



The Food Scoop

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Kendall County Health Department is pleased to announce our collaboration with Internist Alafia Nomani. Dr. Nomani is a Board Certified Internist who offers a variety of medical services. Dr. Nomani will be at KCHD on the last Friday of every month from 11:30 a.m. to 12:30 p.m. Appointments are \$35 each.

Medicare, Medicaid, and most insurance plans are welcome. If interested, please contact Dr. Nomani's office at (630) 553-9999 for an appointment.

Dirty Texting by Todd Drefcinski

I recently saw a few kitchen employees doing what I call ... DIRTY TEXTING. On a lovely afternoon I walked into an establishment to see two gents at the cook line with smart phones in hand. Both were rapidly moving about the screen of their smart phones with their dirty digits. These gents were in direct line of sight of the front service counter. That means that I probably wasn't the only person to see them on their cell phones.

Once they realized that Mr. Health Inspector was present, they simply put their phones in their pockets and returned to working in the kitchen. No hand washing was observed before they returned to work.

Let's review a recent study from the U.K. that looked at cell phones and bacterial contamination. About 400 individuals and

mobile phones were tested for bacteria. One in six phones was contaminated with fecal matter! 92% of mobile phones had bacteria present! 82% of hands tested had bacteria present! Cell phones are not objects to be played with while working in a food service establishment! Please restrict cell phone use in the kitchen and be sure all employee belongings are kept away from food prep areas, especially cell phones at the cook line!

"People may claim they wash their hands regularly but the science shows otherwise," said Dr. Ron Cutler, of Queen Mary, University of London.



Thank You for Being Proactive! by Stefanie Johnson

We would like to thank those food service facilities that were represented at our Annual Food Safety Workshop in September entitled *Pest Fest 2011*. This year we tried a new format with a 30 minute presentation followed by a 30 minute interactive Jeopardy-style game. We discussed the main types of pests found in Kendall County food establishments- flies, mice, and cockroaches- why they are a public health issue, and how to prevent and eliminate infestations.

If you have any topic suggestions for future workshops, please contact us. We pick our topic in the spring and try to make it applicable to a wide audience, and we would love to address your food service establishment concerns.

2012 IL FSSMC course to be held in English by Sanitarians Amy Serby and Aaron Rybski at the KCHD in Yorkville: **15 Hour Full Course (\$170)** on Mon. & Tues. 3/12-3/13.

Preparing Your Food Service Establishment for a Health Inspection

by Steve Curatti

Routine health inspections typically occur 2-4 times a year. Though it may be tempting to put off certain repairs or overlook a few minor violations in hopes the inspector won't visit today, the better practice is to treat every day as the day an inspector will visit.

The best way to prepare for an inspection is by performing a self-inspection every week. Here are some helpful tips for performing your self-inspection:

- ✦ **Make it unannounced.** Routine inspections are unannounced, so pick a random day in the week to surprise your employees with an inspection. This will facilitate proper food handling practices day in and day out.
- ✦ **Have proper inspection tools.** Some of the common tools inspectors carry are a thermometer, flashlight, alcohol wipes (a sanitizer will do), and chemical test strips. Using these tools will assure that you are as accurate and true to the process as you can be.
- ✦ **Use a Health Department inspection form.** Using the same form as your health inspector allows you to

know exactly what to look for and the severity of each violation. Your inspector is happy to provide you with copies of our form.

- ✦ **Be thorough.** Perhaps the best method to assure that your restaurant will pass an inspection is by being extremely thorough in your self-inspections. You will never find everything to be perfect, but striving for perfection will show your employees and inspector that you are serious about running a safe, healthy business.
- ✦ **Quiz employees.** Your inspector will often ask employees questions about the task they are performing. Asking workers task oriented and safety questions will keep the knowledge fresh in their minds and help gauge if your training is effective.
- ✦ **Check your records.** Your inspector may ask for temperature, employee illness, hand washing training, or HACCP records to assure that you are properly monitoring safety practices. Taking time to



check over these records yourself keeps them organized for when the inspector arrives.

- ✦ **Point out good and bad behaviors.** Positive reinforcement is a proven teaching method and will promote employee happiness and loyalty, so point out when an employee is doing something correctly. When an employee is performing a task incorrectly, take time to explain proper behavior.
- ✦ **Correct mistakes on the spot.** Let your workers know about any easy to fix violations to facilitate employee watchfulness.
- ✦ **Have a staff meeting afterwards.** Review your inspection findings with employees, pointing out both positive and negative observations. Spend some time explaining proper practices so your employees understand why a certain action is required.



CORRECT Dangerous Violations - PREVENT Foodborne Illness by Amy Serby

Following are a few examples of unsafe practices that have been documented in the last few months throughout the county. Included are some tips to avoid or correct unsafe practices in order to prevent foodborne illness, which can harm your business. Outbreaks can be costly and could ruin a good reputation.

Full cartons of eggs sitting out on the

cook line at room temperature.

