



**Public Health**  
Prevent. Promote. Protect.

# Sidney-Shelby County Food Safety Newsletter

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Sidney-Shelby County Health Department

## Report Diseases Caused by:

1. Campylobacter
2. Cryptosporidium
3. Cyclospora
4. Entamoeba histolytica
5. Shiga toxin-producing Escherichia coli
6. Giardia
7. Hepatitis A
8. Norovirus
9. Salmonella spp
10. Shigella
11. Vibrio cholera
12. Yersinia

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## Campylobacteriosis: What's that and Why should I care?

There were 11 confirmed cases of Campylobacteriosis in Shelby County in 2010, the highest of the reportable possible food-borne illnesses for the year. This is not surprising since Campylobacter infection is also one of the most common bacterial causes of diarrheal illness in the United States.

The Center for Disease Control (CDC) receives at least 10,000 reported cases every year. Most go undiagnosed, with upwards of 2 million cases per year! Most cases are isolated, sporadic events, though it can be spread through foodborne outbreaks.

The symptoms are diarrhea and fever, sometime with nausea & vomiting. Symptoms start within 2-5 days of exposure and usu-

ally last 2-5 days.

This disease is seen frequently in rural areas, such as Shelby County, because the most common sources are chickens and cattle. Cases seen in this area are often people who work with livestock or are on farms. Handling raw poultry or eating undercooked



Campylobacter bacteria under an electron microscope.

chicken is the most frequent source in the U.S. Just one drop of juice from raw chicken can infect a person.

Outbreaks are usually as-

sociated with drinking raw milk, or contaminated water, such as lake, stream or river water.

Campylobacteriosis is one of the reportable infectious diseases that a diagnosed food handler must report to their person-in-charge (PIC). Each of these diseases require restriction or exclusion from food handling until the food employee tests negative for the disease. Obviously, this prevents spreading the disease to others.

Of course, insuring chicken is cooked to a safe 170°F minimum is also important. Preventing cross contamination through proper storage methods and using a separate cutting board is important, too. And wash those hands!

## Replacing Old Equipment

That old microwave has seen better days. The toaster toasted its last piece of bread. That refrigerator has a cracked lining & the handle is broken and can't be fixed. The old Crockpot no longer heats. It's time to get new equipment!

The Sidney-Shelby County Health Department Board

of Health adopted a commercial equipment only policy in 2005. Any existing equipment in a FSO/RFE could continue to be used until no longer in compliance with the Ohio Retail Food Safety Code. All new businesses would have to have all commercial equipment before opening.

Any equipment in your food business that is meant for household use, was in use before 2005, and needs replacement, must be replaced with commercial equipment meant for heavy use. This type of equipment will be tested by an independent testing agency, such as

*(Continued on page 3)*



Be a Food Defender!

FDA Food Defense Ini ti ati ves

You are known for your huge buffet. You sell bulk foods in bins for customer self-service. Your employees wear nice, clean uniforms. Did you know all of these practices could make your food business wide open to a terrorist attack? How could **that happen?** We're not important enough to be attacked!

In fact, it happened in Oregon, in 1984. Salmonella was sprayed on salad bars in 10 local restaurants, sickening 750 people. This bioterrorism attack was traced back to a radical religious group in

the area that were attempting to control the election of local officials by keeping people from voting and putting their people into the governmental positions.

**What's a person to do?** You can become a Food Defender! The FDA has created two references for programs to help food industry workers learn and teach food security awareness and protective actions.

ALERT (Assure, Look, Em-lmployees, Report, Threat) is for management use. FIRST (Follow procedures, Inspect, Recognize, Secure ingredi-

ents, Tell management) is geared more towards what front line workers can do to raise awareness of possible food tampering and adulterations in the workplace. Both have programs, brochures, videos and posters that can be downloaded and used for training purposes and to hang in the food operation as reminders.

ALERT can be found at: [www.fda.gov/food/fooddefense/training/alert](http://www.fda.gov/food/fooddefense/training/alert). FIRST can be found at [www.fda.gov/food/fooddefense/training/ucm135038.htm](http://www.fda.gov/food/fooddefense/training/ucm135038.htm).

“Sanitizing is the process of reducing the number of microorganisms that are on a properly cleaned surface to a safe level.”

Chemical Sani ti zers and Test Stri ps

Is this you? The sanitarian is inspecting your business. He asks where your sanitizer test strips are. You start digging through drawers and boxes. You finally locate them in the office drawer. They look like they may have been wet at one time and the color chart is missing, but you have them, right?

Sanitizing is the process of reducing the number of microorganisms that are on a properly cleaned surface to a

safe level. A safe level is defined as a 99.999% reduction of the number of disease microorganisms that are of public health importance.

The most common chemical sanitizers have chlorine, iodine, quaternary ammonium chloride (Quat), or an acid as the active ingredient. Each has its own contact time and strength needed to sanitize. All have their own test strip.

Sanitizer test strips are required by all food operations

that use chemical sanitizers. They are needed to determine the correct strength of sanitizing solutions used when sanitizing dishes and equipment after washing, and in wiping cloth solution. They are also used to determine when the solution needs changed, because sanitizers lose strength as they are used. Store them where used for easy access and use them often. Keep them dry and train employees on the proper use of them.

Di d You Know???



Do you have questions about food safety or your operation? Contact your local health department!

