Kansas Department of Health and Environment

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FOCUS ON FOOD SAFETY

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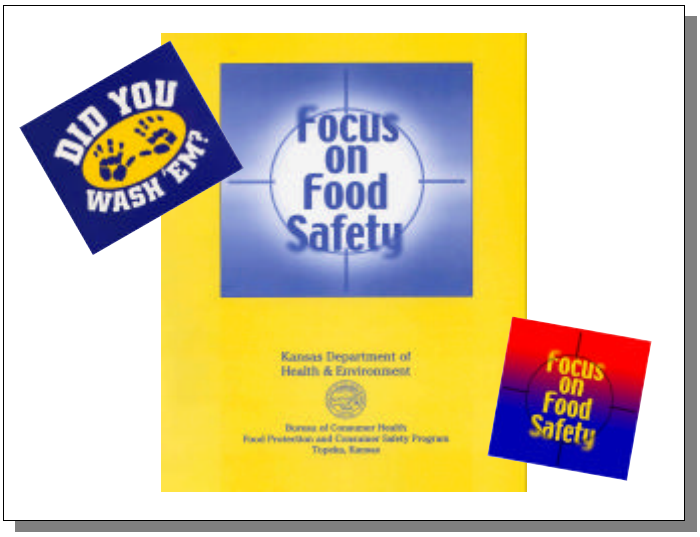
When to call KDHE's Food Protection & Consumer Health Program:

- Prior to opening food service operations
- Plan review prior to construction or remodeling
- Change in ownership
- Licensing or inspection inquiry
- Natural disasters involving food
- Power outages of two hours or more
- Transportation accident involving food
- Foodservice establishment complaint
- Foodborne illness outbreak
- Educational seminar request

WHY SHOULD YOU BE WORRIED ABOUT FOOD SAFETY?

Every Food Service Establishment should be concerned with food safety because providing safe food for your customers will protect the public's health. In addition, if a foodborne illness outbreak is connected to your establishment, you could suffer the following:

- Loss of customers and sales
- Loss of prestige and reputation
- Financial costs
- Increased insurance premiums
- Lowered employee morale
- Employee absenteeism
- Embarrassment



KDHE's Focus on Food Safety (FOFS) Educational campaign aims at protecting the public's health by teaching food safety. The risk factors included in FOFS are: food source; inadequate cooking, improper holding; improper cooking; contamination; poor personal hygiene; and environmental contamination. Focus on Food Safety goes through each one of these risk factors in detail and teaches how to keep food safe and therefore avoid foodborne illnesses.

If you are interested in obtaining FOFS and handwashing educational materials or would like to schedule a FREE focus on Food Safety class at your establishment, please call 785-296-5600. You can also go to the KDHE Web site, www.kdhe.state.ks.us/fofs, for information on upcoming training opportunities in your area.

COMING SOON... FOCUS ON FOOD SAFETY IN SPANISH

KDHE's Food Protection and Consumer Safety Program was awarded an FDA Innovative grant to translate FOFS educational materials into Spanish. This will include the book and PowerPoint presentation. The book will be available online and as a hard copy. The PowerPoint presentation will be available on CD-ROM by request. The project is expected to be completed by September 30 2004.

KDHE is especially excited about this project, as it will allow us to educate more Kansas food service workers, thus further protecting public health in Kansas.

How Simple Can HACCP Be?

By Jeff Walker

Hazard Analysis Critical Control Point (HACCP) is not a complex process that food service establishments must be afraid of, nor does it take a lot of valuable time away from work that must be completed in the kitchen. HACCP does help ensure that the food being served is safe as well as function as an indicator of potential problems that may exist in your facility.

The basics of HACCP are very easy for food service facilities to follow:

- Determine what steps in the food preparation process bacteria could be eliminated or reduced in number. The steps primarily consist of cooking, cooling, and reheating.
- Take food temperatures of potentially hazardous foods (PHF) with a food probe thermometer or thermocouple at the steps listed above as well as hot and cold holding. **Follow proper corrective actions for PHF where proper temperatures are not being met. (KDHE Handout #11 Corrective Actions).** Your inspector can give you a copy of this handout or you can print it off our Web site: www.kdhe.state.ks.us/fofs/.
- Record food temperatures and corrective actions for potentially hazardous foods in a logbook. Maintain a file of food temperature logs for a minimum of three months.

