

Food For Thought

Newsletter

Winter Issue

December 2010



DID YOU KNOW?

The average American consumes 1,600 pounds of food each year!

Of this:

- 85 pounds = fats & oils
- 73 pounds = corn sweetener!

For more information visit, www.census.gov

PUBLIC HEALTH
always working for a safer & healthier
SNOHOMISH COUNTY

FOOD CODE REVISION UNDERWAY

The State Department of Health is updating the Washington State Food Code. Currently, the State Food Code is based upon the 2001 FDA Model Food Code. The revision will use the 2009 FDA Model Food Code.

Some of the major changes include:

- Change in name and criteria from **Potentially Hazardous Foods (PHF)** to **Time / Temperature Control for Safety (TCS)**
- Requirement to hold leafy cut greens and sliced tomatoes (newly defined as TCS due to *E.coli* and other bacteria causing illness) below 41°F
- Date marking of TCS foods in storage for more than 24 hours
- Requirements for improved awareness and communication concerning employee health when an employee's illness may be transmitted by food

To learn more about the revision visit the Department of Health Web site at <http://www.doh.wa.gov/ehp/food/rulerevision.htm>

FOUR STEPS TO SAFER COOKING

√CLEAN

EVERYTHING THAT TOUCHES FOOD SHOULD BE CLEAN.

Wash your hands and use gloves or utensils for handling **ready-to-eat (RTE)** foods. A main cause of foodborne illnesses is an employee preparing foods with bare hands.

Always wash hands and put on new gloves after handling raw meats and before handling RTE foods.

Remember, proper hand washing must be done prior to all types of food preparation.

√CHILL

A REFRIGERATOR IS ONE OF THE MOST IMPORTANT PIECES OF EQUIPMENT IN THE KITCHEN FOR KEEPING FOODS SAFE.

Properly store refrigerated foods. Walk-in coolers and refrigerators must be able to keep food cold at 41°F or below to minimize bacterial growth. (Typically the refrigerator must be operating at 41°F or below.)

Always label foods with time and date to ensure that foods are used quickly.

Remember that refrigerated foods, even unopened, do not last forever and have a limited storage time until they start to spoil.

√COOK

COOK FOODS AND HOLD HOT FOODS AT APPROPRIATE TEMPERATURES.

Cook foods to the proper temperature in order to kill disease-causing bacteria. **Always** keep foods at proper hot-holding temperatures in order to keep bacteria from growing.

Remember, minimum cooking temperatures vary depending upon the type of food and hot-holding temperatures. Your inspector can provide you with handouts that note the proper temperatures. Find food cooking and holding temperatures in the Food Code at www.doh.wa.gov/ehp/food/safetytips.html.

√SEPARATE

BE SMART. KEEP FOODS APART. DON'T CROSS-CONTAMINATE.

Separate raw meat, poultry and seafood from ready-to-eat foods in your walk-in coolers and refrigerators.

Always place raw meat, poultry, and seafood in sealed containers or plastic bags on the bottom shelf of walk-in coolers and refrigerators to prevent juices from dripping onto other foods.

Never place cooked food on a plate which previously held raw meat, poultry, or seafood.

Remember, use one cutting board for raw meat, poultry, and seafood and another for ready-to-eat foods.

FOOD WORKER CARD CLASS SCHEDULE

For off-site class locations and general information, call the food worker information line at 425.339.5260.

COST: \$10 (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 - 3 PM (**BEGINNING JANUARY 2011, THE CLASS TIME CHANGES TO 2:30 PM**)
EVERY THURSDAY - 10 AM AND 3 PM (**BEGINNING JANUARY 2011, THE CLASS TIME CHANGES TO 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 AM
EVERY TUESDAY - 10 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

SPANISH- CLASS LOCATIONS AND TIMES - (NO SPANISH CLASSES IN DECEMBER 2010 & JANUARY 2011)

EVERETT **SNOHOMISH HEALTH DISTRICT**, 3020 RUCKER AVENUE, EVERETT 98201 (FIRST FLOOR AUDITORIUM)
FIRST TUESDAY OF EVERY MONTH - 10 AM
THIRD TUESDAY OF EVERY MONTH - 2 PM

SAFE COOKING DURING THE HOLIDAYS

COOKING THE TURKEY

Using a calibrated thermometer is the only way to tell that a turkey is cooked thoroughly and **safe** to eat. The thermometer should reach a minimum of **165°F**. Use the temperature of the meat, **not the color**, to determine when the turkey is done.

AVOIDING CROSS-CONTAMINATION

After preparing the turkey for cooking, make sure **all** food preparation areas are **washed and sanitized** thoroughly to avoid cross-contamination to other foods.

STUFFING THE TURKEY

The **safest** way to cook stuffing is to cook it **separately** from the turkey. Use a calibrated thermometer to ensure that stuffing is cooked to **165°F**.

THAWING IN COLD WATER

To defrost at a **safe temperature** use the **raw food prep sink**, and run cold water so that it slowly flows over the frozen turkey. Allow approximately 30 minutes per pound. Cook the turkey immediately after thawing.

ADDITIONAL CATERING ENDORSEMENT FEE FOR CLASS C (HIGH RISK) FACILITIES ONLY

Does your **Class C** (High Risk) food service establishment provide catering services in addition to your fixed location? If so, a catering endorsement is now required with your 2011 permit.

If you have more than one permit at a single address (i.e., grocery & delicatessen) only ONE endorsement is required per address.

The catering endorsement fee is **\$25** and needs to be added to the fee noted on your invoice. A copy of your **catering menu** is also required.

Please call 425.339.5250 for further information.

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

HEALTH DISTRICT
SNOHOMISH

