

**The Food Review**

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

**Consumer Advisory / Employee Health  
Demonstration of Knowledge**

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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.**



**CDHD.IDAHO.GOV**

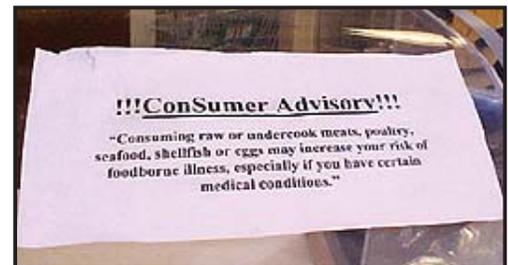
A Risk-Based Inspection is designed for the operator and the health inspector to focus on the critical food safety factors that most often cause food-borne illness. This process is designed to promote discussion between the food establishment operator and the health inspector.

Remember, we are in the business of food safety together. The health department's objective is to help the food establishment operator have a better understanding and awareness of where food safety can be compromised in the daily operation. We want you to know the correct action to follow when food is found to be in a state that promotes bacterial growth or is contaminated.

Let's review three critical areas covered in a Risk-Based Inspection.

**Consumer Advisory, 3-306, Idaho Food Code**

A consumer advisory notification is required when serving a customer raw or undercooked food that is potentially hazardous. You have three options to be in compliance with this regulation. Any one of these methods of notification can be used.



1. Include on your menu a statement similar to: **“Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.”** or **“Eating thoroughly cooked potentially hazardous foods such as meats, poultry, fish, eggs, or shellfish will reduce your risk of foodborne illness”.**
2. Post a consumer advisory at a highly visible location for your patrons to read.
3. Verbal notification at the time an order is taken if undercooked potentially hazardous food will be served. If your policy is to advise the consumers verbally, a written script of what the server will say to the consumer may be asked for during an inspection. Or the health inspector may ask you to demonstrate the notification to show you are in compliance with this rule.

# Consumer Advisory / Employee Health Demonstration of Knowledge *(continued)*

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## Employee Health, 2-201, Idaho Food Code

Food workers must know what diseases and symptoms of illness to report to the Person In Charge (PIC). Certain symptoms of illness can indicate an individual has a communicable disease and the appropriate restrictions or exclusion from food service work will apply.

Diarrhea, fever, vomiting, jaundice, sore throat with fever, and lesions containing pus on the hand, wrist or an exposed body part must be reported to the PIC.

If a food service worker is diagnosed with a communicable disease such as typhoid fever (*Salmonella Typhi*), Shigellosis (*shigella spp.*), Shiga toxin-producing *Escherichia coli* infection (*Escherichia coli* O157:H7), Hepatitis A (Hepatitis A virus) or Norovirus, the disease must be reported to the PIC, and the health department. The PIC must exclude the food service worker until the danger of transmission no longer exists.

## Demonstration of Knowledge, 2-102, Idaho Food Code

Knowledgeable staff that understand when food is safe and not safe is an effective way to reduce your chances of having a foodborne illness outbreak. That is why we emphasize food safety training during our inspections.

Contact Ann Potcher, R.E.H.S. at 327-8526 for information on food safety training opportunities, or visit our website [cdhd.idaho.gov/EH/food/train.htm](http://cdhd.idaho.gov/EH/food/train.htm).

All food service workers must be adequately trained in food safety for the job or duties they are responsible for. The person-in-charge is the person who needs to demonstrate to the health inspector that they understand food safety and foodborne illness prevention.

There are four ways to be in compliance with the requirement to demonstrate knowledge in food safety.

1. Compliance with the Idaho Food Code by not having any critical risk factor violations at the time of the inspection.
2. Being a certified food protection manager Person In Charge who has passed a food safety course that is part of an accredited program.
3. Responding correctly to the inspector's questions as they relate to the specific food operation. See Idaho Food Code section 2-102.11.
4. Completion of the Idaho Food Safety and Sanitation Manual and exam or an equivalent course designed to meet the same training as the Idaho Food Safety and Sanitation Manual.

