PREFACE

The Idaho Food Safety and Sanitation Manual was developed primarily to serve as a training publication for the mandatory supervisory program. However, during the review process by food industry representatives and the various health agencies, it was recommended that the manual be a multi-use publication for the food industry. Therefore, the manual has been modified so it can be of greater utility in the hands of the food industry license holder, manager, and supervisor.

The manual provides the following uses to the food industry:

- Serves as a training manual for the mandatory supervisor training program;
- Serves as a general information publication for understanding why food safety and sanitation is important to the food industry;
- Emphasizes only food safety and sanitation areas that are directly related directly to causes of foodborne diseases and outbreaks;
- Serves as a resource manual in association with the Idaho Food Code; and
- Serves as a guide for training employees below the supervisor level.

The manual includes note space on the right margin of each page so additional information or comments can be added to suit the needs of the user. Also, it has been printed in loose-leaf form so individual pages (or complete sections) can be readily copied.

The health agencies of the State of Idaho encourage each food establishment to use the manual to its maximum potential. The greatest tribute to the customers served is to put food safety and sanitation principles into everyday practice. The reward will be safe food and a popular business.

Should the user of this manual have food safety or sanitation questions which are not covered in this manual or the Idaho Food Code, contact your health agency identified on the inside front cover for assistance.

The Idaho Department of Health and Welfare appreciates the significant contributions made by the food industry, health agencies and others who were sufficiently interested to provide constructive comment during the preparation of the manual.

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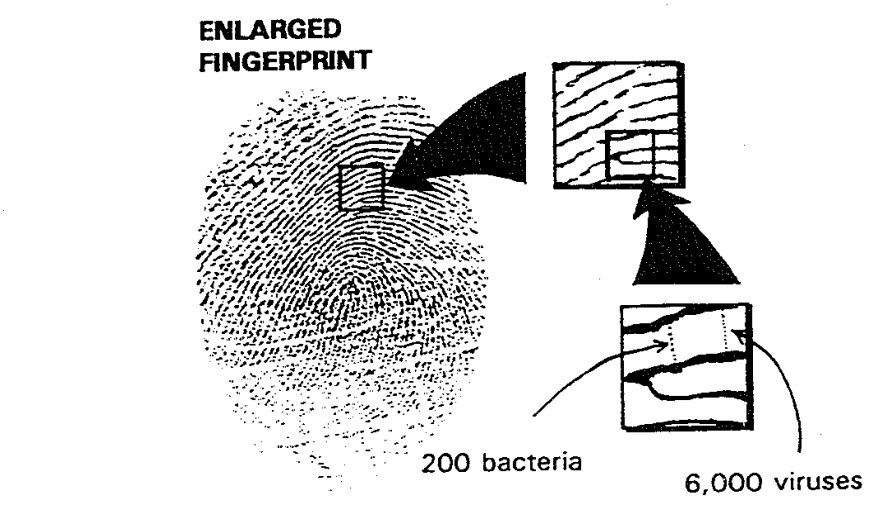
Chapter 1 – Microbiology

This is the most important section in this manual. A thorough understanding of this chapter will provide a basis for the remainder of the publication.

Foodborne disease outbreaks in the United States are caused by bacteria, viruses, chemicals, and parasites. Recent studies suggest that the most common agent in foodborne disease outbreaks is norovirus. Symptoms of norovirus include nausea, vomiting, and diarrhea. This virus can be spread very easily by bare hand contact with food.

Chemicals are usually in solution and cannot be seen. Parasites involved in most outbreaks are very small and cannot be seen with the unaided eye. Bacteria and viruses are extremely microscopic. It would take millions of bacteria to produce a colony the size of the period at the end of this sentence. This many bacteria are ***more than enough*** to cause many people to become seriously ill. The following example illustrates how small bacteria and viruses are.



SOURCES OF BACTERIA

Bacteria are ***everywhere*** in our environment. Most are harmless. Some are beneficial and are used to make foods, such as cheese. Others are spoilage organisms that sour and rot our food. A few become a threat to our health

when they grow and reproduce. Sources of these bacteria are as follows: soil, water, air, dust, edible plants and plant products, animals and animal products, intestinal tract of man and animals, employee's hands and contaminated food utensils and equipment.

BACTERIA IN FOOD

A common misconception is that food is free of bacteria that cause foodborne diseases when it reaches the establishment or after processing. The following information suggests otherwise.

Red Meats. Concentrations of two types of foodborne disease organisms were found in 28% of pork sausage. Fresh ground beef in a recent study was found to contain three types of foodborne disease organisms: E. coli O157:H7, Salmonella, and Campylobacter.

Poultry. Poultry represents an important source of foodborne disease organisms. In one study, 90% of the market-ready chicken and turkey were contaminated with foodborne disease bacteria. In another study, more than half of the poultry samples harbored two types of foodborne disease bacteria: Salmonella and Campylobacter.

Seafood. The incidence of foodborne disease organisms in shellfish depends greatly upon the quality of water from which animals are harvested and handled. In one study, 47% of clams, mussels, and oysters were positive for enteroviruses. In another study, 33% of the seafood tested positive for organisms of salmonellosis.

Dairy Products. Milk is of little risk because it is pasteurized. However, postpasteurization contamination and adding ingredients to milk increases potential for outbreaks. Twenty percent of some cheeses are contaminated with disease bacteria. Unpasteurized dairy products present greater risk. Raw milk tested positive for a common disease organism in 48% of the samples taken.

Deli Foods. More than 95% of retail salads (chicken, egg, ham, macaroni, shrimp, etc.) in a recent survey were

contaminated with low levels of a common foodborne disease organism. Sixty percent of sandwiches were found contaminated.

Dry Products. In a survey of dry sauce and gravy mixes, soup mixes, spaghetti sauce mixes, and cheese sauce mixes, 18% were contaminated with foodborne disease organisms.

Grains. Grains and granary products are commonly contaminated with bacteria. In one study, 100% of raw rice was contaminated with a foodborne disease organism.

Bakery Products. The surfaces of freshly baked bread products are practically free of microorganisms, but they are subject to contamination from the air during cooling and during handling. Filled pastries present much greater risk.

Vegetables. Raw vegetables are commonly contaminated with bacteria from the soil. For example, botulism-causing bacteria were found in 12% of frozen spinach in one study. In another study, 46% of raw vegetables were contaminated with another foodborne disease organism. In another study, 26% of the fresh potatoes and 30% of fresh radishes tested positive for Listeria organisms.

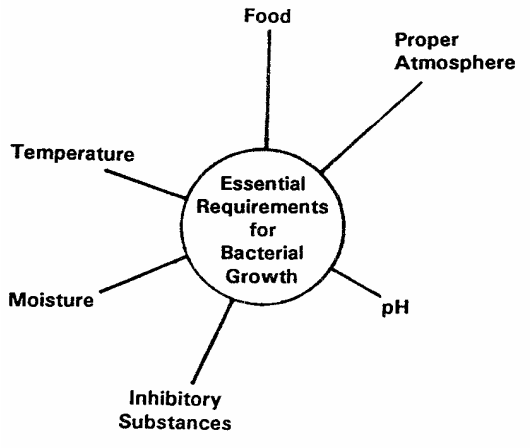
HUMAN BACTERIA

Another common misconception is that healthy employees do not harbor bacteria. Humans have their own natural population of bacteria (part of the normal flora), and some are the variety that cause foodborne diseases. Most people are carriers of bacteria that cause Clostridium perfringens food poisoning. Also, 30% to 50% of the population has staphylococcal food poisoning organisms in their nasal passage or on their skin. Of course, sick employees are carriers of great numbers of organisms that cause disease.

FACTORS INFLUENCING BACTERIAL GROWTH

Bacteria have specific nutritional and environmental needs in order to survive and reproduce. They are as follows:

food, moisture, proper atmosphere, pH, temperature, and inhibitory substances.



Food. Bacteria have various food preferences. Those of public health concern like the same kinds of food we like.

Moisture. There must be adequate moisture for bacteria to grow. The amount of moisture needed is defined by the term water activity (a_w). Fresh beef with a high a_w (0.99) will support rapid bacterial growth. However, cured beef jerky with a lower a_w (less than 0.85) will not.

Atmospheric Requirements. Some bacteria grow rapidly only in the presence of free oxygen; others require the absence of oxygen; some grow in both atmospheres and even others may have special atmospheric requirements. Cooking drives off oxygen; stirring, mixing, and beating foods introduce oxygen.

pH. The pH of the bacteria's environment is a measurement of the degree of acidity or alkalinity. The scale is 0 - 14. Most foods occupy the pH scale from 2.3 (which is acidic) to 8.0 (which is slightly alkaline). A pH of 7 is neutral. Most bacteria of public health concern grow best at pH values between 4.6 to 7.5. Examples of food pH are as follows (in ***decreasing*** order of acidity): lemons, 2.3; vinegar, 3.0; tomatoes, 4.2; bread and ground beef, 5.5; ham, 6.0; corn, 6.3; chicken, 6.4; milk, 6.5; fish, 6.8; pure water, 7.0; and egg white, 8.0. Mixing foods of different pH changes the pH of the mixture.

