



The Facts About Food

JUNE 2009
SUMMER QUARTER NEWSLETTER

Do you have a PIC? "Person in Charge"

When the Health District inspector visits your food establishment to conduct an inspection or investigation we ask to speak with the "Person in Charge" (PIC). **If the person you place in charge does not have adequate knowledge of food safety as it pertains to your operation, then your establishment will be out of compliance with the Food Code.** The following information will help you determine that your establishment has a qualified PIC as required by the Food Code.

The PIC is defined by the Food Code as the individual present at a food establishment who is responsible for the operation at the time. This person must be very familiar with both food safety requirements and the food preparation techniques used in your kitchen. They must be able to recognize hazards and take appropriate preventative and corrective actions if necessary. **Remember that a qualified PIC must be present in your establishment at all times of operation and be available to answer questions as they arise. If no such person is available for your food establishment, then your establishment is out of compliance with the Food Code.**

What basic knowledge must the PIC possess to meet the requirements of the Code?

During the inspection the PIC must be able to **demonstrate knowledge** of foodborne disease prevention and the requirements of the Food Code in one of the following ways:

1. Compliance with the Food Code as demonstrated by overall operation and food safety practices in the establishment

when no red, high risk violations are noted during the inspection.

2. Proof of additional certification such as "ServeSafe" training.
3. Responding correctly to the inspector's questions as they relate to your specific food operation. For example:
 - Stating the required food temperatures and times for safe cooking of potentially hazardous foods including meats, poultry, eggs and fish.
 - Stating the required temperatures and times for safe refrigeration storage, hot holding, cooling and reheating of potentially hazardous foods.
 - Describing the connection between the prevention of foodborne illness and the management and control of cross contamination, bare hand contact with ready-to-eat foods, handwashing and maintaining the food establishment in a clean condition and in good repair.
 - Describing the connection between the prevention of foodborne illness and the personal hygiene of the employee.

What duties must PIC's perform to meet the requirements of the Code?

The PIC's **food safety duties** include but are not limited to:

Routinely monitoring, through daily oversight, that employees are effectively cleaning their hands by visually observing employees' handwashing practices.

Routinely monitoring, through daily oversight, that foods received are from approved sources, are delivered at the

required temperature, and are protected from contamination.

Routinely monitoring, through daily oversight, that employees are properly cooking potentially hazardous foods and are verifying through the use of a thermometer that the appropriate cooking temperatures are being achieved for each type of food.

Routinely monitoring, through daily oversight, that employees are using proper methods to cool potentially hazardous foods.

Routinely monitoring, through daily oversight, that employees are properly sanitizing equipment, utensils and food contact surfaces. Additionally ensuring that solution temperature, exposure time and chemical concentration are monitored as well.

Routinely monitoring, through daily oversight, that employees are preventing cross contamination of Ready-to-Eat foods and are using proper barriers to prevent bare hand contact by properly using single use gloves or other barriers such as tissues, tongs, scoops or dispensing equipment.

As you can see the responsibilities and duties of the PIC are fairly extensive. And while all foodworkers need to use safe food handling practices the PIC must demonstrate their ability to understand and enforce food safety practices during the inspection. You simply cannot just appoint the next available employee to fill this vital and required role as you walk out the door.

Think ahead. Plan ahead. Train ahead.

Food safety is up to you!

Prevent Foodborne Illness - Wash your hands

FDA Q&A on H1N1 flu (swine) virus and food

Accessed May 5, 2009 from www.fda.gov/oc/opacom/hottopics/H1N1Flu/faq_food.html

Can people get 2009 H1N1 flu virus by eating food products?

Influenza viruses are not known to be spread by eating food items. Influenza viruses are spread through inhalation or through touching contaminated surfaces and then touching the mouth, nose, or eyes.

Could a sick restaurant worker transmit 2009 H1N1 flu virus to consumers in a restaurant or other food-service venue?

Transmission of the virus in a restaurant could occur through the normal routes of infection that could happen in any public or private setting -inhalation of the virus expelled by infected individuals when coughing or sneezing, and, by touching any surface that is contaminated with the virus and then touching the mouth, nose or eyes.