Food service establishments in Kansas are not required to follow a HACCP plan unless they package food utilizing reduced-oxygen packaging (vacuum packaging). Prior to beginning the process of reduced-oxygen packaging a HACCP plan must be submitted to the inspector for review and approval. Requirements for the plan are located in the Kansas Food Code.

If you are not required to have a HACCP plan but would like to implement some of the HACCP basics at your facility, following the above steps can help you prevent a foodborne illness at your establishment.

September is Food Safety Month!

Food Safety Month is just around the corner and provides a great opportunity to take proactive steps toward protecting the public's health and preventing foodborne illness in your establishment.

Call KRHA at (800) 369-6787 or KDHE at (785) 296-5600 for food safety events during September.

Top 10 Violations

By Dorothy Suter

One of the most commonly asked questions among establishments during food safety training refers to what inspectors look for during their health inspections and what the most common types of violations are. When an establishment is in compliance, inspectors are able to attain their goal of achieving public health safety.

Top 10 Violations recorded by county and state inspectors between 7/1/03- 6/30/04:

1. Improperly cleaning and sanitizing equipment, food contact surfaces, and utensils.
2. Improper holding (41º F or below)
3. Cross Contamination
4. Improper chemical storage
5. Improper chemical labeling
6. Improper hot holding (140º F or above)
7. Improper/lack of date marking
8. Bare hand contact with ready to eat food
9. Unapproved chemicals
10. Presence of insects or rodents

Many of the above violations can be easily avoided. Make sure to talk with your inspector to gain an understanding of the violations so they are prevented in the future. Remember, it is the goal of inspectors to communicate with establishments in an effort to form a partnership in the effort to protect the public's health.

Food Service Establishment Self Inspections

By Angela Kohls

Frequently asked questions during food safety classes include: "What do inspectors look for?," "What can I do to improve my inspections?," and "Why is that important?."

Food protection inspection staff look for violations based on the Centers for Disease Control & Prevention (CDC) risk factors for foodborne illness. These six risk factors are:

- Proper holding temperature
- Cross contamination
- Good employee health and hygiene
- Proper cooking temperature
- Food source
- Environmental contamination

These risk factors have the greatest potential to cause a foodborne illness outbreak associated with your facility. The good news is that these are all preventable items that you as an employee, manager, or owner can monitor for compliance on a daily basis.

On page three is a self inspection form. By implementing and using this form, facility managers will observe the same things that a KDHE inspector concentrates on during inspections. There is a section to record food temperatures from holding units, cooling temperatures, and reheating temperatures.

Equally important as knowing what to look for is how to correct a problem if found during a self inspection. If you find food in your refrigeration unit at 55 degrees, what should you do with it? You can always call your inspector with questions if you are unsure of what your corrective action should be. Your inspector also has a handout that talks about corrective actions, handout No. 11. Your inspector can give you a copy of this handout or you can print it off our Web site: www.kdhe.state.ks.us/fofs/

Daily Establishment Self-Inspection

Establishment: _____Date: _____ Time: _____ Initials:_____

*** COLD HOLDING (Require 41EF) * COOKING (Whole muscle meat–145EF; Ground meat–155EF; Poultry & Stuffed foods–165EF) *HOT HOLDING (Require 140EF) * REHEATING (Heat to 165EF for 15 seconds within 2 hrs)**

Item	Location	Temperature	Corrective Action Taken

*** COOLING (From 140EF to 70EF within 2 hours and from 70EF to 41EF within another 4 hours)**

Item	Location	2 hr. temp.	Add. 4 hr. temp.	Corrective Action Taken

In	Out	**HAND SINKS**	Corrective Action Taken
		* Accessible/not blocked	
		* Hot and cold water	

In	Out	**PERSONAL HYGIENE**	Corrective Action Taken
		* No sick employees working	
		* Frequent hand washing observed (20 seconds)	
		* No open cuts or wounds/bandages (gloves used)	
		* No eating, drinking, tobacco use, in prep areas	
		* No bare hand contact observed with RTE food	