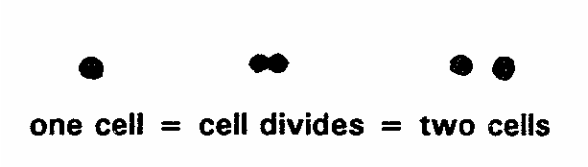
Temperature. Some spoilage bacteria grow best at refrigeration temperatures. Some others grow best at temperatures above 120°F. Those of public health concern grow best between 60° and 120°F.

Inhibitory Substances. Inhibitory substances from bacteria themselves, or as a natural ingredient of food or added during food processing, may slow down, stop or inhibit growth of some bacteria or enhance the growth of others. Salted ham is a good example. Because of the salt concentration, spoilage bacteria growth is inhibited. However, the condition supports the growth of a common food poisoning bacteria.

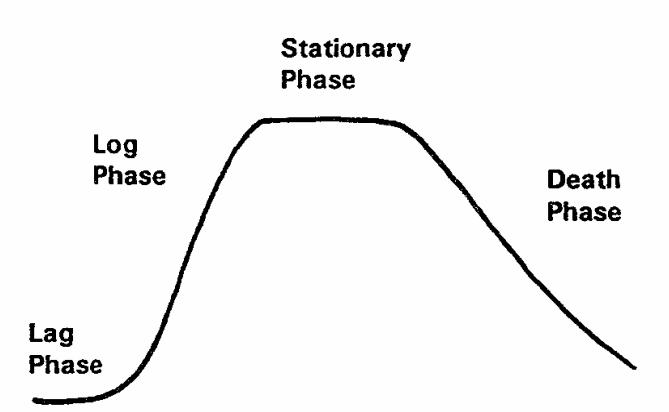
It is important to understand these things in order to appreciate what influences bacterial growth, or why some foods support bacterial growth in one form but not in another.

BACTERIAL GROWTH

Bacterial growth refers to the ***increase in number*** of organisms. This is accomplished by cell division, whereby the bacterial cell splits to form two cells.



Bacterial growth can be very rapid but not until conditions are just right. There are four phases bacteria go through. It is important to understand what takes place at each phase of the bacterial growth curve.



Lag Phase. When bacteria are introduced to food, there is an adjustment or lag period. During this time there is considerable biochemical activity but no increase in the number of cells. The lag phase can be from a few hours to days.

Log Phase. When conditions are right, rapid growth commences. This is called the log or logarithmic phase because the bacteria double their number by cell division, some at a rate of every 20 minutes. This is generally not appreciated until it is graphically illustrated, like in the following example:

Example of Logarithmic Growth Rate

Time	Number	Time	Number
Start	216	2'20"	27,648
20"	432	2'40"	55,296
40"	864	3'00"	110,592
1'00"	1,728	3'20"	221,184
1'20"	3,456	3'40"	442,368
1'40"	6,912	4'00"	884,736
2'00"	13,824	4'20"	1,769,472

The above example demonstrates how starting with 216 bacteria and with a 20 minute doubling rate, after 4 hours and 20 minutes there would be over 1 million bacteria.

Stationary Phase. After a period of rapid growth, bacteria numbers reach the leveling-off stage as nutrients are used up and waste accumulates. Foods at this level and beyond are usually "spoiled" because of the bacterial activity and are generally unacceptable from a purely organoleptic viewpoint (flavor, aroma, appearance).

Death Phase. At this point, the food is no longer suitable for supporting growth and the bacteria die.

INTERESTING INFORMATION ABOUT FOODBORNE DISEASE CAUSATIVE AGENTS

Bacteria

- No foodborne disease bacteria will grow when temperatures reach freezing, but many survive. Most bacteria grow slowly at refrigeration temperatures (41°F or less), and growth rate increases with increased temperature. Good growth occurs at room temperature (about 70°F). Fastest growth for most bacteria occurs between 90° and 100°F. Several bacteria types survive higher temperatures, and a few can tolerate boiling for a short period of time.
- As few as two salmonellosis bacteria in a teaspoonful of milk is sufficient to cause the disease. To cause some other foodborne diseases, as many as five million or more bacteria in a teaspoonful may be required. Some bacteria concentrations in contaminated food may be 50 million or more/teaspoonful.
- Some foodborne disease bacteria form spores (protective shells) when conditions are not suitable for growth. These bacteria can live for a long time in the spore stage in dry conditions, at adverse temperatures and during exposure to some chemicals. When conditions are suitable again, the bacteria grow.
- Some foodborne disease bacteria do not grow very well when other competitive bacteria (such as

spoilage bacteria) are present. Improperly cooking food might kill spoilage bacteria in the food, but this can then contribute to the growth of foodborne disease bacteria that are not killed until a higher temperature is reached. For this reason, it is very important that foods are cooked to the proper temperatures.

- Some bacteria produce a toxin (poison). Cooking the food may kill the bacteria but will not destroy the toxin. However, botulism toxin can be destroyed by boiling for at least 10 minutes.

Viruses

- Unlike bacteria, viruses do not grow in food. Food only serves as a "middle step" from the source of contamination to the consumer. The primary contamination source is man, either directly or indirectly.
- The two viruses commonly attributed to foodborne disease outbreaks are hepatitis A and Norovirus. Contaminated shellfish, uncooked foods and foods contaminated after cooking have contributed to a considerable number of hepatitis A outbreaks. Outbreaks of norovirus in uncooked foods are increasing throughout the nation. It is more resistant to destruction than hepatitis A virus.
- Recently, norovirus has been the cause of several disease outbreaks associated with cruise ships.
- Norovirus is ***extremely*** virulent and contagious. This means that it can make someone very sick very quickly, and it is very easy to spread to another person. Symptoms include nausea, vomiting, and diarrhea. A worker in a food establishment with these symptoms should not be allowed to work in an area where he or she might have direct contact with food or clean, sanitized work surfaces. Outbreaks of norovirus have been associated with a person simply being in the same room where someone else was ill – even 1 or 2 ***days*** after the ill person left the room!

Prevention

- The simple way to prevent these types of organisms from getting into food is to thoroughly **wash your hands!** Chapter 6 of this manual describes how and when to wash your hands. Some bacteria and viruses are so small that hand washing alone might not be enough to prevent these organisms from getting into food. This is why, once your hands have been thoroughly washed, you should also avoid bare hand contact with ready to eat foods. These are foods that will not be cooked before they are served. Examples are deli meats, cheese, lettuce, tomatoes, breads, etc. You must always use some type of device such as tongs, forks, spoons, or gloves to avoid touching these types of foods with your bare hands. Even after you have washed your hands, you still must not touch these types of foods with your bare hands.

- Properly cleaning and sanitizing food contact surfaces such as counter tops, cutting boards, and other work surfaces will also help to prevent harmful bacteria and viruses from getting into food. Section 7 of this manual will describe proper techniques to wash and sanitize surfaces.

Parasites

- The most common parasite involved in foodborne disease outbreaks is the trichinosis nematode (a tapeworm). The disease is acquired from consuming raw or improperly cooked meat (primarily pork).
- Other less common parasites that are found in, or transmitted by, food are protozoans that cause giardiasis and amebiasis. Infected persons transmit the organisms to food via not washing their hands after using the restroom.

Chemicals

- Food accounts for 80-90% of the total human exposure to most chemicals from environmental

sources. Fish poisoning (ciguatoxin and scombrotoxin) accounts for most of the reported outbreaks. Scombroid poisoning is most often a result of a naturally formed toxin produced in fish that have been improperly refrigerated.

- Heavy metal poisoning occurs frequently when acid foods (such as lemonade) and carbonated beverages come in contact with such heavy metals as copper, zinc, antimony and cadmium. One example of this is a store that served juice during a grand opening sale. Shortly after drinking the juice, several people became violently ill. The juice was served in a galvanized container and the acids in the juice reacted with the metal, causing a heavy metal poisoning.
- Proper storage of cleaning chemicals and ensuring proper temperatures of foods at all times will help to prevent the possibility of "food poisoning" from chemicals.