Potentially hazardous foods (PHF), such as eggs, must be held at 41° F or below at all times, unless they are pasteurized. Salmonella bacteria doubles in count every 20 minutes if PHF's are not kept at the proper temperature. Keep all eggs under refrigeration at all times to prevent possible foodborne illness.

Kitchen staff's hair is not properly restrained.

Anyone working with

food must have their hair restrained in order to keep it out of the face and off the shoulder and most importantly, out of the food! Human hair carries the staphylococcal bacteria. Hair in the food you serve is not only aesthetically disgusting, but it also has the potential to cause illness. Put your hair up prior to entering the kitchen, *always*. Make it part of your routine.

CORRECT Dangerous Violations - PREVENT Foodborne Illness... continued

Kitchen employees wiping their hands on their aprons during food preparation and not washing hands properly. We can't stress enough how important it is to have clean hands. The ten most dangerous utensils in the kitchen are your

fingers! Cloth aprons/uniforms harbor bacteria. When hands are wiped on cloth of any kind, bacteria from the cloth will contaminate the hands. Hands must be washed (scrubbed) with soap and warm

water for 20 seconds. Use paper towels to dry and to turn off water to avoid re-contaminating your hands. Also, if your apron has more food on it than the plates you are filling, it's time to get a clean one.



When Time Stands Still (in the Kitchen) by Aaron Rybski

If you are a food facility that makes or opens a packaged product with the intention of saving some for use another day, you are probably aware of the labeling requirements for potentially hazardous, ready to eat foods: you need to be labeling these foods when saved overnight with the discard date (a maximum of seven days after the food is made or opened). Ok, but what about when you want to freeze these foods for longer storage?

Freezing is a special step in this process because it suspends the discard date countdown. So let's say that you make something on the 10th of this month, keep it in the cooler for 2 more days (now it's the 12th), then freeze it for 10 (now it's the 22nd), then thaw it out for short term storage in the cooler - the remaining 4 days puts the adjusted discard date at the 26th.

That would be 3 days before freezing, 10 days in the freezer (not counted against the countdown),

and a remaining 4 days when thawing begins, to bring the total number of days in storage at refrigeration temperatures to 7 maximum. If you didn't freeze the product, you'd be required to throw it out on the 16th (7 days out).

If you intend on freezing the product, labeling requirements still apply and now (due to freezing) you must indicate on the package: (1) the original made on date, (2) the freeze date, (3) the thaw date and (4) the adjusted discard date.



Importance of Delivery Inspections by Erich Hess

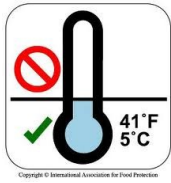
Have you ever thought about the stops your food makes before finally being plated for your customers? Developing a flow chart that tracks these stops through your facility is a crucial step in determining where food is most at risk for contamination. This chart will assist you in establishing safeguards at each point in the flow of food to prevent contamination.

The flow chart must begin with deliveries. Once food enters your facility, you are responsible for the safety and wholesomeness of the product. It is critical to a successful operation that only intact foods are

accepted. What safeguards should you put into place? Some critical safeguards to consider are:

- Inspect all meat, poultry, eggs, shellfish, seafood, etc. for off colors, odors, packaging defects, and USDA inspection stamps.
- Check delivery trucks for cleanliness and proper temperature control.
- Take temperatures of all food that requires temperature control. Refrigerated foods shall be cold held at or below 41°F and frozen goods shall have a temp at or below 0°F.
- Check delivery trucks and cardboard boxes for evidence of pest activity. Use a good flashlight to search for any evidence of rodent activity (mouse droppings or gnaw marks) or cockroaches (can be found in the corrugations of cardboard boxes).
- Check canned goods for severe denting. Set all damaged cans aside and send back for credit.
- Refuse any foods if you are unsure of the condition or if you think the integrity of the food has been compromised during transport.

KEEP FOOD SAFE!



Refrigerate leftovers ASAP, within 2 hours.
 Reheat to 165°F. If microwaving, rotate food halfway through the heating time & stir to eliminate cold spots where bacteria can survive.
 Enjoy leftovers within 3 days or discard them.

Served: Mon Tue Wed Thu Fri Sat Sun Time: __:__

Kendall County Health Department (630)553-9100

Food Safety for Your Customers by Stefanie Johnson

The Environmental Health Unit would like to offer this label template for your use on take-out food containers to help your customers keep their food safe. Customers may mishandle foods once they leave your food service establishment; these labels could help prevent foodborne illness from the improper storage of potentially hazardous foods. If

interested in the template, please email sjohnson@co.kendall.il.us and we can email you the template for printing on standard 2"x4" labels, 10 per page. We may have some printed and available to hand out- ask your sanitarian.



Kendall County Health Department
 Environmental Health Unit
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«FOOD ESTABLISHMENT NAME»
 «FOOD SCOOP ADDRESS»
 «CITY/STATE/ZIP»