## Time as a Public Health Control



When potentially hazardous food is not temperature controlled the potential of foodborne illness increases significantly. This is why keeping cold food cold and hot food hot is so very important.

Potentially hazardous food kept at room temperature is in the danger zone between 41° and 135°F. Such foods cannot be held in this temperature range for more than four hours. This is why a record must be kept of the time the food is not being temperature controlled. Your health inspector will be looking for a written procedure if your facility is using time as public health control.

If the health inspector finds potentially hazardous food like pizza, cut leafy greens, lunch meats or other food at room temperature with no records of time control, then your establishment will have a **cold holding** or **hot holding** violation on the inspection report and may have to throw the food away.



Idaho Food Code - Section 3-501.19

- (1) The food shall be marked or otherwise identified to indicate the time is 4 hours past the point in time when the food is removed from temperature control,
- (2) The food shall be cooked and served, served if ready-to-eat, or discarded, within 4 hours from the point in time when the food is removed from temperature control,
- (3) The food in unmarked containers or packages or marked to exceed the 4 hour time limit shall be discarded and,
- (4) Written procedures shall be maintained in the food establishment and made available to the regulatory authority upon request that ensure compliance with (1)-(4) and 3-501.14, Cooling

## Rapid Cooling will Prevent Bacterial Growth

Potentially hazardous food is food that can support bacterial growth. Such foods must be cooled from 135° F to 70°F in 2 hours, and then from 70°F to 41°F or below in the next 4 hours. If you do not rapidly cool foods and test your procedure to meet these standards you could be putting your customers at risk. Every food establishment should have a standard operating procedure on hand and available for food service employees to review and ensure they are serving safe food. The procedures are easy to test and document with the use of an accurate thermometer and by recording results on a cooling chart. A cooling chart has been provided in this edition of the Food Review and can also be downloaded from the CDHD website:

<http://cdhd.idaho.gov/EH/food/active.htm>

Food cooling requirements and suggested methods are described in the Idaho Food Code, sections 3-501.14 and 3-501.15. The Idaho Food Code is also available for download from the CDHD website:

<http://cdhd.idaho.gov/EH/food/regulations.htm>

Rapid reheat of potentially hazardous food (PHF) is also required to prevent the growth of bacteria. Reheat PHFs to 165°F in two hours or less, then hold hot at 135°F or above.



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 Serving Valley, Elmore, Boise and Ada Counties

Establishment Name \_\_\_\_\_

# Cooling Chart

Address \_\_\_\_\_ Phone # \_\_\_\_\_

Food Product										
Refrigeration or Room Temp <small>(where food is cooled)</small>										
Pan Material										
Pan L x W or Diameter										
Depth of Food in Pan										
Date										
Time Food Reached 135°F	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :
After 1 Hour	Temperature	°F								
	Time	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :
After 2 Hours <small>(must be 70°F or below)</small>	Temperature	°F								
	Time	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :
After 3 Hours	Temperature	°F								
	Time	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :
After 4 Hours	Temperature	°F								
	Time	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :
After 5 Hours	Temperature	°F								
	Time	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :
After 6 Hours <small>(must be 41°F or below)</small>	Temperature	°F								
	Time	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :	: : : : : :
Corrective Action Taken										
Person in Charge Signature										

# Food Safety Training Schedule

CDHD offers three levels of training, two of which give you certification. Below is a schedule of these classes for the first half of 2011. All classes are at the CDHD Boise office, 707 N Armstrong Place. For information and to register call 208-327-7499.

## Idaho Food Safety and Sanitation Course

This 4-hour course provides an Idaho certification in food safety under the state's Food Protection Program. The certification is good for five years. The cost of the course is \$33. Registration and payment are required in advance. Course meets from 8:30 a.m. – 12:30 p.m.

