

BEHIND THE COUNTER

A Food Service Newsletter of the Barry-Eaton District Health Department

“Not responding is a response - we are equally responsible for what we don't do.” - Jonathan Safran Foer

March 2015
Volume 31, Issue 1

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Barry-Eaton
District
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www.barryeatonhealth.org

Employee Health Policy

One in five food service workers reports that they have worked while sick.

The Centers for Disease Control and Prevention (CDC) conducted a national study¹ to find out how often employees have reported to work while being ill. The CDC found that **1 in 5** (20%) of the workers had worked at least one shift in the last year while having diarrhea and vomiting symptoms. **One in 8** (12%) of the workers had worked two shifts or more while being ill with diarrhea and vomiting. Here are some ways to make sure your Employee Health Policy works for you:

- 1) Make sure your facility has an Employee Health Policy.
- 2) Talk about the Employee Health Policy with the staff regularly.
- 3) Post the Employee Health Policy so it can be referenced anytime.
- 4) Ask if employees are aware and using your Health Policy.

Food Allergy Awareness

According to the CDC, there has been a 50% rise of food allergies in children over the last 15 years. The cause of the increase in allergies is not yet clear. Food service providers can help prevent fatal allergic reactions by learning about food allergies and educating consumers. The top food allergies are to **milk, eggs, fish, crustaceans, soy, wheat, peanuts and tree nuts**. These foods cause about 90% of allergic reactions. As more restaurants process their own food, correct labeling is essential for protecting consumers. Label items with allergens. Practice proper procedures for food contact surfaces. Prevent cross contamination by cleaning food contact surfaces immediately after exposure to any of the top 8 allergens.

Visit foodallergy.org for more information!

Learn More About Food Safety

Food Safety
www.foodsafety.gov

Food and Drug Administration
www.fda.gov

Michigan Department of Agriculture and Rural Development
<http://www.michigan.gov/mdard/>

¹Norton, D. M., L. G. Brown, and R. Frick. "Managerial Practices regarding Workers Working While Ill." *Journal of Food Protection* 78 (2014): 187-95. Web. 22 Jan. 2015.

How Cool is Your Food

One of the biggest risks of foodborne illness comes from potentially hazardous food that has been in the danger zone for far too long. This often happens when potentially hazardous foods are cooled too slow. These foods include soup, bulk meat, cooked vegetables, sauces, etc. To minimize the amount of time cooling food is in the danger zone, follow the 2-Step cooling process and cooling methods listed below.

Step 1: Cool hot foods from 135° to  70° within 2 hours, and then

Step 2: From 70° to  41° or below within 4 hours.

Discard food if it exceeds the 6 hour time frame in the Danger Zone!

Cooling Methods

1. Cool bulk liquid foods by portioning them out into smaller containers under refrigeration.
2. Cool bulk liquid foods by using an ice bath (surrounding the food container with ice water).
3. Cool bulk liquid foods by using an ice wand to stir the food product.
4. Cool solid foods quicker by keeping them single layered under refrigeration.
5. Cool solid foods by cutting into smaller pieces to increase surface area for quicker cooling.
 - ◆ Keep cooling food uncovered so air can circulate to cool food quicker.

Sanitizing Surfaces



Are you cleaning your food contact surfaces enough? Microorganisms can grow quickly on nearly all food contact surfaces. Surfaces such as cutting boards, slicers and utensils, should be cleaned and sanitized immediately after use and once every 4 hours if used continuously to eliminate and prevent microorganisms from multiplying. Make sure to clean your food contact surfaces when switching between raw meats to prevent cross contamination. If you're unsure when to clean and sanitize food contact surfaces, always take precaution and clean the surfaces immediately after contaminated. Make sure to use an approved sanitizer and don't forget to test the sanitizer concentration with a test kit to ensure your adequately killing bacteria.

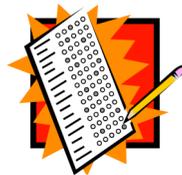
Food Safety Certification Class

Location: Barry-Eaton District Health Department

Cost for the class and exam: \$150;

\$63 for the exam only (applicable to individuals who have taken a prior class with our Department)

May 12th & 14th (8 am to Noon)
October 20th & 22nd (8 am to Noon)
330 Woodlawn Ave, Hastings MI
(269) 945-9516, Ext. 3, 5



June 23rd & 25th (8 am to Noon)
November 3rd & 5th (8 am to Noon)
1033 Health Care Dr, Charlotte MI
(517) 541-2615

For a registration form visit barryeatonhealth.org or call today and sign up for a class!