, 818 foodborne disease outbreaks were reported, resulting in 13,360 illnesses, 1,062 hospitalizations, 16 deaths, and 14 food recalls.
- Outbreaks caused by Salmonella increased 39 percent from 2012 (113) to 2013 (157). Outbreak-associated hospitalizations caused by Salmonella increased 38 percent from 2012 (454) to 2013 (628).
- Fish (50 outbreaks), mollusks (23), chicken (21), and dairy (21, with 17 due to unpasteurized products) were the most common single food categories implicated in outbreaks.
- As reported in previous years, restaurants (433 outbreaks, 60 percent of outbreaks reporting a single location of preparation), specifically restaurants with sit-down dining 351, 49 percent were the most commonly reported locations of food preparation.
- Norovirus was the most common cause of confirmed, single-etiology outbreaks, accounting for 154 (35 percent) outbreaks and 3,758 (40 percent) illnesses. Salmonella was next, accounting for 149 (34 percent) outbreaks and 3,553 (38 percent) illnesses.

**Foodborne illness is preventable when the proper steps and food safety principles are followed from the processor to the consumer.**