



The Food Scoop

www.kendallhealth.org
630.553.8026

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Labeling and Storage of Toxic Materials by Erich Hess



All too often during inspections, sanitarians come across the improper storage and labeling of toxic materials, most notably cleaning supplies.

Based on Food Borne Illness (FBI) Statistics, chemical poisonings have consistently been the third leading cause of FBIs.

In your establishment, this violation and serious safety concern is very easy to avoid by making sure employees and cleaning crews understand the importance of proper storage of toxic chemicals.

Chemicals that are used in a food service establishment tend to fall into two

categories: 1) insecticides and rodenticides 2) Detergents, sanitizers, cleaning or drying agents, caustics, acids, polishes and other chemicals. These chemicals shall be stored physically separated from each other, preferably in cabinets used for no other purpose. Chemicals shall be stored below food product (not intermingled), food contact equipment, utensils, and single service articles to prevent the potential of cross contamination. Sanitizers and dishwashing agents can be stored in convenient locations by the dishwashing station but shall be stored below the dirty dish drainboard.

According to the Illinois Food Service Sanitation Code, all containers of poisonous or toxic materials necessary for operational maintenance shall be clearly labeled in accordance with the law. If these chemicals are portioned into smaller containers or spray bottles, those containers need to be labeled individually for easy identification and to avoid a potential fatal mix-up.

Section 750.540 of the IL Food Service Sanitation Code states that "All food service establishments except Category III (L) facilities shall be under the operational supervision of a certified food service sanitation manager." "Category I (H) facilities shall have a certified food service sanitation manager on the premises at all times that potentially hazardous food is being handled."

IL Food Service Sanitation Manager Certification Courses

to be held in English at KCHD by Paul McDonnell & Assoc:

15 Hour Full Course (\$150):	5 Hr Refresher (\$75): <i>(Renew a current certificate)</i>
Mon. & Tues. 08/08-8/09	Tues. 08/09, 8am-3pm
Mon. & Tues. 10/17-10/18	Tues. 10/18, 8am-3pm

Contact instructor at (630) 896-3662 to register and to get more details, or go to www.kendallhealth.org to download registration form. Course size is limited, so register early!

If the above courses do not fit into your schedule or needs, please go to <http://dph.illinois.gov/fssmccourses/> to find a course by county or language preference.

Do You Have a Cancer Fighting Menu? by Melissa Gawron



Keeping fruits and vegetables on the menu is very important. Fruits and vegetables are full of vitamins, minerals, and nutrients that are cancer-fighting and help keep our bodies healthy. 90-95% of what causes cancer is in one's environment, the other 5-10% is in one's genes; 30-35% of the environmental factors of cancer are due to one's diet. A majority of fast food offers minimal nutritional value and has high amounts of trans and saturated fats. Instead of vitamins and

minerals, fast food usually contains higher amounts of calories and sodium, which can be detrimental to our diets.

Eating foods rich in nutrients can help reduce those blood supply lines to cancer.

