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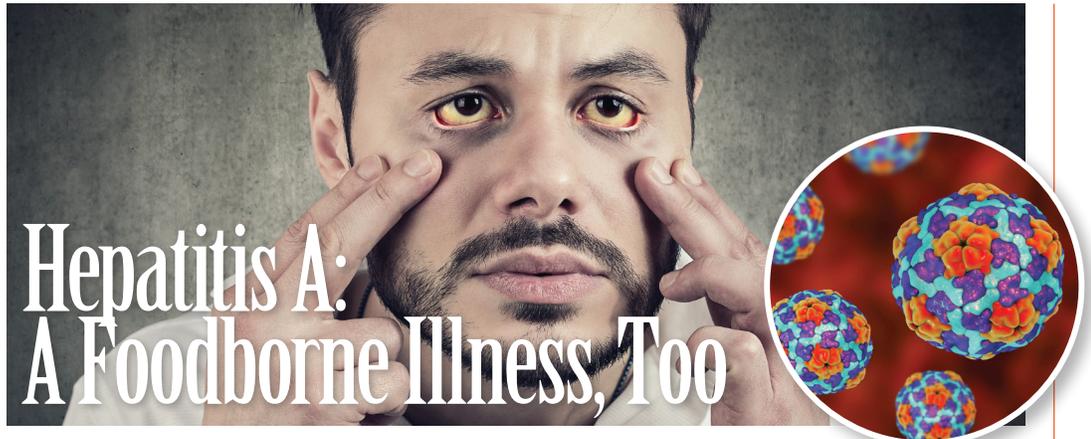


WE'RE A



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.



From national berry-related recalls to an outbreak in southwest Idaho, hepatitis A has recently been among news headlines. Hepatitis A is a viral disease that affects the liver and can cause a variety of symptoms that range from mild to severe, and can last several weeks. Hepatitis A is considered a foodborne illness, but unlike many other foodborne illnesses, it can have a long incubation period and people may not develop symptoms for up to 50 days. Symptoms can include jaundice (the yellowing of eyes and skin), diarrhea, vomiting, fever, dark urine, headache, nausea, and abdominal pain. People can also be infected with hepatitis A, not show any symptoms, and still be able to spread the disease. Among the cases in Idaho since January 2019, 50 percent have been hospitalized.

Typically, the virus is spread through what is known as the fecal-oral route, meaning people inadvertently ingest microscopic amounts of feces infected with the virus. It is also known to be spread through sexual intercourse or sharing drug paraphilia (injection or non-injection). Fortunately, there is a safe and effective vaccine to help prevent the spread of the disease.

Because the virus can easily be spread through food by an infected person, any food worker who has a confirmed diagnosis of hepatitis A must be excluded from food handling. There are many rules put in place regarding hepatitis A and food workers, and the person in charge needs to be familiar with these rules as listed in the Idaho Food Code in section 2-201.11.

Here are some of the rules referenced in the code:

- If a food worker is diagnosed with hepatitis A or is jaundiced, the employee is to report this to the person in charge and the person in charge needs to inform Central District Health. *This same notification is required if a household member of an employee tests positive for hepatitis A.*
- If a food worker tests positive, they are to be excluded from working with food and must meet certain criteria listed in the food code to return to work. Central District Health can provide such information or it can be found in the Idaho Food Code under 2-201.13.

Anyone not immune to hepatitis A through vaccine or having previously had hepatitis A could become infected, and in turn, be able to spread the disease. Many simple steps can be taken to prevent the spread of disease in a food establishment. Proper handwashing is the number one way to help prevent the spread of foodborne illness, including hepatitis A. It is very important that employees properly wash their hands after using the restroom and again before returning to work. Following the required steps for proper handwashing and wearing gloves will both go a long way in helping prevent the spread of disease.

CDHD is offering FREE hepatitis A vaccine to qualifying persons.
To learn more, call 208-327-7400 or visit cdhd.idaho.gov/dac-hepA

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 Division Administrator
rhowarth@cdhd.idaho.gov

Natasha Ferney – Manager
Facility Based Programs
nferney@cdhd.idaho.gov

Joe Antonucci
jantonucci@cdhd.idaho.gov

Lori Badigian
lbadigia@cdhd.idaho.gov

Matt McDonald
mmcdonald@cdhd.idaho.gov

Brent Copes
bcopes@cdhd.idaho.gov

Tyler Jordan
tjordan@cdhd.idaho.gov

Dinko Miljkovic
dmiljkovic@cdhd.idaho.gov

Scott Paradis
sparadis@cdhd.idaho.gov

Will Reynolds
wreynolds@cdhd.idaho.gov

Boise County

Jerry Davis
jdavis@cdhd.idaho.gov
Tel. (208) 327-8532

Elmore County

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

Kathy Cheney
kcheney@cdhd.idaho.gov

Valley County

703 1st St.
McCall, ID 83638
Tel. (208) 634-7194
Fax (208) 634-2174

Tom White
twhite@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: publicinfo@cdhd.idaho.gov. Extra copies of the newsletter are available at your local Health Department office.

