

Food For Thought

Newsletter

Summer Issue

June 2011



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

CONGRATULATIONS 2010 EXCELLENCE AWARD WINNERS

Full Menu Establishment

Red Robin

America's Gourmet Burgers & Spirits

Darla Rosebrook, Manager

Red Robin International, Inc., Owner
16814 Twin Lakes Ave, Marysville

School/Industry/Institution

Port Susan Middle School

Shirley Lanum, District Kitchen Manager

Stanwood School District, Owner
7506 267th Pl NW, Stanwood

Fast Service Establishment

Panda Express #1516

Elida Gomez, Manager

Panda Express, Inc., Owner
1402 SE Everett Mall Way #670, Everett

Grocery Store

QFC #879

Steve Meissner, Store Manager

QFC Inc, Owner
27008 92nd Ave NW, Stanwood

Limited Menu Establishment

Edible Arrangements

Heidi McBain, Owner & Manager

15021 Main St Ste D, Mill Creek

Temporary Food Establishment

Landa's Grill

Angie Hjert, Owner & Manager

10728 227th Ave SE, Monroe

STAPH AND FOODBORNE ILLNESS

Staphylococcus aureus (Staph) is a common bacterium found on the skin and in the noses of up to **25%** of healthy people and animals. Usually it causes no illness in these people unless it is transmitted to food products.

Staphylococcus can cause food poisoning when a food handler contaminates food and then the food is not properly refrigerated. Other sources of contamination include the equipment and surfaces on which food is prepared. These bacteria multiply quickly at room temperature to produce a toxin that causes illness.

Ready-to-eat foods that require **no additional cooking**, such as: vegetables, salads, bakery products, dairy products, meat, poultry, eggs, and related products are all sources of possible foodborne illness, including staph. In Washington State, **bare hand contact** with **ready-to-eat** food is **NOT** permitted.

It is important to prevent the contamination of food with staphylococcus, before the toxin can be produced, by observing the following procedures:

- √ Do **not** prepare food if you have a nose or eye infection.
- √ Do **not** prepare or serve food for others if you have wounds or skin infections on your hands or wrists.
- √ **Do** wash hands and put on a **new** pair of gloves whenever changing tasks.
- √ **Do** keep kitchens and food-serving areas clean and sanitized.
- √ **Do** keep hot foods hot (over 140°F) and cold foods cold (41°F or under).
- √ **Do** cool food in a shallow container (with a food depth of 2 inches or less) and refrigerate immediately.

REMEMBER - With **ALL** food preparation, wash hands and under fingernails vigorously with soap and water before handling and preparing food.

For more information visit, www.foodsafety.gov

MEAT SLICERS AND SALMONELLA

Several foodborne outbreaks have been caused by meat slicers due to improper repair, cross contamination, or construction defects.

- √ Make sure your slicers are taken apart, cleaned and sanitized every **4** hours. Check for missing screws, gaps in the silicone seals, and cracks on the handle. These areas can contain salmonella and contaminate the food while slicing.

Remember, just using a wiping cloth is not sufficient for proper cleaning.



DID YOU KNOW?

- ◆ Each year, 1 in 6 Americans (or 48 million people) get sick from and 3,000 die of foodborne diseases.
- ◆ Reducing foodborne illness by just **10%** would keep 5 million Americans from getting sick each year.
- ◆ Preventing a single fatal case of *E. coli* O157 infection would save an estimated **\$7 million**.

For more information visit, www.cdc.gov

PUBLIC HEALTH
always working for a safer & healthier
SNOHOMISH COUNTY

FOOD WORKER CARD CLASS SCHEDULE

For off-site class locations and general information, call the food worker information line at 425.339.5260.
Class times are subject to change. Call for current schedule or visit www.snohd.org.

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 98201 (FIRST FLOOR AUDITORIUM)
EVERY MONDAY - 2:30 PM
EVERY THURSDAY - 10:00 AM AND 2:30 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 98036
EVERY MONDAY - 10:00 AM
EVERY TUESDAY - 10:00 AM AND 2:30 PM
(PLENTY OF PARKING AVAILABLE)

MONROE **NEW HORIZONS CHRISTIAN CHURCH**, 23515 OLD OWEN ROAD, MONROE 98272
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 98201 (FIRST FLOOR AUDITORIUM)
FIRST TUESDAY OF EVERY MONTH - 10:00 AM
THIRD TUESDAY OF EVERY MONTH - 2:00 PM

FOOD WORKER CARDS NOW AVAILABLE ONLINE

Snohomish Health District is now offering the Washington State Food Worker course online. Visit www.snohd.org and click on the Food Worker Cards **Quick Link** on the left-hand side to learn more and to take the test.

ATTENTION

www.foodworkercard.wa.gov is the **only** online training program **authorized** to provide you with a **valid** food worker card in Washington State. **Pay close attention** to sites that appear to offer a similar card, but are not recognized as **valid** Washington State issued permits.

MAINTAIN COOLERS TO HELP PREVENT FOODBORNE ILLNESSES

Check the temperature of foods with a digital thermometer to make sure that coolers and walk-ins are always kept under **41** degrees. See the helpful tips below.

TEMPERATURE LOG

✓ Check and log temperatures several times a day.

REFRIGERATOR THERMOMETER

✓ Keep a thermometer in the warmest area of your walk-in or prep cooler for easy viewing, and a double check of food temperatures.

MAINTENANCE

✓ Check coolers for loose or broken seals. Make sure all fans are clean and in working order, and that coolers are properly defrosted.

STORAGE

✓ Leave space around foods in coolers and walk-ins to ensure proper circulation of air. Don't overcrowd.

Remember, keeping refrigerators and coolers running efficiently will help reduce possible foodborne illnesses, AND save you money in the long run.

FOOD FOR THOUGHT NEWSLETTER

425.339.5250 FAX: 425.339.5254
Everett, WA 98201-3900
3020 Rucker Ave, Suite 104
Food Section

ENVIRONMENTAL HEALTH DIVISION

SNOHOMISH
HEALTH DISTRICT

