Avoiding Illness

Foodborne illnesses linked to improper handling of fruits and vegetables are on the rise. Microorganisms such as E.coli 0157:H7, Norovirus, and Salmonella (to name a few) are responsible for causing disease. These may come on the food directly from the farm or they may be added to the food by poor food handling practices in the kitchen.

There are several ways to reduce the likelihood of disease:

- √ Begin by washing your hands thoroughly.
- √ Rinse all fruits and vegetables under water.
- √ Avoid bare hand contact with the rinsed fruits and vegetables if they are not going to be cooked.

Quick Tip

√ Disposable gloves or other barriers may be used to avoid bare hand contact.

TOP 10 Food Establishment Violations-2009

1.	Inadequate handwashing facilities	9.9%
2.	Inadequate food worker cards	9.0%
3.	Improper cold holding	8.1%
4.	Inadequate sanitation of food contact surfaces	7.4%
5.	Inadequate maintenance of physical facilities	5.5%
6.	Insufficient prevention of food contamination	5.3%
7.	Insufficient sanitation of non-food contact surfaces	4.9%
8.	Thermometer not provided or not used	4.0%
9.	Inadequate hot holding	3.8%
10.	Raw meat improperly stored above ready-to-eat foods	3.7%

Food Worker Card Class Information

For off-site class locations and general information, call the food recording line at 425.339.5250.

Cost: $10.00 **(cash only)**

Please Be on Time: Classes last approximately 90 minutes, with no breaks. Doors close promptly when classes begin. No latecomers admitted. **ALL CLASSES WILL BE CANCELLED ON HOLIDAYS.**

English - Class Locations and Times

Everett ***Snohomish Health District,*** 3020 Rucker Avenue, Everett, first floor auditorium
Every Monday - 3 PM
Every Thursday - 10 AM and 3 PM
Third Monday and Third Thursday of every month - 6 PM
(Allow plenty of time for street parking)

Lynnwood ***Elks Lodge,*** 6620 196th Street SW, Lynnwood
Every Monday - 10 AM
Every Tuesday - 10 AM and 2:30 PM
(Plenty of parking available)

Monroe ***New Horizons Christian Church,*** 23515 Old Owen Road, Monroe
Second and Fourth Wednesday of every month - 2:30 PM
(Plenty of parking available)

Spanish - Class Locations and Times

Everett ***Snohomish Health District,*** 3020 Rucker Avenue, Everett, first floor auditorium
First Tuesday of every month - 10 AM
Third Tuesday of every month - 2 PM

SNOHOMISH HEALTH DISTRICT

ENVIRONMENTAL HEALTH DIVISION
Food Section
3020 Rucker Avenue, Suite 104
Everett, WA 98201-3900
425.339.5250

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PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND HEALTHIER COMMUNITY

Food For Thought Newsletter-Summer Edition 2010

Phone: 425.339.5250 Fax: 425.339.5254 www.snohd.org

2009 Excellence Award Winners *Congratulations!*

Full Menu Establishment
Ixtapa
Jose Alfredo Barajas, owner
5031 168th ST SW, Lynnwood

Fast Service Establishment
U-Kawa Teriyaki
Gil & Young Ha, owners
3922 148th ST SE #102, Mill Creek

Limited Menu Establishment
Major League Pizza
Andy Hansen, owner
Now located at... 2811-C Colby AVE, Everett

Grocery Store
Haggen Food & Pharmacy #55
Haggen Inc., owner
26603 72nd AVE NW, Stanwood

School/Industry/Institution
Camp Kalsman
Union for Reform Judaism, owner
14724 184th ST NE, Arlington

Temporary Food Establishment
Snohomish Lions Weenie Wagon
Snohomish Lions Club, owner
Snohomish

THE FOLLOWING INDIVIDUALS COMPLETED THE MANAGER CERTIFICATION COURSE IN MARCH.
Congratulations!

Andy Haigh - *Roger's Marketplace*,
Cynthia Savage, Sherry Bibb, Jan Mudrovich, & Laury Kohut - *Northshore School District*
Jeff Delma - *Marysville School District,*
Kwangsoo Park - *A&W Everett Mall,*
Laurel Plumage - *Senior Services of Snohomish County*
Sharon Fair & Wanda Jorgensen - *Donna's Travel Plaza's, Inc,*
Shelly Lubahn - *Everett Public Schools*

Questions or comments? E-mail: flequestions@shd.snohomish.wa.gov

KEEPING IT COOL

In the warm summer months it can be difficult to keep refrigeration units at 41°F or below. Here are some tips on how to maintain safe temperatures:

- √ Check the temperature on a regular basis by keeping a thermometer in the unit.
- √ Open the refrigerator doors only when necessary, avoid keeping the door open for multiple trips.
- √ Replace the gaskets on the doors when needed.
- √ Keep the source of the cold airflow unblocked.
- √ Clean the compressor and coils on a regular basis, avoid build-up of dust and dirt.
- √ Use only commercial refrigerators (NSF approved).
- √ Do not use home-style refrigerators.

If you do find that you are still having problems keeping temperature call a local repairman as soon as possible.

Quick Tip

√ ***As a reminder all refrigerators need to maintain 41°F or below as of May 1, 2010.***

KEEPING IT SAFE

Avoid cross-contamination of raw meats to cooked foods. Be sure there are plenty of clean utensils and platters. To prevent foodborne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meats and their juices can contaminate safely cooked foods. Remember to pack raw meats in a separate cooler when possible.

Keep cold food cold. When using a cooler with ice, keep it out of direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets warm air in. Keep fruits, especially cut melons (cantaloupe, watermelons), below 41°F with plenty of ice.

