

ENVIRONMENTAL HEALTH

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Central District Health Department The Food Review



A Quick Look at Idaho's New Food Code

The current *Idaho Food Code* references and mirrors the *2001 FDA Model Food Code*, which means it is outdated and due for an update of food safety regulations. Idaho has adopted the most current national standards in food safety.

The U.S. Food and Drug Administration (FDA) published the Food Code, a model/reference document that assists food control jurisdictions at all levels of government. Local, state, tribal, and federal regulators use the FDA Food Code as a model to develop or update their own food safety rules and to be consistent with national food regulatory policy. The 2013 Food Code is the most recent full edition published by FDA. During the 2016 legislative session, the Idaho Legislature adopted the FDA 2013 Model Food Code by reference. **There will be several changes to the Idaho Food Code effective July 1, 2016.** Changes include closer observations of potentially critical items that could contribute to foodborne illnesses.

So, what other changes can you expect?

Inspection Form: The form will look different but will be divided similarly to the current form. There will be a Risk Factor item section and a Good Retail Practice item section. The inspection form will include two pages.

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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.

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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.

Serving Safe Fish



Parasites naturally occur in certain types of seafood products and can contribute to foodborne illness if the seafood is not handled properly prior to consumption. The factor most commonly associated with infection is consumption of raw or undercooked seafood. To provide a safe product for consumers, the seafood industry and the FDA have undertaken specific measures, which include good manufacturing practices, hazard analysis and critical control points, which are required by the regulatory agencies.

The health risk from parasites is less than the risk from unseen illness-causing bacteria, which are present in almost all foods. There are several steps that can be taken to lessen the risk of foodborne illness from seafood.

Food establishment owners need to take common precautions including obtaining seafood from approved sources. Seafood must be purchased from commercial suppliers that are under regulatory control.

Adequate cooking of seafood is the safest way of preventing related infections. The fish should be cooked in all parts of the food to a minimum cooking temperature of 145°F for at least 15 seconds.

Many consumers prefer to eat uncooked, undercooked or lightly preserved fish such as sashimi, sushi, or ceviche. Parasites

become a concern when consumers eat these types of fish. Before service or sale of the seafood in ready to eat form as raw, raw-marinated, or partially cooked, the fish should be frozen to destroy potential parasites following these parameters:

- Frozen and stored at a temperature of -4°F or below until solid for a minimum of 168 hours (7 days)
- Frozen at -31°F or below until solid and stored at -31°F or below for a minimum of 15 hours
- Frozen at -31°F or below until solid and stored at -4°F or below for a minimum of 24 hours

If the fish is frozen at the food facility, the person in charge shall record the freezing temperature date and time to which it is frozen, and shall retain the records in the food establishment for 90 calendar days beyond the time of service or sale of the seafood.

If the seafood is frozen by a supplier, a written agreement or statement from the supplier stipulating that the fish supplied have been frozen to a temperature and for a time as mentioned above and required in the Idaho Food Code. This record must be kept on file in the food establishment and available upon request by your health inspector.



Idaho's New Food Code

Continued from page 1

Terminology Change: The current Idaho Food Code refers to food capable of supporting microorganism growth as Potentially Hazardous Food (PHF). These foods will now be referred to as Time/Temperature Control for Safety (TCS). Whether food is considered TCS will be based on water activity, pH and whether it is a food that has the ability to support pathogenic organism growth or toxin formation. A TCS food is one that requires time/temperature control for safety.

Inspection Form Items and Marking: The marking of items for compliance status, IN/OUT/NA/NO, Repeat (R) and Corrected on Site (COS) will remain the same. However, a new category will be added. A "Potentially Critical" category designation will be included on the inspection form. The use of "Critical" and "Non-critical" has changed with the following designations:

Critical or "Priority Item" (P):

Includes items with a quantifiable measure to show control of hazards such as cooking, reheating, cooling, and handwashing.

Potentially Critical or "Priority Foundation Item" (Pf): Includes an item that requires the purposeful incorporation of specific actions, equipment or procedures by industry management to attain control of risk factors that contribute to foodborne illness or injury such as personnel training, infrastructure or necessary equipment, HACCP plans, documentation or record keeping, and labeling.

Non-Critical or "Core" (C): Includes an item that usually relates to general sanitation, operational controls, sanitation standard operating procedures (SSOPs), facilities or structures, equipment design, or general maintenance. These are considered to be good retail practice.

Certified Food Manager:

A Certified Food Protection Manager who has passed an accredited course must be available for each food establishment. This requirement will be effective July 1, 2018.

Management of Ill Employees:

Requirements for employee illness restrictions, exclusions and reinstatements for employees who have been diagnosed with specific diseases have been better defined. All types of Salmonella have been added to the current required employee exclusions from work. Required procedures (written) for clean-up of vomiting and diarrheal events that minimize further contamination will have to be on hand for staff should an event occur.