SUMMARY

- Bacteria are so small that thousands in one spot cannot be seen with the unaided eye.
- Bacteria are everywhere. Most are harmless, some are beneficial and a few cause disease.
- Proper handwashing ***and*** avoiding bare hand contact with foods that will not be cooked are a simple way to prevent harmful bacteria and viruses from getting into the food.
- Fresh foods may contain disease-causing bacteria.
- Three of the most essential requirements for bacterial growth are food, moisture and temperature.
- Bacterial growth is accomplished by cell division.
- When conditions are just right, bacterial growth can be very rapid and in a few hours the number can be in the millions.
- Foodborne disease bacteria will not grow at freezing temperatures, but some grow at refrigeration temperatures; many grow at room temperature, and the greatest growth is between 90° and 100°F.
- With some foodborne diseases, ingesting only two organisms is enough to cause illness. For others, thousands or millions of organisms are required.

- Some bacteria form spores and can live a long time when growth conditions are not just right.
- These spores can release a toxin into the food once conditions are right.
- Viruses do not grow in food. Man is the source of viral contamination.
- The trichinosis nematode is an important parasite. It is found in meat not properly cooked.
- Improperly refrigerated fish can become toxic.
- Lemonade in a copper container can become toxic.
- A food worker who is experiencing nausea, vomiting, diarrhea, fever with sore throat, or jaundice must be restricted in his or her job duties until these symptoms subside.

Chapter 2 – Foodborne Disease Outbreaks

Foodborne disease organisms and occasionally toxins and chemicals enter every food establishment, probably every day. Therefore, the supervisor needs general information about these unwelcome visitors. This section is to address that need.

IDENTIFICATION OF DISEASE ORGANISMS

Important foodborne disease organisms, toxins and chemicals, and their effect on public health are identified in the chart contained in this section. The following comments pertaining to the chart are important:

Causative Agent. This is the bacterium, virus, or other cause of a foodborne illness. Unfortunately, most of the diseases and the organisms that cause them (or causative agents) do not have easy-to-remember names. They are technical names created by scientists. Although it is not necessarily important to be able to pronounce them, it is important to be able to associate a name with a particular disease.

Incubation time. Incubation time is the time period from ingestion of the organism, toxin or chemical to the time symptoms start.

Onset Time. Onset time is the time that symptoms start.

Symptoms. Most symptoms are understandable. Less common terms are explained in the glossary.

FOODBORNE DISEASE OUTBREAK

When people ingest foodborne disease organisms, toxins or chemicals, an outbreak often occurs. Therefore, it is important to know the **definition of a foodborne disease outbreak**. It is defined as follows:

A. Two or more persons experiencing a similar illness, usually gastrointestinal, after eating a common food.

B. Epidemiologic analysis or laboratory test implicates food as the source of illness.

C. One case of botulism or chemical poisoning constitutes an outbreak.

OCCURRENCE OF FOODBORNE DISEASE OUTBREAKS

Of the places identified, the frequency of foodborne disease outbreaks in the United States is as follows (percent frequency in parentheses):

- Restaurants, cafeterias, delicatessens and other commercial food establishments (57%)
- Homes (29%)
- Schools (6%)
- Church functions (3%)
- Picnics (3%)
- Camps (2%)

Because many foodborne disease outbreaks are not recognized or just considered "a bug that's going around," many foodborne disease outbreaks go unreported. It is estimated that the actual number of outbreaks is 10 to 100 times more than reported – perhaps as many as 76 million cases per year. These cases result in an estimated 325,000 hospitalizations and 5,000 deaths each year in the United States.

FACTORS CONTRIBUTING TO OUTBREAKS

Investigations of foodborne disease outbreaks have revealed the following as the most important contributing factors:

- Poor personal hygiene
- Improper holding temperatures
- Inadequate cooking
- Contaminated equipment
- Food from unsafe source
- Other

Poor personal hygiene is generally recognized as the most common contributing factor for foodborne illness. This

simply means that food establishment workers don't wash their hands enough throughout the day. Proper handwashing is one of the more simple, yet effective ways to minimize the risk of causing a foodborne illness.

ECONOMIC IMPACT OF OUTBREAKS

Although the full economic impact of foodborne diseases has not been measured, preliminary reputable studies estimate that the 12.6 million annual cases in the United States cost $8.4 billion. The number of cases and cost are continuing to rise. The chart includes the annual number of cases and the average cost per case.

IDAHO FOODBORNE DISEASE OUTBREAKS

The following outbreaks represent a few that have occurred in Idaho:

- 650 persons became ill after eating at a Moscow restaurant. Salad bar lettuce contaminated with a viral agent was the suspected cause.
- 11 confirmed cases of salmonellosis were attributed to a foodborne disease outbreak at a Kootenai County truck stop. It is suspected that poor food handling practices by the employees caused the outbreak.
- 165 persons became ill after eating a catered meal at a Boise athletic club. It is suspected that sick food handlers contaminated coleslaw during preparation.
- 33 persons became ill after eating a catered meal at a McCall business meeting. It is believed that the food handler contaminated the food with a viral agent.
- A number of people became ill after eating the "daily special" at a Butte County restaurant. Ham, and stool samples of two ill persons, were positive for the same food poisoning organism.
- 11 people attending a southeastern Idaho movie theater became ill after drinking carbonated fountain drinks contaminated with copper from the water line.
- 8 people attending a wedding reception became ill after eating deli foods prepared by an employee with an infected hangnail.

SUMMARY

- Foodborne disease organisms and occasionally toxins and chemicals enter every food establishment probably every day.
- The onset time, symptoms and severity of foodborne diseases vary depending on the causative agent.
- Common symptoms of foodborne illness include abdominal pain, nausea, vomiting, and diarrhea. However, these symptoms can vary greatly from person to person and can also vary for each of the possible causative agents.
- Two or more persons experiencing a similar illness after eating a common food generally identify a foodborne disease outbreak.
- Restaurants, cafeterias, delicatessens and other commercial food establishments are blamed for more than half of the foodborne disease outbreaks.
- The five most important factors contributing to outbreaks are improper holding temperatures, poor personal hygiene, inadequate cooking, contaminated equipment, and food from unsafe sources.
- It is estimated that 12.6 million cases of foodborne diseases occur in the United States each year at a cost of $8.4 billion.
- Examples of Idaho outbreaks suggest that Idaho food establishments are not immune from outbreaks.

IMPORTANT FOODBORNE DISEASE ORGANISMS, TOXINS AND CHEMICALS OF PUBLIC HEALTH SIGNIFICANCE

Disease / Causative Agent	Onset Time	Symptoms	Common Food	Contributing Factors*	Duration / Ann US Cases / Averag Case Cost
Staphylococcal Food Poisoning Staphylococcus aureus	2-4 hours (2 - 7)	Abrupt onset of severe nausea, cramps, vomiting, malaise	Poultry and meat products, egg and potato salads, sauces, dairy products, cream filled	1, 3, 5	Usually Less tha 24 hours 185,060 cases $1,310

			baked products		
Salmonellosis Salmonella spp.	12-36 hours (6 - 72)	Sudden onset of abdominal pain, fever, nausea, diarrhea; sometimes vomiting	Poultry and meat products, eggs, milk, melons, chocolate	1, 2, 3, 5	Several days 1,341,873 case $1,350
Clostridium perfringens Food Poisoning	10-12 hours (6 - 24)	Abdominal cramps and watery diarrhea; sometimes with nausea, vomiting and fever	Meats, poultry, soups, gravies, sauces, stews, casseroles	1,2	Usually less tha 24 hours 248,520 cases $190
Botulism Clostridium botulinum	12-36 hours (2 - 140)	Blurred or double vision, dysphagia, dry mouth, vomiting, constipation or diarrhea	Improperly processed, canned, low-acid or alkaline foods; cooked vegetables in oils or butter; foods out of refrigeration in air-tight packages	1, 2, 6	2 - 8 months 58 cases $322,000
Bacillus cereus Food Poisoning	1-24 hours	Nausea and vomiting for emetic phase, abdominal cramps and diarrhea for diarrheal phase	Rice dishes and pasta products; meat products, soups, vegetables, puddings, sauces	1	Usually less tha 24 hours 27,360 cases $190

Shigellosis Shigella spp.	24-72 hours (12 - 96)	Abdominal cramps, watery diarrhea (may contain blood and pus), fever, nausea	Meats, shellfish, vegetables, salads, water	1, 5	4 - 7 days 89,648 cases $390
Escherichia coli 0157:H7 Food Poisoning	4 days (3 - 9 days)	Abdominal cramps, watery diarrhea which later becomes grossly bloody; sometimes vomiting	Ground beef, raw milk, any foods handled by infected person	2, 5	2 - 9 days 62,458 cases Cost undetermined
Listeriosis Listeria monocytogenes	3 - 70 days	Mild to moderate flu-like symptoms - fever, intense headache, nausea, vomiting; abortions and stillbirths in pregnant women	Contaminated meats, dairy products and vegetables	1, 3, 5	Duration variab 2,493 cases $12,500
Campylobacteriosis Campylobacter spp.	3 - 5 days (1 - 10)	Nausea, vomiting, abdominal pain, diarrhea, fever, malaise	Meats, poultry, milk	1, 3, 4	1 - 2 weeks 1,963,141 case $920
Viral Hepatitis A	28 - 30 days	Onset abrupt with	Shellfish, sandwiches,	5	2 - 6 weeks