Refrigerate leftovers immediately. While mayonnaise has been implicated as a cause of food poisoning, the real culprits in salads are the other ingredients (potatoes, eggs, pasta, tuna, etc.) that are often combined with mayonnaise before being thoroughly chilled and then left at room temperature for several hours. Bacteria can be introduced and multiply while ingredients are warm. Immediately store leftovers in a cooler with plenty of ice. A commercial establishment cannot reserve leftovers from a temporary event.

Transport on ice. Potato, macaroni and other salads containing milk, meat or eggs.

Nest salads in ice. Outdoors, consider nesting the salad bowl in a larger bowl filled with ice, up and around the maximum depth of food and replenish ice as it melts.

Quick Tip

√ ***Remember on hot days: Keep it cold, or don't keep it!***

IS THAT FOOD WORKER CARD WASHINGTON STATE APPROVED?

Recently, many **FALSIFIED** Food Worker Cards have been discovered during routine food safety inspections. These cards are **NOT** approved in Washington State.

All food establishment owners/managers are responsible for ensuring that Food Worker Cards are valid.

Please contact your inspector if you have a concern regarding the verification of a suspicious looking card.

Quick Tips

- √ ***There are NO APPROVED on-line Food Worker Cards issued in Washington State.***
- √ ***All names on Food Worker Cards must be valid.***
- √ ***Cards must be readily available.***
- √ ***Valid cards can only be obtained through a local health jurisdiction, and will include proper County documentation.***
- √ ***In Snohomish County, the only Washington State approved Food Worker Card training provider is Snohomish Health District.***
- √ ***The Washington State approved cost for a Food Worker Card is a SET FEE of $10.00.***

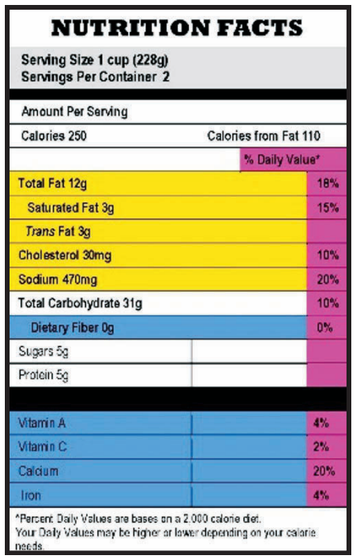
For current Snohomish Health District information on Food Worker Card classes, call 425.339.5260.

Thank you for watching out for suspicious looking cards.

5/10dlp

FOOD LABELS– READ BETWEEN THE LINES

Have you ever gazed at the nutrition label on a food and wondered what it means? You are not alone. Although food labels have appeared on all packaged foods since 1991 only about half of us use them to make more informed food choices. They contain both the **Ingredient List** and **Nutrition Facts**. Ingredient Lists can be most useful to people when they need to avoid a food or food substance because of a food allergy or intolerance. The ingredients are listed according to the amount of each item in the food. If a box of cereal lists high fructose corn syrup first, you know the major ingredient is sugar. If a bag of snack food lists vegetable oil as the first ingredient you know the product is predominantly fat. The ingredient list does not report how much of each ingredient is included or explain what they are.



NUTRITION FACTS

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are bases on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs

Quick Tips

- √ ***Avoid foods with ingredients that are abbreviated.***
- √ ***Avoid foods with ingredients listed that you cannot pronounce.***
- √ ***Try to avoid an ingredient list that is longer than 10 lines.***

The **Nutrition Facts** part of the label breaks down the nutrients according to a single serving size of the food. What many people don't realize is that the nutrition facts are for a **single** serving of the food. So, upon first inspection of the nutrition facts listed on a small bag of potato chips you think it contains 200 calories and 500 mg of sodium. But further investigation reveals that there are 2.5 servings in that little bag of chips and a serving size is 11 chips. The entire bag contains 500 calories, and 1250 mg of salt. Face it. Most of us eat a bag of chips if it looks small or like it should be part of a meal. At that level of calories and salt the chips are more like a meal than a snack.

Quick Tip

√ ***Make sure to check number of servings and portion size when reading food labels.***

The amount of each nutrient is listed as grams or as a **Percent Daily Value (% DV).** Most people don't know how many grams of each nutrient they should get in a day. The % DV is intended to better explain how much of each nutrient is in a serving of food. It is based on a food intake of 2000 calories per day which is reasonable for most adults over 18 who engage in some physical activity but are not super athletes. In general, for fat, cholesterol and sodium (salt) the % DV of one serving of a food should be closer to 5% and less than 20% per serving of food. For the vitamins, minerals and fiber, strive for a higher % DV…over 5% and close to 20% is preferred. See the example on the side.

Quick Tip

√ ***Follow the 5%, 20% rule: Fat, cholesterol, sodium, less than 20%. Fiber & vitamins, more than 5%.***

When looking for how much added sugar is in a food, look under the heading **Total Carbohydrate** for "**Sugars**" There is no % DV for sugar. If you're buying a box of cereal that says 16 grams of sugar you might be better off buying a cereal with 2 grams and letting your child add a teaspoon of sugar at the table.

Quick Tip

√ ***Remember that 4 grams of sugar equals 1 teaspoon of white sugar regardless of what form it is in.***

If you are looking for a snack, just the number of calories may be the most helpful information. If it is much more than 300 calories, it may be too much, especially if you are adding another food or beverage. Snacks are meant to be smaller than a meal and to help curb the appetite until meal time. Snack foods with at least 3 grams and 12 % DV of fiber are a good choice too, because they will help you stay full for a longer period of time. Cereal and granola bars with seeds, nuts or whole grain may be less than 300 calories and provide a good dose of fiber.

Reading food labels is a good way to be a savvy food shopper.
Just make sure to read between the lines.