Time as a Public Health Control (TCS):

If time without temperature control is used as the public health control for a working supply of TCS foods (food that can rapidly grow harmful bacteria), then a time record is required. Before a facility can begin using Time as a Public Health Control, they must have a written procedure in place. Contact the health department for a quick review of your record keeping method.

The food shall be marked or otherwise identified to indicate the time that is 4 or 6 hours without temperature control or in the danger zone. If a ready-to-eat (RTE) food is held at 41°F or below, and now held without temperature control, and in the danger zone, a maximum of 6 hours is allowed. The food must remain between 41°F and 70°F. If the food rises above 70°F, it must be discarded. A record of time in the danger zone must be maintained.

For TCS food that is ready-to-eat and in the danger zone between 41° F and 135°F, a maximum of 4 hours is allowed. A record must be kept of time in the danger zone and then discarded

at the end of 4 hours. If there is no recordkeeping and marking time of TCS food when using time as a public health control, it must be discarded.

Reduced Oxygen Packaging (ROP):

This section has been changed significantly to better define ROP processes, HACCP requirements and specific processes such as vacuum packaging, modified atmosphere packaging, Sous Vide and Cook-Chill packaging. If a facility plans to use Reduced Oxygen Packaging they must submit the required documents and obtain approved from the local Health District before starting this process.

A specific requirement for Cook-Chill or Sous Vide is that the product must be held in a refrigeration unit that is equipped with an electronic system that continuously monitors time and temperature and is visually monitored twice daily.

Refer to Annex 3 and 6 of the 2013 FDA Food Code for greater detail.

The new Food Code changes go into effect on July 1, 2016.



In addition to the food code there are 7 Annex sections that are a great resource for clarification of the rules. See Annex 3 for explanations for specific rule sections.

Using Wild Mushrooms on Your Menu?

How to Put Safety First

If you offer wild mushrooms, how are you assured they are safe to consume? Are the wild mushrooms you're using from an approved source?

It is recommended that wild mushrooms are from known approved suppliers.

An invoice from approved suppliers for wild mushrooms is a record of the approved source. This is an important document to retain in case it is needed for tracing back to the source.

Symptoms of mushroom poisoning can include amnesia, fatigue, dizziness, severe headache, severe abdominal distress, vomiting, loss of consciousness, liver failure and kidney failure. Symptoms can be delayed a day or more after ingestion.

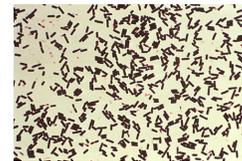
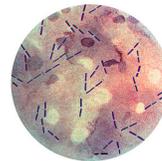
Purchasing cultivated wild mushroom species that are grown, harvested and processed in an operation that is regulated by the food regulatory agency is an assurance that the mushrooms are safe to consume.

Or obtain wild mushroom species that are in packaged form and are the product of a food processing plant that is regulated by the food regulatory agency.

Some questions to consider when buying wild mushrooms from seasonal harvesters:

- Who identified the mushroom as safe to consume?
- What qualifications does the mushroom identifier have?
- Do they have an education in mycology?
- Do they have a membership in a mycology club?
- How many years of experience does the identifier have in mushroom identification?
- Was the mushroom identified while fresh?

Rapidly Cooling of Food Will Prevent the Growth of Clostridium Perfringens Bacteria

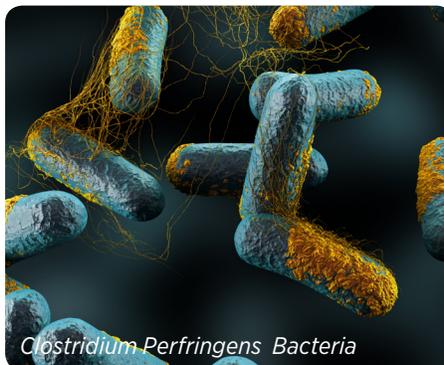


Clostridium perfringens is one of the most common causes of foodborne illness in the United States. The CDC estimates it causes nearly 1 million cases of foodborne illness each year.

Everyone is susceptible to food poisoning from Clostridium perfringens (*C. perfringens*). Symptoms of illness from this bacteria often include diarrhea and abdominal cramps, and for the elderly or very young who are at a higher risk, more severe symptoms may occur and can include serious complications like dehydration.

C. perfringens is a spore-forming gram-positive bacterium found in many environmental sources as well as in the intestines of humans and animals. Beef, poultry, gravies and dried or pre-cooked foods are common sources of *C. perfringens* infections. This infection often occurs when foods are prepared in large quantities and kept warm for a long time before serving.

C. perfringens spores can survive high temperatures. During cooling and holding of food at temperatures from 54°F–140°F (12°C–60°C), the spores germinate and then the bacteria grow. The bacteria grow very rapidly. If the food is served without proper reheating to kill the bacteria, live bacteria may be eaten. The bacteria produce a toxin inside the intestine that causes illness.