	(15 - 20)	fever, malaise, anorexia, nausea, abdominal discomfort, dark urine, jaundice	salads, other foods handled by infected person		9,200,000 case $5,000
Viral Gastroenteritis Norovirus	16-48 hours (5 - 72)	Nausea, fever, abdominal cramps, vomiting, watery diarrhea	Shellfish, any foods handled by infected person	1, 4, 5	24 - 48 hours 181,000 cases $890
Scombroid Poisoning Histamine-like substances	1 minute - 3 hours	Flushing, dizziness, headache, burning mouth and throat, vomiting, diarrhea	Tuna, mackerel, bluefish, skipjack, bonito, blue dolphin and related fish	1, 4	Recovery within 24 hours 31,000 cases $970
Heavy Metal Poisoning Antimony, cadmium, copper, zinc, etc.	Few minutes - 2 hours	Nausea, vomiting, abdominal cramps, diarrhea	High-acid foods and beverages	3, 6	Recovery within 24 hours 96,000 cases $300

*Most common, as established by CDC: 1) Improper holding temperatures; 2) Inadequate cooking; 3) Contaminated equipment; 4) Food from unsafe source; 5) Poor personal hygiene; 6) Other

Chapter 3 – Food Sources and Protection

Foods can be placed in two general classes depending on their ability to cause foodborne diseases - potentially hazardous foods and non-potentially hazardous foods. It is very important to know what foods are potentially hazardous. It is essential that foods are obtained from approved sources and stored properly to prevent cross-contamination.

POTENTIALLY HAZARDOUS FOOD

A potentially hazardous food is any food **or ingredient** that will support the rapid growth of harmful bacteria. **Some examples** are as follows:

- Any food of animal origin - All meats (red meat, poultry, fish, shellfish, crustaceans, etc.), eggs, milk and dairy products;
- Any food of plant origin that has been heat treated and has a history of foodborne disease - potatoes, squash, pumpkin, rice, refried beans, mushrooms, onions, tofu; any untreated food of plant origin with a history of foodborne disease - seed sprouts, cut melons, tightly wrapped produce such as mushrooms and coleslaw; and
- Synthetic foods (unless laboratory evidence proves otherwise) - artificial cream filling.

Exceptions to the above are as follows:

- Air-dried hard-boiled eggs with shells intact;
- Food with low water activity (0.85 or less) - jerky, powdered milk, hard cheeses, etc.;
- Foods with a pH of 4.6 or less - some commercially prepared dressings, pickled meats and vegetables;
- Unopened containers of food which have been processed to maintain commercial sterility, such as unopened pasteurized milk products; and
- Foods, both natural and synthetic, for which laboratory evidence demonstrates that growth of harmful bacteria will not occur.

FOOD SOURCES

Food safety starts when food supplies are received at the door of the food establishment. **Do not accept foods from unapproved sources or which are unsafe, adulterated or out of temperature**.

Give special attention to the following:

Wholesomeness Check. Check all incoming foods for damaged containers, leaks, off-odors, filth and other signs that suggest food may not be wholesome.

Packaged Foods. Generally, foods commercially packaged and properly labeled are from approved food processing establishments. Reputable establishments are regulated by federal or state agencies to ensure the safety of the product. **Do not receive or use packaged food without labels**. Salvaged packaged foods must be marked "Salvage."

Milk and Milk Products. Only pasteurized milk and milk products can be received and used. The only exception is the retail sale of packaged raw milk products to consumers only.

Eggs. Eggs and egg products must be from a regulated egg producing or processing establishment.

Do not accept or use cracked, checked or dirty eggs. Ungraded eggs can be sold at retail to the consumer only.

Shellfish. Shellfish must be obtained in containers bearing proper labeling with a certification number.

Meat. All meat and meat products must be from regulated meat processing establishments and must be inspected for wholesomeness (unless exempted by law).

Produce. Most produce from warehouses is from approved sources. Occasionally, produce from a local source is obtained. Care should be taken to ensure that produce from a local grower has not been mishandled or contaminated.

Other Foods. Crustaceans, wild mushrooms, wildlife and other foods not mentioned above must also be from approved sources.

Home-canned and Home-prepared Food. Foods canned or prepared in a private home or unregulated food establishment are not from approved sources. **Do not accept or use these foods**. Such foods may present a risk to public health.

RECEIVING TEMPERATURE

To ensure food safety, **frozen foods need to be received frozen with no signs of previous thawing. Food Safety also means that potentially hazardous foods need to be received at 41°F or below or 135°F or above.**

PROTECTION FROM CROSS-CONTAMINATION

All food, while being stored, prepared, displayed, served or sold in food establishments or transported need to be protected against cross-contamination.

Cross-contamination is the process through which raw foods can contact other raw foods of a different species or foods that are already cooked. Examples of cross-contamination include the following:

- Raw hamburger being thawed on the same plate with raw chicken.
- Raw chicken being stored over a salad, allowing the potential for the raw chicken juices to drip into the salad.
- Raw beef being trimmed on a cutting board, then using the same cutting board to slice tomatoes without washing, rinsing, and sanitizing the cutting board.
- Placing a raw steak on the grill and then touching other foods without washing your hands first.

The following provides important information and requirements as applicable to critical items:

Separation of Animal Species. Raw meat of all types of animal products (beef, fish, lamb, pork, poultry, etc.) must be physically separated during transportation, storage and processing. This is required because different meats have different bacteria and parasite types and numbers. Normally, beef and lamb have the least and poultry has the most. This requirement is particularly important considering different preparation methods and cooking temperatures for the different products. Also, where custom meat processing is done, these meats must be stored and processed separately from inspected meats.

Separation of Ready-To-Eat Foods. Ready-to-eat food (including cooked food) must be physically separated from unwashed produce and uncooked food products during storage, preparation, holding, transportation and/or service. Physical separation can be vertical with ready-to-eat food located above unwashed produce and uncooked food products, but not below.

Separate Storage Areas for Unusable Foods. Separate storage areas must be provided for spoiled, returned, damaged or unwholesome food in order to prevent cross-contamination.

Ice Protection. Ice intended for human consumption cannot be used for other purposes prior to consumption. One exception is food ice for cooling tubes.

Re-serving Food Prohibited. Food, once served to the consumer, must not be served again (some exceptions, such as crackers sealed in plastic, individual ketchup packets, etc).

Preparation of Ready-To-Eat Foods. Ready-to-eat foods must not be prepared in areas where raw meats are processed, except by scheduling and proper cleaning between operations.

Avoiding Unsafe Additives. Foods must be protected against contamination resulting from the addition of unsafe or unapproved food, color additives, steam, gases and air.

Avoid Egg Pooling and Contamination. Fresh eggs should not be cracked in quantity and pooled. Use pasteurized eggs. Do not use raw eggs in ready-to-eat food products.

Protection of Bulk Foods. Prepared food, once removed from the original package or container, regardless of the amount, must not be returned. This also applies to consumer self-service displays, salad bars, etc.

Avoiding Contamination from Gloves. When using gloves, always handle ready-to-eat products, such as salad ingredients, **before** non-ready-to-eat products, such as raw meat. Then handle, if necessary, raw foods in descending order of potential contamination as specified in the *Idaho Food Code*. Never reverse the food handling procedure. **Gloves present *no* special protection against cross-contamination**.

CROSS-CONTAMINATION EXAMPLES

Some classic examples of potential cross-contamination in Idaho food establishments are as follows:

- During the process of cutting chickens on a meat band saw, the operator cut a bologna to order on the same equipment.
- A food handler placed a cooked turkey for carving on the unclean surface where the turkey was previously placed during preparation when raw.
- Blood from thawing liver dripping into a container of strawberry gelatin salad which was stored below.
- Spoiled dairy products for salesperson pickup placed over ready-to-eat foods in a walk-in refrigeration unit.
- Ready-to-eat crab salad located in refrigerated display case next to raw sausage.
- A school kitchen worker used the same spoon to stir food being prepared for cooking and then without cleaning the spoon used it to stir ready-to-eat food being prepared for the serving line.

SUMMARY

- Potentially hazardous foods are foods or ingredients that will support rapid growth of harmful bacteria that cause foodborne disease.
- Many foods used by food establishments are potentially hazardous.
- All foods must be obtained from approved sources. Home-canned and home-prepared foods are not approved.
- All incoming foods should be checked for wholesomeness.
- Frozen foods must be received frozen and potentially hazardous foods received at 41°F or below or 135°F or above.
- All foods, while being stored, prepared, displayed, served or sold in food establishments or transported need to be protected against cross-contamination.
- Cross-contamination occurs when raw potentially hazardous foods or soiled or adulterated foods contact or drip on other foods.
- Gloves present no special protection against cross-contamination.