Temporary Food Establishment 101



It's peak season for parades, street fairs, festivals and other special community events which means it's also the season of Temporary Food Establishment Licenses.

Event dates, menus, review requirements, and logistics can make it a hectic time for vendors and local health departments, alike. Let's work together!

What can you do?

Plan Ahead: Temporary Food Establishment Licenses must be applied for 30 days in advance of the event. This allows time for license processing, a phone consultation with a CDHD environmental health specialist, working through any challenges, and getting the license issued.

Annual Food Establishment Licenses and City Licenses do not count: A Temporary Food Establishment License covers operation of food sales for a specific term, not to exceed 14 consecutive days. Normally, an applicant does not qualify for a permanent license. At the end of the event, the establishment will be removed from the premises. These specific licenses must be applied for through your local health department even if you have an annual food license through your local health department, or a city-issued business license.

Shelf Stable Food Vendors Must Apply:

Even if the products you are selling fall under Idaho's Cottage Food Rules and are shelf-stable, you must still submit a completed Temporary Food Establishment License application. If your product sales qualify as unregulated, no fee will be charged.

Consider how many events you may participate in: Temporary Food Establishment Licenses are good for the calendar year. Fees are based on your menu and how many days you plan to operate (1 day, 2-3 days or 4 days/multiple events). Visit cdhd.idaho.gov/eh-food-fees for the fee breakdown and more information.

Learn More!

Visit cdhd.idaho.gov/eh-food-fees to view the Vendor's Packet, which includes more details about Temporary Food Licenses and the application.

**Still have questions?
Call us at 208-327-7499.**





Cleaning-In-Place as an Alternate Warewashing Procedure

Since it is not practical and/or possible to place certain types of kitchen equipment into a dishwasher or a 3-compartment sink for warewashing, the Idaho Food Code (section 4-603.15) requires food establishments to utilize alternate warewashing procedures such as cleaning-in-place to achieve proper sanitation of all food contact surfaces.

Stationary equipment such as prep tables or cutting boards that are affixed to a counter must be sanitized like any other food contact surface. It is not adequate to only wipe such surfaces with a sanitized wiping cloth throughout the day. The lack of applying a wash step with hot soapy water may lead to a buildup of food residue that, over time, may harbor bacterial growth. Proper cleaning-in-place of stationary equipment can be accomplished by utilizing receptacles that substitute for the compartments of a 3-compartment sink.

A simple procedure consists of preparing three buckets; the first bucket being hot soapy water, the second bucket being fresh rinse water, and the third bucket being an approved sanitizer solution. The three buckets should be labeled or color-coded to identify the contents, and a designated wiping cloth should be stored in each bucket and used on

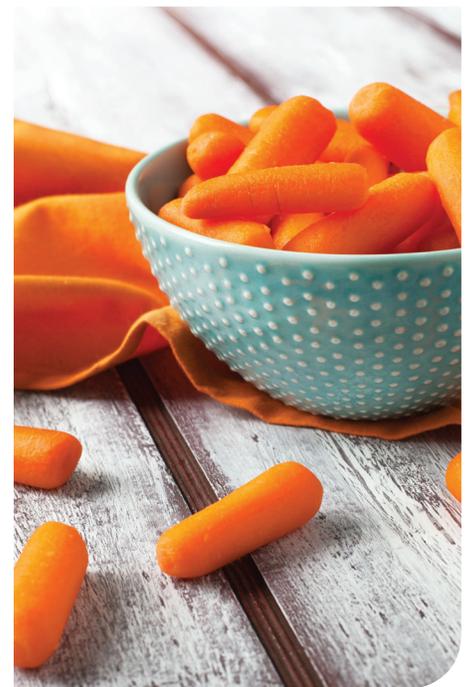
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Proteins are typically the star of a dish and produce is the delicious supporting cast. With the exception of bean sprouts, all uncut whole produce may be left out of refrigeration as it often is at the grocery store. However, it does still need to be washed, even if the fresh produce appears to be clean. During most operations, the food is grown, harvested, rinsed and then packaged or boxed. This process prevents vegetables from showing up at the grocery store or a restaurant with excessive dirt on them. Carrots, for example, come out of the ground covered in dirt, and if they are not rinsed before being packaged or boxed customers would not only be paying for the weight of the dirt, they would also receive carrots covered in dirt. Because fresh produce is generally regarded as needing to be thoroughly washed again, this type of product is not considered ready to eat. If produce is considered ready to eat, it will be specified on the packaging, usually with the words “ready to eat.”