- We need your e-mail address? Our office needs a point of contact for your local operation. This is needed for our local Health Alert Network (HAN). This enables us to contact your local operation in a timely manner during a county emergency. Please be sure to supply this on your application. Thanks!
- You can obtain a copy of the Ohio Retail Food Safety Code on our website, [www.shelbycountyhealthdept.org/Environmental-Health.html](http://www.shelbycountyhealthdept.org/Environmental-Health.html)? It is available in English, Spanish & Simplified Chinese.
- 63% of foodborne illness outbreaks are caused by inadequate cooling and cold holding temperatures?
- You can find lots of good material for food safety education of your staff at [foodsafety.gov](http://foodsafety.gov)?
- More than 50% of all foodborne disease outbreaks can be attributed to noroviruses? They cause gastroenteritis (stomach flu) and are highly contagious. Bare hands contact is often implicated.

### Person-in-Charge Duties & Responsibilities

A person-in-charge (PIC) of a food operation is the license holder or his designee. The license holder shall ensure that a PIC with applicable knowledge is present at the FSO/RFE during all hours of operation.

A PIC must demonstrate knowledge of food safety for the hours they are in charge. This can be done by having no critical violations, answering questions correctly about the operation during an inspection, or by taking and passing a certified food protection course, such as Servsafe. They need to know

about foodborne illnesses & how to prevent outbreaks, safe food handling methods & temperatures, major food allergens & what contains them, proper equipment cleaning, sanitizing & maintenance, water supply, correct chemical storage & usage, and the details of their HACCP plan, if they have one.

The duties of a PIC are many. Keeping track of people on the premises to insure food security & insuring all comply with the Food Code is one. Monitoring deliveries, taking temperatures & getting the deliveries put away in a

timely manner is another. Training employees on safe food handling is an essential. Monitoring salad bars and buffets help prevent cross contamination issues. Be aware of employee illness and make sure these are handled according to the requirements in the Ohio Food Code.

Taking a certified food protection course is highly recommended. The courses are thorough and very informative. Also, the textbooks for these course make great references, as does a copy of the Ohio Food Code!



Training employees on safe food handling is an essential.

### Food Labeling: Why it is Important

The label on a food is how the producer of that food conveys information to the end consumer. Labels are not needed if the food is made on the premises & there is an employee to ask about ingredients.

Labels are required to show the common name of the food, a list of ingredients in order by weight, the weight of the food, the name and place of the manufacturer, packer or distributor, & the

name of the food source of any common food allergens (unless it is part of the common name). Nutrition labeling is only required when gross sales are large. This requirement is controlled by FDA.

Bulk food containers & self serve cases must have all the required information for the food in them in plain view. A label is required for each food. For example, a donut case with donuts, apple frit-

ters and cream filled pastries must have a label for each food.

An ingredient label is not needed if the food is one ingredient. Any ingredients with more than one component in it must list those components after the name of the food. Examples are enriched wheat flour (contains added vitamins) and chocolate chips (contain sugar, chocolate, emulsifiers, etc.)

**“The label on a food is how the producer of that food conveys information to the end consumer.”**

### Replacing Old Equipment, (continued from pg. 1)

NSF, CTL, UL, CE, etc., as being satisfactory for commercial use. The designation is usually on a label somewhere on the equipment, or can be found in the spec sheets for that equipment. Some household equipment **will say “commercial quality”, but that doesn’t mean it can be used in a food business.** Many times this information can also be found online. Also, note if there are any limitations on the use of that

piece of equipment, such as for use only with pre-packaged foods. If you have questions or doubts about a new piece of equipment, call the health department for help and advice.

All equipment, including any existing household equipment, is inspected during regular inspections to determine that design and construction still comply with the Food Code. Existing household equipment will also be

checked to determine it is still the same equipment that existed before 2005. Any new household equipment found will have to be removed from the premises and replaced with approved commercial equipment.

Why all this concern? Commercial equipment is made for heavy duty use, is designed to be easily cleanable and durable. Also, insurance companies will many times require it.



Commercial Food Service Equipment



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NOTICE: Please make sure you fill in the e-mail blank on your application for your local FSO/RFE. We need this for the local Health Alert Network (HAN), which allows us to contact your business during an emergency. It must be a local point of contact.

The Sidney-Shelby County Health Department is committed to preventing the spread of disease, injury prevention, protecting against environmental hazards, and promoting and encouraging healthy behaviors. Our office also responds to disasters and assists communities in recovery within both Shelby County and in cooperation with surrounding counties. The health department works to assure the quality and accessibility of health services in our county.

The Environmental Health Division uses inspection, enforcement, education, and surveillance to obtain their goals in promoting good **health, protecting the public's health, and prevent diseases and injuries.**

**We're on the Web!**

[www.shelbycountyhealthdept.org](http://www.shelbycountyhealthdept.org)



## Food Allergens & You

The most common allergens are:

1. Peanuts
2. Tree nuts
3. Fish
4. Shellfish
5. Eggs
6. Milk
7. Wheat
8. Soy

Each year, millions of Americans have allergic reactions to food. Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions, & may even be life-threatening.

There is no cure for food allergies. Strict avoidance of food allergens & management of allergic reactions to food are important measures to prevent serious health consequences.

Food operations should have a food allergy management plan & training for all employees. Supplying, upon

request, a list of ingredients for a menu item is a must. At least 1 menu on the premises with a listing of the common allergens for each menu item is a good idea, also. Remember, thickeners & flavorings can contain allergens.

During hours of operation, a FSO/RFE must have a person-in-charge (PIC) who can handle questions & special requests from consumers with food allergies. Other employees should know who the PIC is & should direct questions about food allergies to that person.

Employees must understand how cross-contact can occur. Keep in mind that improper garnishing or handling of a dish can contaminate an otherwise safe meal.

If a mistake occurs with the special order, the only acceptable way to correct the situation is to have the employee discard the incorrect order and remake it. **Removing the croutons or roll won't do!**

If a guest is having an allergic reaction, call 911, notify the PIC and get medical help immediately!