Reference: ***Idaho Food Code,*** Chapter 3

Chapter 4 – Destruction of Pathogenic Organisms

We often do not give a lot of thought to the fact that certain methods of food preparation are actually for the purpose of destroying bacteria and other pathogenic organisms.

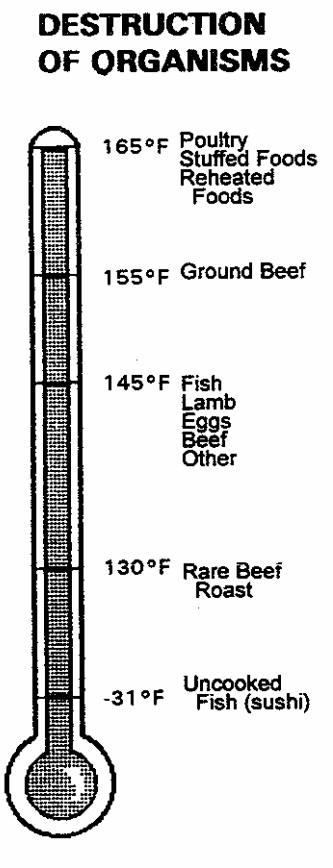
COOKING

It is generally recognized that food is cooked to increase palatability, to tenderize, to change the character of the food, for cultural reasons, or just to make it hot. However, an important reason to cook some foods is to destroy organisms that cause disease. Proper cooking is often the "critical control point" in preventing foodborne disease outbreaks.

Undercooked foods, especially undercooked meats, poultry, eggs, and fish can increase the risk for developing foodborne disease. This is because the dangerous organisms in the raw foods might not have been adequately destroyed.

The following cooking temperatures for specified food will either kill dangerous organisms outright or injure them sufficiently that there is little risk, if the food is eaten promptly after cooking. It should be noted that in order to properly destroy any dangerous organisms, these temperatures should be met for at least 15 seconds.

- Poultry and stuffed foods - 165°F or above.
- Ground meats, ratites, or injected meats - at least 155°F.
- Fish, lamb, eggs, beef (other than ground beef), and unspecified meats - 145°F or above.
- Rare beef roasts - at least 130°F.



Microwave Cooking. When cooking with a micro-wave oven, food must be rotated and/or stirred during cooking to compensate for uneven heat distribution and heated to a temperature of at least 165°F in all parts of the food. Foods cooked in a microwave must also be allowed to stand covered for 2 minutes after cooking.

Food Processing. Cooking as a food processing method must be done to obtain commercial sterility and/or in accordance to specified good manufacturing practices. Smoking of meat must be done during the cooking process or at a temperature of at least 140°F.

Cooking Stuffing. Stuffing placed in an animal's body cavity for cooking must be cooked to at least 165°F. The number of foodborne outbreaks due to undercooked stuffing in poultry necessitates this requirement.

REHEATING

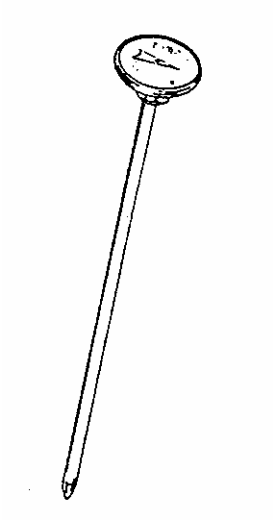
Potentially hazardous foods that have been cooked and then refrigerated and which are to be reheated for hot holding must be reheated so all parts of the food reach **165°F within two hours** (unsliced beef roast - 130°F). Proper reheating is very important in order to destroy the increased number of dangerous organisms in the food since cooking.

NOTE: Steam tables, bain maries, warmers, and similar hot food holding facilities cannot be used for cooking or reheating purposes.

FREEZING

Fishery products which are not thoroughly cooked and are intended for raw, marinated or partially cooked consumption must be **blast frozen to at least -31°F for 15 hours or conventionally frozen to -4°F for 168 hours (7 days)** in order to kill parasitic worms in the flesh.

THERMOMETER



The thermometer is the most important tool for the food industry. Almost every aspect of the food business - from the source to the consumer - has temperature requirements.

Proper cooking temperatures are very important. The thermometer used for checking temperatures must be an approved type. The *Idaho Food Code* requires a metal or plastic stem type thermometer which is numerically scaled and accurate to plus/minus 2°F. Also, the thermometer must be located adjacent to operations requiring frequent temperature monitoring.

To check cooking temperatures, place the thermometer in the center of the food or the portion of the food that has the greatest density. Avoid placing the thermometer next to a bone or fatty area of meats as this will lead to an inaccurate temperature.

It is important to know where the temperature sensing portion of the thermometer is located. It is not correct to assume that all thermometers are the same. If you are not sure, you should check with the manufacturer. For most dial type thermometers, the temperature measuring area is the lower 2 ½ inches of the stem. For most digital thermometers, the temperature measuring area is the lower ½ inch of the stem.

Calibration Procedure for Thermometers. It is important that the thermometer you use for checking food temperatures is properly constructed and **has been recently checked for accuracy** (plus/minus 2°F) (500.12). You can check your thermometer's accuracy by using the ice point/boiling point calibration method.

For ice point calibration, use crushed ice with enough water to make a slush for maintaining the ice point temperature. Stir continuously. Do not let the thermometer stem or sensing element touch the bottom or sides of the container. Allow the thermometer to reach equilibrium, and then read the temperature. The temperature should read 32°F.

For boiling point calibration, make sure the water is a "rolling" boil. Since water boils at different temperatures at different elevations, it is important to know the elevation of your city or community. Once the water is boiling, insert the thermometer into the water (be careful to not burn your hand from the steam). The thermometer should

read a temperature that corresponds with the elevation of your location.

In order to achieve the highest degree of accuracy, both methods should be used to check your thermometers. However, if only one method can be used easily, the ice point method is generally recommended because of the differences in boiling points.

BOILING POINT FOR SPECIFIC IDAHO LOCATIONS

LOCATION	ELEVATION	BOILING POINT
Lewiston	738 ft	211˚F
Coeur d'Alene	2,187 ft	208˚F
Caldwell	2,365 ft	208˚F
Wallace	2,744 ft	207˚F
Boise	2,842 ft	207˚F
Twin Falls	3,745 ft	205˚F
Salmon	4,004 ft	205˚F
Pocatello	4,460 ft	204˚F
Idaho Falls	4,730 ft	203˚F
McCall	5,030 ft	203˚F
Stanley	6,260 ft	201˚F
Macks Inn	6,405 ft	200˚F

Idaho can be approximated from the examples provided. The thermometer should read within one degree of the boiling points for the specific elevation.

IMPORTANT: THERMOMETERS WHICH ARE INACCURATE SHOULD BE PROPERLY ADJUSTED OR REPLACED. Should you have a problem with your thermometer's accuracy, contact your supervisor.

SUMMARY

Ensure the destruction of bacteria and parasites by adherence to the following:

- Cook foods to proper temperature.
- Check food temperatures often with an approved thermometer.
- Fishery products not to be properly cooked need to be adequately frozen before service.
- Check thermometers often for accuracy.

Reference: ***Idaho Food Code,*** Chapters 3 and 4.

Chapter 5 – Limitation of Growth of Bacteria

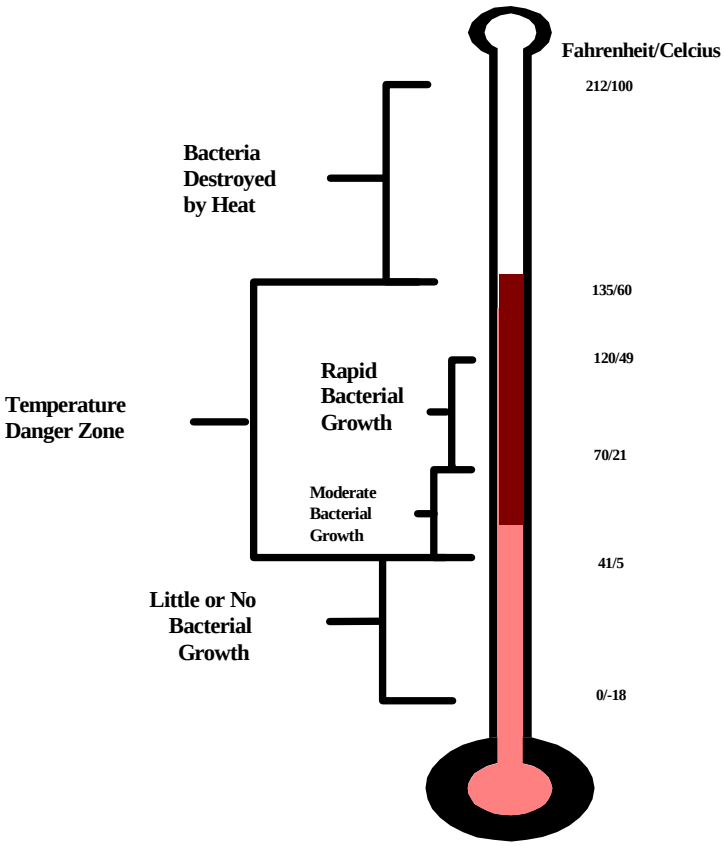
EFFECTS OF TEMPERATURE ON BACTERIA

Because of the unique survival capabilities of bacteria, it is important to limit their growth in food as much as possible. Bacterial growth is exponential. This means that bacteria can double every few minutes. Their growth potential is shown in the following table:

Commercial canning temperatures (can only be obtained under pressure)	250°F	Food products essentially sterile. *C. botulinum* spores destroyed. *S. aureus* toxin not inactivated at these temperatures.
	240°F	
Water boils	212°F	Spores of *C. botulinum* and *C. perfringens* can survive for hours. Toxin of *C. botulinum* inactivated.
	165°F	Most bacteria die; some spore-forming bacteria survive.
	140°F	No bacteria growth; some survive.
DANGER ZONE Hottest temperature	135°F	
	125°F	Some bacterial growth; many survive.

hands can endure Body temperature Room temperature ***Keep food safe:*** ***135°F or above OR 41°F or below***	98.6°F	Greatest bacterial growth and toxin production by some.
	70°F	Rapid bacterial growth and toxin production by some.
	46°F	
	41°F	Some bacterial growth.
Water freezes	32°F	No bacterial growth; many survive.
	0°F	Slow death for many bacteria; some survive.

The following diagram can also be helpful to visualize effects: **temperature**



Limiting bacterial growth is done by a time-temperature control process. This process is critical during thawing, holding, preparation, cooling and during the transportation of foods. Time-temperature control refers to a combination of both time and temperature to control for bacterial growth. Foods that have been maintained at unsafe temperatures for more than 4 hours MUST be discarded. This 4 hour time frame is **cumulative and includes** the time necessary for receiving, storing, preparation, cooking, cooling, holding, and reheating.

Thawing. Potentially hazardous foods must be thawed as fast as possible to limit bacterial growth during the process.

The following methods of thawing potentially hazardous foods are acceptable:

- Under refrigeration;
- Under running water 70°F or less with sufficient water flow; or
- As part of a continuous cooking process.

Thawing at room temperature is not acceptable.

Holding. Potentially hazardous foods must be held outside of the bacteria optimum growth temperature zone (**DANGER ZONE**), which is 41°F to 135°F. Remember:

- **HOT HOLDING – 135°F OR ABOVE**
- **COLD HOLDING – 41°F OR BELOW**

Potentially hazardous foods held in the danger zone for **MORE THAN 4 HOURS** are considered adulterated and may cause a foodborne outbreak if consumed. Adulterated foods MUST be discarded.

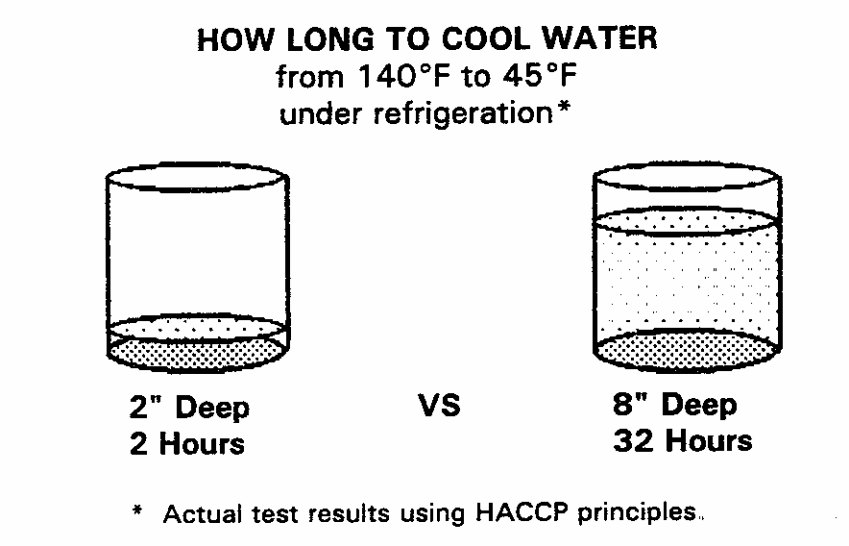
Frozen food must be held in the frozen state in such a manner to preclude thawing.

Preparation. Potentially hazardous ingredients for foods that will be consumed without further cooking (salads, sandwiches, filled pastry products, etc.) and reconstituted and fortified foods must be pre-chilled to **41°F OR BELOW** prior to preparation. Failure to do so may contribute to increased bacterial growth.

Cooling. Cooling food is very important because improper cooling is one of the most frequent causes of foodborne disease outbreaks. The main consideration is cooling food fast enough so bacteria will not have enough time to multiply sufficiently to cause a problem.

Potentially hazardous food must be cooled from **ANY TEMPERATURE BELOW 135°F TO 41°F OR BELOW WITHIN 4 HOURS**. The following cooling procedures are important:

- Place food in shallow pans or containers (maximum depth of 2 inches) in order to reduce the volume and/or increase the surface area, and breaking the food down into smaller or thinner portions. The following example of water cooling gives importance to this requirement:



- Stirring food in a container placed in an ice water bath.
- Use ice wands to help stir hot foods and get them to cool quickly.
- Using rapid chilling equipment. **HOME-STYLE EQUIPMENT IS NOT SUITABLE FOR THIS PURPOSE**.
- Arrange containers in refrigeration equipment for maximum heat transfer. Do not stack cooling containers or put them close together.
- Loosely cover during the cooling period to allow air circulation in the container.
- Some foods such as large roasts will need to be cut into smaller portions (generally 4 inches thick) in order to allow for proper cooling.

Transportation. The same temperature considerations mentioned above also apply when potentially hazardous foods are being transported.

Facilities. In order to ensure proper food temperatures, sufficient temperature controlling equipment must be provided.

CHECK TEMPERATURES OFTEN

Food temperatures cannot be accurately determined by touching the container with the hand. Just a few degrees in the "danger zone" is enough to allow some disease bacteria to grow. Use a metal or plastic stem thermometer to check food temperatures. **Use it often**.

Know how to properly use the thermometer. Review Section 4 of this manual, if necessary.

SUMMARY

Limit bacterial growth in potentially hazardous foods by adherence to the following ***time-temperature control processes***:

- Thaw potentially hazardous foods under refrigeration, running water or during the cooking process.
- Keep potentially hazardous foods 135°F or above or 41°F or below.
- Cool potentially hazardous foods rapidly.
- Use prechilled ingredients for potentially hazardous foods not requiring cooking.

Check temperatures often with an approved thermometer.

Reference: ***Idaho Food Code,*** Section 3-5.

Chapter 6 – Employee Health and Hygiene

Employee health and hygiene, directly or indirectly, plays an important role in food safety and sanitation. Sick employees and poor hygienic practices are major causes of foodborne disease outbreaks.

Direct employee sources of foodborne disease organisms are the following:

- Sick employees
- Normal flora
- Transient microorganisms

SICK EMPLOYEES

Man is subject to a number of communicable diseases that contribute to food contamination. These are listed in **Idaho Reportable Diseases**, which is a regulation of the Idaho Department of Health and Welfare. Specifically, the diseases and conditions of concern are the following:

- Amebiasis
- Campylobacteriosis
- Cholera
- Diarrhea (until common communicable causes have been ruled out)
- Diphtheria
- E. coli 0157:H7*
- Giardiasis
- Hepatitis A*
- Salmonellosis*
- Shigellosis*
- Staphylococcal skin infections
- Streptococcal skin infections
- Taeniasis
- Active tuberculosis
- Vomiting (until non-infectious cause is identified)

* - these diseases are part of what is commonly called "The Big 4". A food worker diagnosed with any of the "Big 4" is required to be excluded from working in the

food establishment until a doctor's clearance or health department clearance is given.

Because of the potential communicability of these diseases and conditions, the following requirement ***must be strictly followed*** at all times:

IDAHO HEALTH RULES AND REGULATIONS *PROHIBIT* ANY PERSON WHO IS INFECTED WITH A DISEASE WHICH CAN BE TRANSMITTED BY FOOD TO WORK AS A FOOD HANDLER AS LONG AS THE DISEASE IS IN A COMMUNICABLE STAGE.