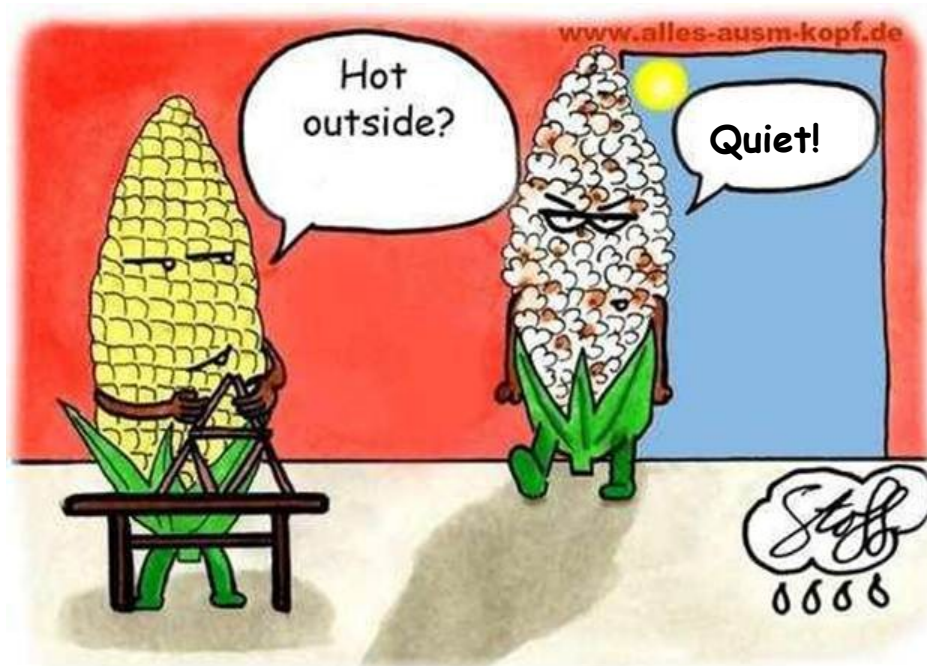
Global Think Tank www.ted.com showcases a variety of speakers sharing their innovative ideas with the public. In one particular presentation entitled, *Can We Eat to Starve Cancer?*, William Li talks about "eating cancer-fighting foods that cut off the supply lines and beat cancer at its own game." All cancers start out without a blood supply, oxygen or nutrients, and are not dangerous; once the cancer cells get a supply line they can grow exponentially.

But what if we can treat cancer before it happens? Eating foods rich in nutrients can help reduce those blood supply lines to cancer. By eating healthy foods we can help fight obesity as well. Some examples of these super-cancer fighting foods include soy beans, green tea, berries, citrus fruits, apples, pineapple, cherries, red grapes, red wine, bok choy, ginseng, maitake mushrooms, licorice, turmeric, nutmeg, artichokes, lavender, pumpkin, sea cucumber, tuna, parsley, garlic, tomato, olive oil, grapeseed oil, and dark chocolate. Try to eat more than five servings of fruits and vegetables in a day to help keep you healthy. Support your local farmer's market or grow your own garden of goodies to help your health as well as the environment's.

Safe Food in a Power Outage by Stefanie Johnson

If you lose power at your food service establishment, notify the utility company that the power is out.

Stored foods must stay cold! Keep coolers closed as long as possible or transfer foods to an insulated cooler with drained ice. Ultimately, foods need to have an internal temperature of 41°F or less. If the food exceeds this temperature for more than 2 hours, it must be discarded or cooked immediately. If frozen foods thaw and are still below 41°F, they may be cooked and used immediately. Consider acquiring a generator to power the reach in coolers or rent a refrigerated truck. Remember, potentially hazardous foods remaining in the danger zone (41°F to 135°) longer than 2 hours are a risk and must be thrown out!



Local Produce and Farmer's Markets

The following is an unexhausted list of Farmer's Markets in or around Kendall County:

- **Oswego Country Market**
5 North Main St
Oswego, IL 60543
Contact Linda Wilson at
(630)554-4433/(630)554-1577
wilson@oswegolandpd.org
Open Sundays until 9/25/11
9am-1pm
- **Yorkville Farmers Market**
S. Bridge St (Rte. 47) at
S. Main St
Yorkville, IL 60560
Contact Tim Evans at
(630)553-4347/(630)553-4360
tevens@yorkville.il.us
Open Saturdays until 10/31/11
8am-12 pm
- **Montalbano Farms**
12424 River Rd
Plano, IL 60545
(630)882-8008
www.montalbanofarms.com
- **Minooka's Farmers Market**
121 E McEvilly Road
Minooka, IL 60447
(815) 467-2151
www.minooka.com
Open Saturdays until 9/24/11
9am-12pm
- **Plainfield Open Air Market**
14904 Center St
Plainfield, IL 60544
Contact Dale Lewis at
(815) 582-8144
Dalelewis1@yahoo.com
Open Saturdays until
10/11/11 8am-1pm
- **Heap's Giant Pumpkin Farm**
4853 US Hwy 52
Minooka, IL 60447
(815) 475-7373
www.heapsgiantpumpkinfarm.com
Pumpkins, gourds, squash, mums,
corn stalks, straw bales, Indian
Corn
Open 7 days/week...9am-7pm
- **Joliet Birdhaven Greenhouse
Farmer's Market**
227 Gougar Road
Joliet, IL 60435
Open Thursdays until 10/30/11
8am-1pm

For more information you can visit :
<http://www.local-farmers-markets.com/directory/illinois>



Put that Mouse in the Tin House by Todd Drefcinski



Imagine if you will that there's a catch-all trap (see picture) in the middle of the dry food storage area. It's empty. Empty is good...that means no mice, right? Maybe not!