Clostridium Perfringens Bacteria

Germination and growth will begin at 54°F and rapid growth occurs between 109°F and 117°F. Rapid cooling is the key to preventing this bacterial growth. Rapid cooling means getting the food temperature to 41°F or below as quickly as possible.

Rapidly cool from 135°F to 70°F within 2 hours and then from 70°F to 41° or less in the next 4 hours — this is a total of 6 hours maximum.

How to Rapidly Cool:

- Use shallow pans, shallow depth of food in containers, ice or ice wands and stir food frequently
- Monitor and log temperatures to be sure the food is indeed cooling rapidly

Any food that has been left out too long may be dangerous to eat, even if it looks, smells or tastes okay.

Resources

- **Proper Cooling poster:** www.cdhd.idaho.gov/pdfs/food/Cooling%203.pdf
- **Cooling chart:** www.cdhd.idaho.gov/pdfs/food/Cooling%20Chart%20rev%202-13%20bg.pdf



Shellstock Tag Regulation

What are they and what are they for? How do they affect a food establishment?

Shellstock tags are identification labels for live shellfish (clams, mussels, oysters & scallops). Any live shellfish harvested and/or sold to establishments within the United States are required to have them.

The tags are usually durable, waterproof labels. These labels must have specific information on them including: the dealers' name, certification number, date and location of harvesting and type of shellfish.

The reason these tags are required for live shellfish is because many foodborne illnesses are associated with consuming raw or undercooked shellfish. Shellfish poisoning is a general term used to indicate poisoning that occurs when shellfish (mainly oysters, clams, scallops or mussels) are contaminated and eaten by humans.

The tags allow an investigator to trace back to the source or origin of the product. Because certain parasites and diseases like *Hepatitis A* have very long incubation periods, tags must be held for 90 days. If the suspect shellfish are implicated from an area that has been contaminated, the tag will identify the location. The shellfish can be recalled and the supplier and food establishments can be notified of the recall and potential danger to the consumer.

If your food establishment sells or receives live shellfish, there are requirements for keeping shellstock tags. Shellstock tags must remain with the shellfish they came with until they are all sold. Co-mingling or mixing live shellfish is never allowed, even if the tags are with them. Different batches of shellfish must always remain separated. This is important for correctly tracing back to the point of origin should a recall occur. And if shellfish do have to be destroyed because of a recall, the tag with the shellfish will assure that the correct shellfish are being removed from service and destroyed. Once the last shellstock from a container is sold or served, the date should be recorded on the tag and then the tag must be kept for 90 days from that date. These tags must be kept in chronological order and be available for the health department to inspect.

Shucked shellfish also have an identification label which is usually on the lid of the commercially packaged container with a "sell by" or "best by" date. The labels on shucked shellfish do not have to be retained for 90 days but do have to be present while you have the product. If the complete label is not on the container, the shellfish may be subject to a hold order or being destroyed.

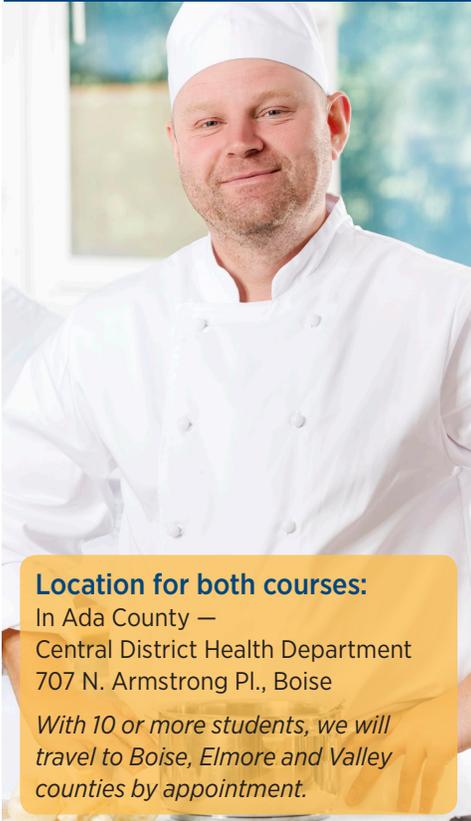
There are a lot of specific rules and regulations for identifying shellfish, but they are necessary to help prevent a tasty food from potentially causing a foodborne illness outbreak.



Central District Health Department

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

Upcoming Food Safety Trainings



Location for both courses:
In Ada County –
Central District Health Department
707 N. Armstrong Pl., Boise

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

Idaho Food Safety & Sanitation Course

4-hour classroom format
8:30 a.m. to 12:30 p.m.

Cost: \$48 per student

- Wednesday, July 20
- Wednesday, August 17
- Wednesday, September 21
- Wednesday, October 19
- Wednesday, November 16
- No December Training

National Restaurant Association's Serv-Safe Certification Course

8-hour classroom format
8 a.m. to 5 p.m.

Cost: \$125 per student

- Thursday, July 21
- Thursday, August 18
- Wednesday, September 28
- Tuesday, October 18
- Friday, November 18
- No December Training

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