It is the responsibility of the employee to inform the license holder, or person in charge, of such illness. It is the responsibility of the license holder or person in charge to ensure compliance with this requirement and to notify health officials if a disease or outbreak is suspected.

Symptoms of these diseases can include nausea, vomiting, diarrhea, fever, jaundice, sore throat with fever, and/or abdominal pain. Workers with these symptoms must not be allowed to work with the food because the worker can easily transmit the disease through contact with the food. It is the responsibility of the person in charge to exclude food workers with any of these symptoms. For guidance on this issue, the person in charge should contact the local District Health Department.

NORMAL FLORA

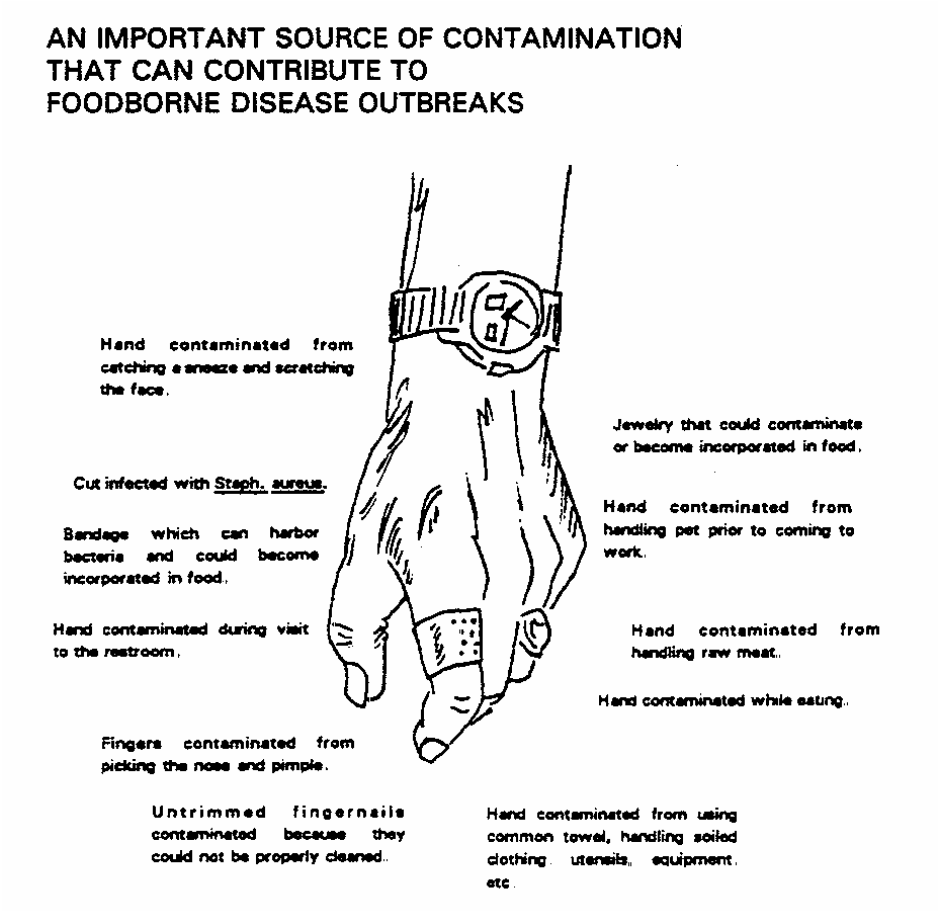
People normally carry some bacteria on or in their bodies that can cause foodborne diseases. These are called "normal flora" and most people do not know they are there. For example, on the average, almost two-thirds of the population are carriers of the bacteria that causes Clostridium perfringens food poisoning and one out of every three persons has Staphylococcus aureus in their nasal passages as normal flora. A simple act of touching the nose or blowing the nose is sufficient to contaminate the hands with this important disease-causing bacteria.

TRANSIENT MICROORGANISMS

Also, there are transient microorganisms that are found on the body, **particularly the hands**, which are picked up during contact with food, utensils and other sources that may be contaminated. The following illustration depicts how hands can contribute to the contamination of food, utensils, equipment, etc.:

HANDS

Hands can play a very important role in the effects on foodborne illnesses. **One of the most simple, yet most important things you can do in a food establishment is wash your hands often!** The following illustration demonstrates how many things can be affected by dirty hands and also the many ways that hands can become dirty.



WASHING HANDS

Because hands are so important in the transmission of disease organisms, they must be properly washed and washed often. Effective washing can only be accomplished when jewelry is not worn, fingernails are trimmed and adequate handwashing facilities are provided and used.

Handwashing is not effective unless a good lather is built up and all portions of the hands and lower arms are vigorously friction rubbed for **20 to 30 seconds**.

Proper handwashing includes the following steps: Turn on warm water, apply soap and rub vigorously for at least 20 seconds, rinse with warm water, dry hands with paper towel, turn off water with paper towel.

Handwashing can be enhanced by using a fingernail brush, lathering twice, and a post-washing sanitizer dip.

WHEN TO WASH HANDS

The following list can serve as a guide for when to wash the hands:

- Immediately prior to engaging in food establishment operations;
- After using the toilet;
- Before handling food, clean food-contact surfaces of equipment or utensils;
- Before putting on gloves to work with food;
- After eating, drinking, using tobacco, coughing, sneezing, touching the mouth, touching the nose, or touching the hair;
- After handling raw meat, poultry and seafood when cross-contamination can occur;
- After handling garbage, dirty dishes or soiled equipment;
- After handling personal belongings (street clothing, purses, cosmetics, etc.); and
- At any other time during the work hours as necessary to keep hands clean.

INJURIES

Injuries on the hands and lower portions of the arms such as cuts, abrasions, burns and even a hangnail must be cleaned and treated immediately. Often these injuries become infected. As a result, they can contribute to the contamination of food and equipment with disease-causing organisms.

Finger and surface bandages also contribute to contamination. Such bandages are commonly lost and become incorporated in food. A recent complaint was a result of a finger bandage being found in a donut (the complaint was made by the attorney of the consumer).

To prevent food and surface contamination from an infected injury or bandage, wear a rubber or plastic glove until the injury is healed.

OTHER HYGIENIC PRACTICES

In addition to the foregoing personal hygiene considerations, the following good hygienic practices must be observed:

- **Do not smoke, drink or eat in food preparation and dishwashing areas**. Such practices contribute to the contamination of hands, food and food-contact surfaces with saliva that may harbor disease-causing organisms. Have designated areas for employees to take breaks to smoke, drink and eat.
- Do not wash hands in sinks designated for food preparation or equipment and utensil washing. This practice contributes to food and equipment and utensil contamination.
- Do not dry hands on a common towel (towel which can be used repeatedly and by other employees), wiping cloths, apron or clothing. Such practices defeat proper handwashing and result in contamination.

SUMMARY

- Sick employees and poor hygienic practices are major causes of foodborne disease outbreaks.
- Health regulations prohibit persons who are sick with a disease that can be transmitted by food to work as a food handler as long as the illness is in a communicable stage. Some diseases require a doctor's note or health department clearance before you can return to work.
- Hands are an important source of contamination that can contribute to foodborne disease outbreaks.
- Hands must be properly washed and washed often to remove disease organisms.
- Wash hands with a good lather and vigorously friction rub for 20 to 30 seconds.
- Hands need to be washed **after using the toilet** and as often as necessary to keep the hands and exposed portions of the arms clean.
- Injuries need to be properly cleaned, treated and protected to prevent contamination.
- **Do not smoke, drink or eat in food preparation and dishwashing areas**.
- Do not use a common towel.

Reference: ***Idaho Food Code,*** Chapter 2

Chapter 7 – Equipment and Utensil Cleaning and Sanitization

The importance of proper cleaning can be appreciated when one realizes that contaminated equipment (equipment and utensils which are not clean) is another major cause of foodborne disease outbreaks.

Cleaning comprises many operations in the food establishment, and the process is usually specific to the type of cleaning necessary. No cleaning task in the food establishment is as important as the cleaning and sanitization of ***food contact surfaces*** of equipment and utensils.

CLEANING FOOD CONTACT SURFACES

Food contact surfaces of equipment and utensils are those surfaces with which food normally comes into contact. These surfaces also include surfaces from which food may drain, drip or splash back onto surfaces normally in contact with food. For example, the interior of a microwave oven is considered a food contact surface because food on the sides or ceiling of the oven could drip into other foods being warmed in the oven.

Effective cleaning and sanitization of food contact surfaces of equipment and utensils serve two primary purposes:

- Reduces chances for contaminating safe food during processing, preparation, storage and service by physically removing soil, bacteria and other microorganisms; and
- Minimizes the chances of transmitting disease organisms to the consumer by achieving bacteriologically safe eating utensils.