Wednesday January 19, 2011	Thursday April 14, 2011
Tuesday February 15, 2011	Thursday May 12, 2011
Thursday March 24, 2011	Thursday June 23, 2011

## National Restaurant Association's ServSafe® Manager Certification course



The 8-hour ServSafe® Manager Certification has been developed by the National Restaurant Association Educational Foundation and designed to provide 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 of the course is \$100. Registration and payment are required in advance. Course meets from 8:00 a.m. – 5:00 p.m. Registration includes lunch.

Tuesday January 18, 2011	Wednesday April 13, 2011
Wednesday February 16, 2011	Wednesday May 11, 2011
Wednesday March 23, 2011	Wednesday June 22, 2011

## Basic Food Safety Video

The Basic Food Safety video is designed for entry-level food service employees, but the information is also useful for review of key topics. The video can be downloaded in a variety of formats to a computer, iPod or similar device. The Basic Food Safety video does not offer certification. Cost: FREE! Go to the CDHD website to download the video: [cdhd.idaho.gov/EH/food/train.htm](http://cdhd.idaho.gov/EH/food/train.htm).

Safe and Proper Food Handling and Storage Videos from the Central District Health Department

**Central District Health Department**  
Food Safety Videos  
In Idaho serving Ada, Boise, Elmore and Valley Counties.

Home | Download Videos | iTunes Videos | Food Safety Exam | >> Back to Central District Health

**Make Food Safety a Top Priority for Your Business**  
Millions of people get sick each year from the food they eat. They often think they have the flu, but the real problem is foodborne illness caused by bacteria. But most foodborne illness can be avoided if food is handled properly. If you're in the restaurant or food service industry, it makes good business sense to be well-trained in food safety, and to share that knowledge with all employees and associates. The cost to a food operation in having to deal with a foodborne illness is far greater than the cost of properly training food service workers.

**It is Up to You**  
Our videos help you pass on vital food safety information to all employees.

**Proper Cooking & Holding Temperatures**  
Learn the best methods for preventing contamination.

**We're Here to Help**  
The Central District Health Department provides a series of Basic Food Safety videos focusing on the causes, dangers and prevention of foodborne illnesses. The videos are available for streaming download using the latest version of Quicktime for Windows or Macintosh. You can also freely subscribe and download all of the videos using iTunes for Windows or Macintosh. Once downloaded, you can play them anytime from within iTunes for new trainees or as a refresher course.

**Video Series Topics**  
Introduction to 3 types of contamination.  
Bacteria and temperature "Danger Zone".  
Identifying potentially hazardous foods.  
Causes of foodborne illness.  
Proper cooking, holding, and cooling temperatures.  
Proper hand washing.  
Employee reported illnesses.  
Cross contamination and equipment.  
Best practices for sanitizing.  
Thorough review section of basic food safety.

**Let's Get Started!**  
Click here for our series of Basic Food Safety videos. You'll need the latest version of iTunes for Windows or Macintosh. Once downloaded, you can play them anytime from your computer, using



Central District Health Department  
Environmental Health  
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BOISE, ID

## Changes to Facilities Require Review and Approval First!

Almost every facility requires changes sooner or later. Before you do a remodel, move or remove a sink or upgrade your kitchen facilities, check with the health department and other appropriate agencies first.

A quick phone call to your health inspector may prevent expensive equipment and construction changes down the road. Changes to the approved food establishment plan on file at the health department must first be approved by the health department. Minor changes may not require a formal plan review, but still require review and approval by the health department before they occur.

According to the Idaho Food Code (Section 8-201.11) these are the circumstances when health department approved plans are required:

- (A) The construction of a food establishment
- (B) The conversion of an existing structure for use as a food establishment
- (C) The remodeling of a food establishment or change of type of food establishment or food operation.

### A Note About Handwash Sinks

The Idaho Food Code (5-204.11) requires handwash sinks to be conveniently located. If they can be easily seen by the food service worker on the cook line, dishwashing area, food prep area, or food dispensing area there is much better chance that they will be used to clean contaminated hands before food and kitchenware are handled.

*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.*