



SNOHOMISH HEALTH DISTRICT

ENVIRONMENTAL HEALTH DIVISION
Food Section
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FOOD FOR THOUGHT NEWSLETTER

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER COMMUNITY

FOOD WORKER CARD CLASS INFORMATION

COST: \$10 cash only

BE ON TIME: Classes last approximately 1-1/2 hours, with no breaks. Classes start precisely on time and no one will be allowed to enter after the class begins.

WEEKLY LOCATIONS AND TIMES:

Everett: *Snohomish Health District*, 3020 Rucker Avenue, Everett, in the first floor auditorium
Monday - 3 PM
Thursday - 10 AM and 3 PM
Third Monday and Third Thursday of every month at 6 PM

Lynnwood: *Elks Lodge*, 6620 196th Street SW, Lynnwood
Tuesday - 10 AM and 2:30 PM

Call the food recording line at 425.339.5260 for information on holiday cancellations and offsite class locations. Please allow plenty of time to find street parking at the Everett location.

SPANISH FOOD WORKER CLASS INFORMATION

Classes in Spanish are offered twice a month in Everett at the Snohomish Health District office:

First Tuesday of every month at **10 AM**

Third Tuesday of every month at **3 PM**

Español

Las clases en Español se ofrecen dos veces al mes:

Primer Martes de cada mes a las **10AM**

El Tercer Martes de cada mes a las **3PM**

2008 MANAGER CERTIFICATION AND RECERTIFICATION SCHEDULE

Certification Classes: (each limited to first 20 registrants)

Date: March 5, 12, 19, and 26, 2008

June 4, 11, 18, and 25, 2008

October 1, 8, 15, and 22, 2008

Time: 9 AM—1 PM (16 hours total)

Cost: \$144.00 (materials included)

Benefits: 5-year Manager Certification and eligibility to enroll in the SHD Self-Inspection program.

This program can reduce the annual permit fees for your establishment by up to 25%.

Re-Certification Class:

Date: October 15, 2008

Time: 9 AM—4 PM

Cost: \$112.00 (materials included)



TIPS FOR PROPER CLEANING & A SAFE WORKPLACE

Customers look at the cleanliness of your establishment to judge the rest of your operation. Developing a routine for daily cleaning and weekly cleaning is essential to maintain a clean establishment. Make a checklist and assign areas for cleaning tasks. Cleaning times should be during business slow times, before a rush, and/or at the end of a shift. Ensure food contact surfaces are being cleaned and sanitized at least every four hours. Other areas may require less periodic cleaning times (ceilings, walls, etc.). Schedule times to allow for these areas to be cleaned. Ignoring these areas can allow for build-up, making it very difficult to clean.

CLEANING

- ◆ Use only chemicals approved for use in a food establishment
- ◆ Follow directions for cleaners and sanitizers exactly. Too little or too much detergent or sanitizer can actually be less effective!
- ◆ Clean and sanitize equipment and work areas after each use.
- ◆ To ensure proper sanitizing, check water temperature and sanitizer concentration frequently.

CHEMICAL STORAGE

- ◆ Store chemicals away from food storage areas, food preparation areas, and food equipment.
- ◆ Secure chemical storage areas at all times.
- ◆ Use cleaners and sanitizers according to manufacturer's recommendations.
- ◆ Discard old chemicals as instructed on the label.
- ◆ Make sure all chemicals are clearly marked.
- ◆ Only store chemicals necessary for operation of the food service establishment.



DO YOU KNOW ABOUT FERMENTED SAUSAGES?

Fermented sausages are a class of chopped or ground meat products that as a result of microbial fermentation of sugar have reached a pH of 5.3 (4.6 to 5 is typical) and have undergone a drying/aging process to remove 15-25% of the moisture. The products are typically cured but not necessarily smoked/cooked. There are typically two types of fermented sausage, semi-dry and dry.

Semi-dry sausages: These sausages are typically smoked and/or cooked prior to sale or consumption. Since these sausages have a high water activity and a pH above 4.6 they can support bacterial growth such as Salmonella, Staphylococcus, Campylobacter and Escherichia Coli 0157:H7. Because of this, semi-dry sausages require refrigeration.

Semi-dry sausage examples: Summer sausage, Thuringer, Cervelat, Landjaeger

Dry Sausages: Made from fresh meat that is cured during processing, sometimes lightly smoked, then fermented and dried. The main difference between semi-dry and dry sausages is the firmer texture. Sometimes dry sausages are not cooked. Instead, after fermenting they are air-cured from several weeks to three months or a year. Many dry sausage products are shelf stable due to a low water activity and/or a low pH and may be sold and consumed without heat treatment. *Dry sausage examples: Pepperoni, Genoa Salami, Hard Salami, Chorizo, Frizzes*

WHY WE SHOULD SAY 'NO' TO TRANS FATS

What is all the fuss about Trans Fat? Artificial Trans Fat has been used in the food industry for a little over 100 years. We now know that it is unhealthy to eat in all but trace amounts due to the increased risk of cardiovascular disease.

Take the time to look into this subject. Read the report about Trans Fat and cardiovascular disease at <http://content.nejm.org/cgi/content/full/354/15/1601>. Show your customers the respect they deserve and remove Trans Fat from the food you serve.