In	Out	**REFRIGERATED STORAGE**	Corrective Action Taken
		* Refrigeration equipment maintaining 41EF or below	
		* Ready to eat foods stored above non-ready to eat foods	
		* All refrigerated products properly labeled with date	
		Accurate probe thermometer available	
		Accurate refrigeration thermometer provided/visible	

In	Out	**DISHWASHING**	Corrective Action Taken
		* Proper sanitizing: _____ppm or _____EF	
		Machine clean-no food waste or lime/calcium build-up	
		3-vat sink clean-not greasy (wash, rinse, sanitize)	
		Dishes/utensils/glasses–clean	
		Test strips available (Chlorine, Quat. Ammonia, Iodine)	

In	Out	**GENERAL**	Corrective Action Taken
		Doors & window properly closed, vermin resistant	
		No pests (roaches, mice, flies, etc.)	
		Kitchen equipment–clean, no grease or food waste build-up	
		Cutting boards, pots, pans, can openers–clean and in good repair	
		Food properly protected/covered containers	
		No dented or swollen cans	
		Wipe cloths properly stored in clean sanitizing solution	
		Chemicals and spray bottles properly stored and labeled	
		Single service articles properly stored, dispensed	
		Floors/floor drains cleaned and maintained—no back up of sewage	

*** Items may contribute to foodborne illness**

Kansas Department of Health and Environment

Food Protection & Consumer Safety Program
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Topeka, Kansas 66612

Phone: 785-296-5600
Fax: 785-296-6522

We're on the Web!
www.kdhe.state.ks.us

Foodborne Illness is NOT a Menu Item!

PRSRTSTD
U.S. Post. Pd.
Permit No.
157
Topeka, KS

LISTERIOSIS AND FOOD SAFETY

By Mike Kopf

Listeriosis is a serious food borne disease that affects pregnant women, newborns, and adults with weakened immune systems. Listeriosis is caused by consumption of foods that are contaminated with the bacteria *Listeria monocytogenes,* commonly referred to as Listeria.

Listeria is regularly associated with foods such as raw milk, cheeses, ice cream, raw vegetables, raw fermented sausages, raw meats (all types), and raw and smoked fish. Animals can carry the bacteria, which can contaminate foods such as meat and dairy products. Vegetables can also be contaminated from animals or from manure used as fertilizer. Processed foods may also become contaminated within the processing plant.

Listeria results in only about 2,500 cases of the estimated 76 million cases of food borne illnesses annually. Of the 2,500 cases, 500 (20 percent) result in death. Symptoms associated with Listeria are flu like, such as fever and chills, muscle aches, and occasionally nausea and diarrhea. Infections that spread to the nervous system can include symptoms such as headache, stiff neck, confusion, and loss of balance.

Pregnant women infected with the bacteria can spread the illness to the fetus, which can lead to miscarriage, stillbirth or other health problems for the newborn. Pregnant women are 20 times more likely than other adults to get Listeriosis, and account for one-third of all cases. On average, it takes about three weeks to develop symptoms associated with Listeriosis.

Listeria can be controlled with safe food handling practices.

- Wash hands as well as food contact surfaces often to avoid contamination (wash for at least 20 seconds).
- Keep raw meats separate from ready to eat foods.
- Cook foods to safe temperatures, and reheat previously cooked foods to at least 165 degrees. This will kill bacteria that are present in the food.
- Refrigerate foods promptly and limit the amount of time ready to eat potentially hazardous foods are held under refrigeration. The Kansas Food Code allows these foods to be held up to seven days in refrigeration at 41 degrees or less (Listeria can grow at refrigerated temperatures).
- Don't consume raw, unpasteurized dairy products.

In 2002, eight northeastern states were connected to an outbreak of Listeriosis that resulted in 46 illnesses, seven deaths, and three stillbirths. This outbreak was linked to consumption of contaminated deli meat. Although on a national level, Listeriosis accounts for a small percentage of food borne illness, its effects are serious. Following safe food handling practices can reduce or eliminate risks related with exposure to the deadly bacteria.

References:
http://www.fsis.usda.gov
http://www.cdc.gov
http://www.cfsan.fda.gov
http://www.kdhe.state.ks.us