Baby carrots are an example of raw produce that may be considered ready to eat. A typical baby carrot operation may flow like this: Carrots are grown, washed, chopped, put through a tumbler, put through a sanitized wash, packaged and shipped to a distributor. Because the company has a procedure that has been verified to be effective at removing contaminants from the product, they are able to label the product as ready to eat.

Idaho is mostly a rural state, and as such, fresh produce is very easy to find and many people use local produce both at home and in the restaurant. Even though fresh produce appears to be clean it does need to be washed again before it is prepared. While things like large chunks of dirt are easy to see, things like pesticides and bacteria are not. A good thorough washing can remove these harmful contaminants from the surface of the produce and prevent them from being pushed into the produce when it is cut. **Bottom line: Don't forget to wash produce again before it is prepared.**

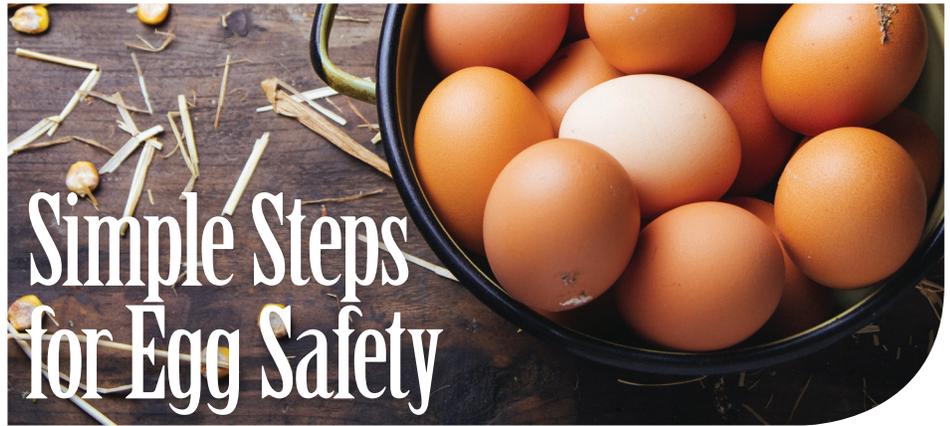


Cleaning-In-Place

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all food contact surfaces in the same sequence as is done at a 3-compartment sink (wash, rinse, and sanitize). After wiping the equipment with sanitizer, the final step in the cleaning-in-place procedure must be to allow the equipment to air dry.

Other food service equipment that needs some type of cleaning-in-place is commercial equipment. This may include soft serve machines, ice machines, and components of slicers (or other food processing equipment) that cannot be disassembled. For this type of equipment, it is always recommended to follow the manufacturer's instructions for cleaning and sanitation. If the manufacturer's instructions do not exist, then it is the establishment's responsibility to utilize cleaning-in-place procedures to ensure the same level of sanitation as is achieved by washing, rinsing, and sanitizing equipment in a 3-compartment sink. Consult with your local health inspector for recommended cleaning-in-place procedures.



When buying eggs there is a lot to be aware of to make sure the product is safe.

Eggs that can be purchased at the grocery store have already been treated to get rid of some of the harmful salmonella bacteria that can cause foodborne illness. These eggs are also graded and inspected by the Department of Agriculture to ensure you are buying a quality product.

However, eggs that come from a small egg producer are not required to be graded and inspected, as long as they are coming from an egg producer that has fewer than 300 egg-laying hens. These eggs must only meet a few requirements when being sold, but must meet all of the following criteria:

- Be clearly marked as ungraded on the container
- Be kept at or below 45° F* during storage
- Have the name and address of the egg producer clearly listed
- Include safe handling instructions

Because these eggs have not been inspected, you need to make sure the eggs are in good visual shape before cooking and eating them.

- Do not prepare or eat eggs that have cracks in the shell or have been damaged or adulterated in any way.
- After cracking the egg open, if there is an unusual smell (commonly sour or musty scents) or any odd coloration to the eggs (black, green, yellow), discard the eggs, do not eat them. Any bloody rings or evidence of chick embryos are a good indicator the egg should be thrown away.

If in doubt, throw them out!

If the shells of your eggs are in good condition, and both smell and look normal inside, then cook away! Always make sure to store and prepare your eggs in a safe way, no matter the source.