In this example the trap is improperly placed. You're simply not going to catch the little buggers if the traps are improperly placed.

Mice love lines. They will move around an establishment hugging the walls. Mice also remember their surroundings. In the case of a serious infestation, it may be necessary to place additional traps in new locations to catch mice that are avoiding the existing traps.

Perhaps the most important reminder for food service staff is

that the openings on a mouse trap must be kept along a wall parallel to the wall. It's important to remember this when you're cleaning and moving things around inside an establishment. Be sure the traps are in the right location and placed correctly along the wall, and maybe you'll catch those pests!



Think “Insect Clean,” Not “People Clean” by Steve Curatti

One individual’s idea of “clean” can differ from another’s. Perhaps no one would agree more than the German cockroach. That which appears clean to us may serve to easily meet the basic needs of this rapidly reproducing, disease transmitting (and business tarnishing) food



When it comes to food, *the German cockroach will eat most anything.*

establishment pest.

The German cockroach is a persistent, resilient creature of simple means, requiring only trace amounts of food and water, and small cracks and crevices in which to hide. When it comes to food, *the German cockroach will eat most anything*: food crumbs, greasy residues, sugary materials, coffee grinds, soap, feces, fabric, shoes, paint, glues used to manufacture cardboard boxes, human hair, fingernails, etc. This fact underscores the importance of detailed cleaning.

Close attention must be paid to



Stages of the German cockroach

the detailed cleaning: underneath, behind and between cook line equipment; inside floor drains, etc. Inspect with a flashlight in tight spots. Of course don’t forget to carefully check or remove cardboard boxes, eliminate water leaks, and seal cracks and crevices.

So the next time you perform a thorough cleaning of your food establishment, think “insect clean,” not “people clean.”

Let’s Talk! by Stefanie Johnson

You may see us as regulators who can shut your restaurants down, but we see ourselves as educators first and foremost. Our number one goal of the Food Protection Program is to help ensure you serve safe food to our residents, your customers (and tourists, too). That is why good communication is so important. Without good communication, we cannot

perform our jobs as well. We need to know how we can help you, and you need to know what we expect of you. Please ask questions during your inspections - we want to be sure you understand what we say and why. If you need something translated, please ask! We have access to a staff member who can translate written documents into Spanish (in 1-2 weeks as



scheduling allows), and we also subscribe to a phone translation service (any language) that can be used during inspections or consultations.



The Illinois Tobacco Quitline is a free, telephone-based cessation counseling service provided to Illinois residents who want to quit using tobacco products. The Quitline has certified counselors who can provide assistance to people daily from 7:00am to 11:00pm in more than 150 languages.

Kendall County residents who call the Quitline may qualify to receive nicotine replacement therapy (examples include nicotine patch or lozenges) at no cost, while supplies last.

How to Handle Clean Hands By Aaron Rybski



We've all heard that hand washing is important! We know that dirty hands can contaminate foods and are the leading cause of food borne illness. So if hands need to be clean, and hands are washed properly, the next thing to think about is preventing them from getting dirty and contaminating foods. That said, it's important to mention that some of the most common hand contaminants that we see when we are out inspecting are the handles of your food service equipment.

One trend we've noticed while in food service facilities checking

temperatures, is a sticky gunky film on equipment handles.

Sometimes there's food debris caked on there, sometimes it's just sticky or greasy. It's especially common on the frequently used handles (i.e. reach in coolers, freezers, microwaves, etc.) Gross. Making matters worse, the only way to discover it most of the time is to grab the handle...*you have to touch it!* By the time you feel the sticky gunk and realize that it's dirty, it's too late!! Time to wash your hands again!!