Influenza is not known to be spread through consumption of a food item. However, in accordance with long-standing FDA recommendations, food workers experiencing symptoms of respiratory illness should not work with exposed food, clean equip-

ment, utensils, linens or unwrapped single-service or single-use articles. In addition, the U.S. Centers for Disease Control and Prevention recommends that individuals experiencing symptoms of 2009 H1N1 flu virus stay home from work.

Should individuals or restaurants alter cooking methods to decrease the risk of 2009 H1N1 flu virus?

It is not necessary to alter cooking times or temperatures for any food products in order to reduce chances of contracting 2009 H1N1 flu virus, because eating food is not a known method of transmission of influenza viruses.

What can an individual do to reduce the chances of contracting 2009 H1N1 flu virus?

According to the U.S. Centers for Disease Control and Prevention, two important ways to reduce the chance of contracting 2009 H1N1 flu virus are; appropriate hand washing and avoidance of touching the mouth, nose, or eyes. For more detailed information and recommendations, see the CDC Web site at www.cdc.gov/swineflu/swineflu_you.htm.

CHOOSING A THERMOMETER



The best way to ensure your food has reached the correct temperature is to use a thermometer.

However, it is important to have the correct thermometer. The metal stem thermometer is a common choice at food establishments because it is inexpensive and easy to calibrate. Typically it must be inserted two inches or more into the food to get an accurate reading. The metal stem thermometer works well for thick foods such as roasts and deep foods like casseroles and soups. For your thin food items it does not work as well when you do not have that much food (cut melon pieces, thin strips of meat, etc.). For those thin food items you need to use a "thin probe" thermometer. Provide your food workers with the proper type of thermometer to quickly and accurately check temperatures in order to serve safe food.

Thermometers come in a wide variety of style and price, so make sure you pick one that works for you.

Food Safety Tools available for purchase at the Health District Office.

Dial Metal Stem Thermometer	\$5
Chlorine (bleach) Sanitizing Strips	\$3 a vial
Food Handler Study Manuals	No Charge

See our website at www.kitsapcountyhealth.com

Reporting Foodborne Illness Complaints to the Health District is a Food Establishment's Responsibility

If you receive a complaint from a customer saying that they got sick from eating your food, then you are required by Washington State Food Code to immediately report it to Kitsap County Health District (WAC246-215, 8-501.50 (A)). This is very important because most foodborne illness outbreaks are first detected through consumers' complaints about their illness, and future infection must be prevented. After receiving a complaint, you must remove the suspect food and keep it refrigerated in a secure place until released by the Health District. Once the Health District receives an illness complaint, we contact the person who reported the complaint originally and gather detailed information about the illness and the foods consumed, and decide if we need to further investigate the case.

Centers for Disease Control and Prevention (CDC) estimates that each year 76 million people contract foodborne illness and 5,000 people die from it in the United States. However, the fact is that only a fraction of this estimate is actually reported and investigated. Food safety professionals are always trying to investigate as many outbreaks as possible to learn how outbreaks happen so that we can develop a better way to prevent those outbreaks in the future.

In 2007, Kitsap County Health District received 101 foodborne illness complaints, and three of them were found to be actual outbreaks. In 2008, we received 69 illness complaints, and only one of them was confirmed to be an outbreak. However, with more reporting and information, we may find more outbreaks. In order for us to do a good investigation, the more information we have, the better it is. So, please remember to ask the name and the phone number of the person who contacts you about a possible foodborne illness, and report it to us as soon as possible.

Food Program Staff



To reach an inspector, please call (360) 337-5235 or dial direct.

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DO I NEED A FOOD WORKER CARD?

In the state of Washington any person who works, with or without pay, in a food establishment and handles unwrapped or un-packaged food or who may contribute to the transmission of infectious diseases through the nature of his/her contact with food products and/or equipment and facilities will need to obtain a food worker card.



event, at least one person must have a valid Food Worker Card during all hours of operation.

Your card must be present at the food service establishment and available for inspection at any time (photocopies are acceptable). If you are not sure whether or not you need a card, please call us.