- Keep your eggs properly refrigerated at or below 45° F* before using them.
- Store raw eggs below produce and cooked foods in the refrigerator to avoid accidental contamination of other food in the event of a leaking egg.
- Always cook your eggs until the yolks are firm or solid, and cook any products that contain eggs thoroughly to kill off any bacteria that may be lurking around on or in the egg.
- Keep any utensils used with raw eggs separated from any other utensils to avoid accidentally contaminating anything else in the kitchen.
- After cooking, make sure to properly wash and sanitize any utensils or surfaces that came into contact with raw eggs — this will help prevent anything from picking up that bacteria later on.

**Cold handling requirements for raw, shelled eggs differ from the 41° F required for most TCS foods.*



Preventing Physical Food Contamination

Physical contamination happens when actual foreign objects contaminate foods that can be ingested. Sometimes when food is physically contaminated, it can also be biologically contaminated. This is because the physical contamination might harbor dangerous bacteria.

Physical contaminants can include objects such as hair, plant stalks or pieces of plastic/metal.



What should you do to prevent physical food contamination?

Storage: Refrigerators must be cleaned and sanitized regularly to prevent the accumulation of physical contaminants. Foods should be covered to prevent cross-contamination and absorption of other food and possible materials.

Preparation: Most food contamination occurs during the preparation process. Make sure all surfaces are clean and sanitized and make sure that hands are properly washed with warm soap and water before handling any food. Make sure hair is restrained, and no jewelry or acrylic nails are worn during food preparation.

Clean and Sanitize: Clean and sanitize food contact surfaces between uses to prevent contamination from other sources. During cleaning, use an approved sanitizer to help prevent the growth of microorganisms.



Unprocessed Liquid Nitrogen in Food

Liquid nitrogen, though non-toxic, can pose a significant risk to consumers when added to food at the point of sale due to the extremely low temperatures it can maintain. Often marketed to children and teens, the U.S. Food & Drug Administration advises consumers to avoid eating, drinking, or handling food products prepared with liquid nitrogen at the point of sale. Popular products with such names as “Dragon’s Breath,” “Heaven’s Breath,” and “Nitro Puff” rely heavily on the behavior of their customers to prevent acute injury associated with the consumption, and/or inhalation of unprocessed liquid nitrogen. Few other commercially available foods, if any, depend on consumer awareness for the prevention of such injuries so extensively.

Preparation and Avoiding Consumer Injury

While simple, the process for preparing these treats is important to reducing risk. Generally, liquid nitrogen is poured directly over cereal or cheese puffs. The vendor should take measured steps to prevent the liquid nitrogen from pooling, and avoid serving before sufficient time has passed for evaporation. The puffs trap the nitrogen gas inside as the liquid form evaporates, and when consumed properly, the gas is exhaled harmlessly,

giving the appearance of a cloud of smoke. The food is gently broken between teeth without closing one’s mouth around it. However, liquid nitrogen can cause severe damage to the skin and internal organs if contacted, ingested, or inhaled. Several cases of serious injury and difficulty breathing have been reported by consumers associated with food prepared in this way.

Vendors and consumers alike must exercise caution while handling, or consuming products prepared with liquid nitrogen at the point of sale, but ultimately should avoid them. Individuals who experience injury from liquid nitrogen should contact a health care professional, and report their concerns to the local health department.

Photo credit: fda.gov





CENTRAL
DISTRICT
HEALTH
DEPARTMENT

**Community & Environmental
Health Division**

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



**Location for both courses
unless otherwise noted:**

Central District Health
707 N. Armstrong Pl., Boise

*With 10 or more students, we will
travel to Boise, Elmore and Valley
counties by appointment.*

**National Restaurant
Association's Serv-Safe
Certification Course**

Fulfills Accredited Food Protection
Manager Certification requirement.
Classes fill quickly. Paid registration
is required. 8 a.m. to 5 p.m.
Cost: \$130 per student.

- **Wednesday, August 7***
- **Tuesday, August 20***
- **Wednesday, September 4***
- **Wednesday, September 18***
- **Tuesday, October 1**
- **Wednesday, October 16**
- **Wednesday, October 23, McCall**
(tentative - call 208-327-7499 to inquire)
- **Tuesday, November 5**
- **Wednesday, November 20**
- **Wednesday, December 11**

**Idaho Food Safety
& Sanitation Course**

This class does not satisfy the
Accredited Food Protection
Manager requirement that took
effect July 1, 2018. 8:30 a.m.
to 12:30 p.m. Cost: \$48 per
student

- **Tuesday, November 19**

***Class is full.**

Wait List placement available
with a paid training fee.
Call 208-327-7499 to inquire.

TO REGISTER: Call CDH's Environmental Health Department at 208-327-7499