Keep your hands clean so you can serve safe foods and keep people from getting sick.

Handles are usually touched when a food service employee is in the process of preparing and handling foods. Situations like this put the foods at greater risk for contamination and ultimately can

lead to an outbreak of food borne illness.

So how do you solve this problem? Simple. Frequently clean those handles! You need to wash and sanitize them with your sanitizer solution at least daily to ensure that they stay clean and bacteria free. It may take a bit of scrubbing if you haven't done this for a while. Just make sure that you stay on top of it from now on— add it to your routine cleaning schedule.



What is a Commissary? by Stefanie Johnson

With the tough economic times we are facing, many new types of home-based businesses are popping up. According to the IL Food Service Sanitation Code, food for sale to the public may not be prepared or stored in a private residence. We encourage entrepreneurs who cannot afford to open their own commercial food service establishment to check into renting time and space from currently licensed facilities. This is where the commissary comes into play.

"Commissary" means a catering establishment, restaurant, or any

other place in which food, containers, or supplies are kept, handled, prepared, packaged or stored.

If someone wishes to prepare food for sale to the public in your licensed food service establishment, they are required to get their own Annual Food Handling Permit as the Kendall County Health Department permits businesses, as opposed to structures.

Another instance in which we may see the word *commissary* is in regards to mobile food vendors. Commissaries are required for mobile food vendors. They must

store food and food contact items at a commissary, and return there to wash, rinse, sanitize, and store equipment. They can either purchase prepared foods from this commissary for resale, or they can store their raw products there and cook them on their hot dog cart.

There is also a commissary agreement form that would need to be signed by the primary business owner. Examples of businesses we have seen include: a bbq mobile vending business, a gourmet bread business, a cookie business, a cupcake business, and candy businesses.

Clean Your Refrigerator's Dirty Condenser Coils!

by Steve Curatti

Refrigeration coils should be cleaned at least once every 3 months in order to keep the equipment working properly and efficiently. An in-use refrigerator with dusty coils is like a person running around the block with their hand over their mouth - it is starved for air. Dirty coils cause:

1. Increased Energy Use
2. Unnecessary Service Calls
3. Premature Compressor Failure
4. Food Borne Illness (FBI)
5. Food Waste

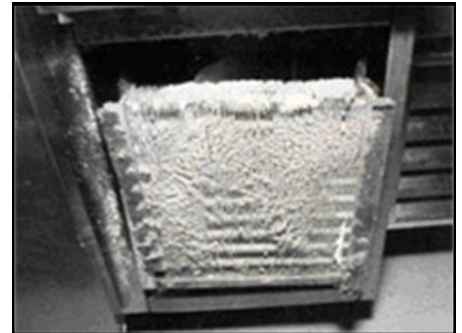
Or in simpler terms, dirty coils cost money.

To quote a major manufacturer's literature:

"Dirty condenser coils are the main reason for service calls."

So, create a check-off maintenance schedule for your cold-holding equipment (we recommend posting it on the equipment as a reminder) and you could prevent not only critical violations that may lead to

FBI, but costly service calls and food waste as well.



ANNUAL FOOD SAFETY PRESENTATION

We wish to invite you to a free **FOOD SAFETY** presentation in place of one of your routine inspections this year. We will be holding two 1½ -hour In-Service Training Seminars on Monday, September 19th at 9:30 am and again at 2:30 pm here at the Health & Human Services Building, 811 W. John Street, in Yorkville. **The focus of this year's presentation is food service facility pests and their public health significance.** Call (630) 553-8026 for more details and to reserve a seat, as space for each class is limited to the first 35 callers. (If your establishment employs more than 12 food handlers, 2 must attend for credit).



Kendall County Health Department

Environmental Health Unit

811 W. John Street

Yorkville, IL 65060

«FOOD ESTABLISHMENT NAME»

«FOOD SCOOP ADDRESS»

«CITY/STATE/ZIP»