And yes, the following positions more than likely do require cards:

- * Courtesy Clerks
- * Grocery Clerk
- * Cashier / Checker
- * Any person scooping ice and bagging it for public sale

All food workers will attend a class which includes watching a video and taking a test prior to issuing



a Food Worker Card. Attending the entire class is required even when renewing a Food Worker Card. A first time food card is good for two years. If you renew your card within 14 days of the expiration date, your food card will be renewed for three years. If you have a ServSafe certificate, you must still obtain a Food Worker Card. Bring your current ServSafe certificate to class and you will receive a 5 year Food Worker Card.



Remember to bring identification and \$10 cash to purchase your card. Please contact our office with questions at (360) 337-5235.



Keep hot foods hot (above 140° F) and cold foods cold (below 41° F)

Two Parts to a Consumer Advisory

Cooking food to the right temperature is the best way to kill germs that might be in the food. However, if a food establishment chooses to offer foods of animal origin that are raw or undercooked, or unpasteurized fruit or vegetable juices, the establishment must post a **Consumer Advisory** informing customers that these items may present an added health risk. Some examples of foods that need a consumer advisory are hamburgers or steaks "cooked to order", sushi made with raw fish, or eggs over easy or sunny-side-up with runny yolks.

There are Two Parts to a Consumer Advisory: **DISCLOSURE** and **REMINDER**. To satisfy the Consumer Advisory requirement, both **Disclosure and Reminder** are required.

Disclosure

The Disclosure statement must identify which foods may be raw or undercooked, either as a part of the menu description:

- Hamburgers cooked to order
- Caesar Salad (dressing made with raw eggs)
- Raw oysters

Or, as a footnote on the menu with an asterisk on each menu item that might be served undercooked*

- *Served raw or undercooked
- *Contain (or may contain) raw or undercooked ingredients.

Reminder

The Reminder statement must remind consumers that there may be an added health risk associated with eating raw or undercooked food. This can be a statement such as "Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness."

The simplest way to meet the Reminder requirement is to include it as a footnote on at least one page of the menu, but a placard or table tent may also be used. If a separate document is used, it must be readily available to customers before they place their orders without their having to request it.

Remember that both a Disclosure and a Reminder are required.

Some Examples:

Disclosure: Oysters on the half shell are raw.

Reminder: Consuming raw oysters may increase your risk of foodborne illness.

Disclosure: Hamburgers may be cooked to order.

Reminder: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Disclosure: Our Caesar salad dressing is made with raw eggs.

Reminder: Consuming raw or undercooked eggs may increase your risk of foodborne illness.

Kitsap County Health District Food Safety Class and Food Worker's Test

Call (360) 337-5235 for a recorded message to confirm dates and times
Classes are subject to change

Daytime Class Schedule

Mondays at 9:00 am

Silverdale Comm. Center, Poplar Rm,
9729 Silverdale Way, Silverdale

Tuesdays at 8:30 am and 3:15 pm

Givens Community Center
1026 Sidney Ave, Port Orchard

Wednesdays at 3:00 pm

Olympic College
1600 Chester Ave, Bremerton
call (360) 337-5235

to confirm class location

1st Thursday at 3:15 pm

Madison Avenue Retirement Center
285 Madison Ave S, Bainbridge Isl.

3rd Thursday at 3:00 pm

Kingston Community Center
11212 State Hwy 104, Kingston

1st & 3rd Friday at 3:00 pm

Silverdale Comm. Center, Poplar Rm,
9729 Silverdale Way, Silverdale

2nd & 4th Friday at 3:00 pm

Poulsbo Park and Rec Center
19540 Front Street, Poulsbo

Evening Classes Schedule

2nd Monday at 6:00 pm

Silverdale Comm. Center, Poplar Rm,
9729 Silverdale Way, Silverdale

2nd & 4th Thursday at 6:00 p.m.

Norm Dicks Government Center
345 6th Street, Bremerton

3rd Tuesday at 5:30 pm

Givens Community Center
1026 Sidney Ave, Port Orchard