Although we all know about the practice of "washing," many do not understand and/or appreciate the principles and ***exactness*** of the process. For the most part, chemistry plays a very important part in the cleaning and sanitization process. Washing equipment and utensils until visibly clean is just not enough.

WAREWASHING CYCLE

The following numerated list and comments pertaining to the wash cycle of food contact surfaces will help supervisors and managers appreciate why there is a particular order in the process.

1. **Equipment and Utensils Clean Prior to Use.** Properly cleaned and sanitized equipment and utensils should be bacteriologically safe prior to use. Should contamination be suspected, the equipment and/or utensils should not be used, but recleaned and sanitized.

2. **Soiled Equipment and Utensils.** During use, equipment and utensils become soiled and contaminated with bacteria.

3. **Scraping, Preflushing and Presoaking.** Scraping, preflushing and presoaking, as necessary, are methods for removing gross amounts and stubborn soil from equipment and utensils.

4. **Cleaning.** There are four steps in the cleaning process – washing, rinsing, sanitizing and air drying:

Washing, when using proper detergents, cleaners, chemicals and abrasives, removes the remaining soil from equipment and utensils. This is a physical and a chemical process. The soil and bacteria, as well as cleaning compounds, are suspended in the wash water; and

Rinsing removes most of the suspended soil, bacteria and cleaning compounds from the equipment and utensils. ***Although the equipment and utensils look visibly clean at this point, they are still contaminated with many bacteria***.

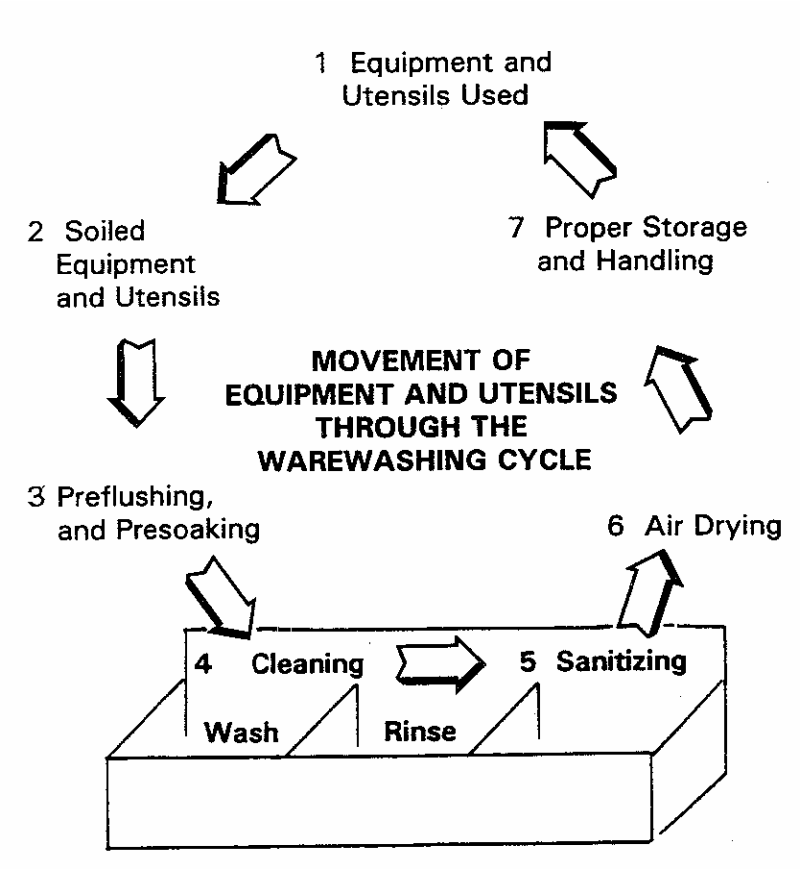
5. **Sanitizing.** Sanitizing kills the remaining pathogenic organisms on the equipment and utensils. Sanitization will occur when certain specific chemical concentrations, temperature requirements, time requirements and water conditions are satisfied. These conditions are crucial for effective sanitization. Therefore, precise measurements of the sanitization process are made periodically. **NO**

RINSING OR ANY OTHER CLEANING PROCESS SHOULD TAKE PLACE AFTER THE SANITIZING PROCESS.

6. **Air Drying.** The only acceptable method of drying equipment and utensils is air drying. The use of towels for drying, polishing or any other purpose re-contaminates equipment and utensils with bacteria.

7. **Proper Storage and Handling.** Proper storage and handling of cleaned and sanitized equipment and utensils is very important to prevent recontamination prior to use. Cleaned and sanitized equipment and utensils must be:

- stored on clean surfaces; and
- handled to minimize contamination of food contact surfaces.



SANITIZATION PROCEDURE

Chemical sanitization requires greater controls than hot water sanitization. The following factors must be considered in order to obtain effective sanitization by chemical sanitization methods:

- Amount of water used;
- pH of the water;
- Hardness of the water;
- Temperature of the water; and
- Contact time.

The pH and hardness needs to be determined. Should the water supply be from a municipal supply, the water company may already have this information. If not, the water will need to be tested periodically.

MANUAL SANITIZATION

The following table provides information pertaining to minimum and maximum chemical sanitization requirements for manual operations (in parts per million - ppm). To use the chart, identify which chemical compound your food establishment uses for sanitization purposes. The "Temp" column refers to the temperature of the water used. The pH column indicates the strength of the sanitizer to use, according to the pH of the water. For example, if the water pH is 9.0, and the water temperature is 100°F (warm) the concentration of chlorine sanitizer needs to be 50 parts per million. The "Maximum" column refers to the maximum strength of sanitizer. The "Contact" column refers to the minimum time that the utensils or surfaces should be in contact with the sanitizer solution. If the pH of the water is less than 5.0, Iodine should be used as the sanitizer.

Chemical Solutions	Temp (˚F)	pH		Maximum Allowed
		10 or less	8 or less	
Chlorine	120˚	25 ppm	25 ppm	200
	100˚	50 ppm	50 ppm	200
	75˚	50 ppm	100 ppm	200
	55˚	100 ppm	100 ppm	200
≤				

Iodine	**75˚+**	**12.5**	**25**
Quats**	**75˚+**	**As specified by manufacturer, see label; hardness 500 ppm or less***	**200**

- *unless container label specifies a higher pH and/or water hardness limit

- ** Quaternary ammonium compounds

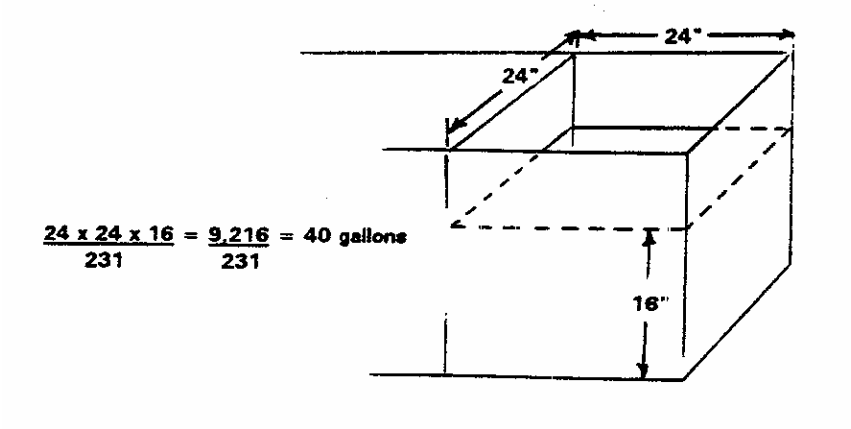
OBTAINING PROPER SANITIZATION

All chemical sanitizer instructions call for a given amount of sanitizer per gallon of water. The following are two methods of determining the amount of water used for sanitization:

- Use a gallon container and pour a gallon of water at a time into the sink until the water is at a suitable depth; or
- Use the following formula:

width x length x water depth = total gallons

231 (cu. in. in one gallon)



The following will serve as an example:

Length of sink = 24" Width of sink = 24" Depth of sink = 16"

$\frac{24 \times 24 \times 16}{231} = \frac{9{,}216}{231} = 40$ gallons

- Use the test kit each time and adjust water amount or sanitizer amount until proper concentration is obtained.

In the first two methods, the same amount of water **must** be used each time, unless the amount is recalculated.

Another problem in measuring the right amount of sanitizing chemical is the method of measure stated on the label. The following table provides equivalents of various measurements:

	Drops	**ml.**	**tsp.**	**tbsp.**	**f.o.**
1 ml.	20	--	--	--	--
1 tsp.	60	5	--	--	--
1 tbsp.	--	15	3	--	--
1 f.o.	--	--	6	2	--
1 cup	--	--	--	16	8

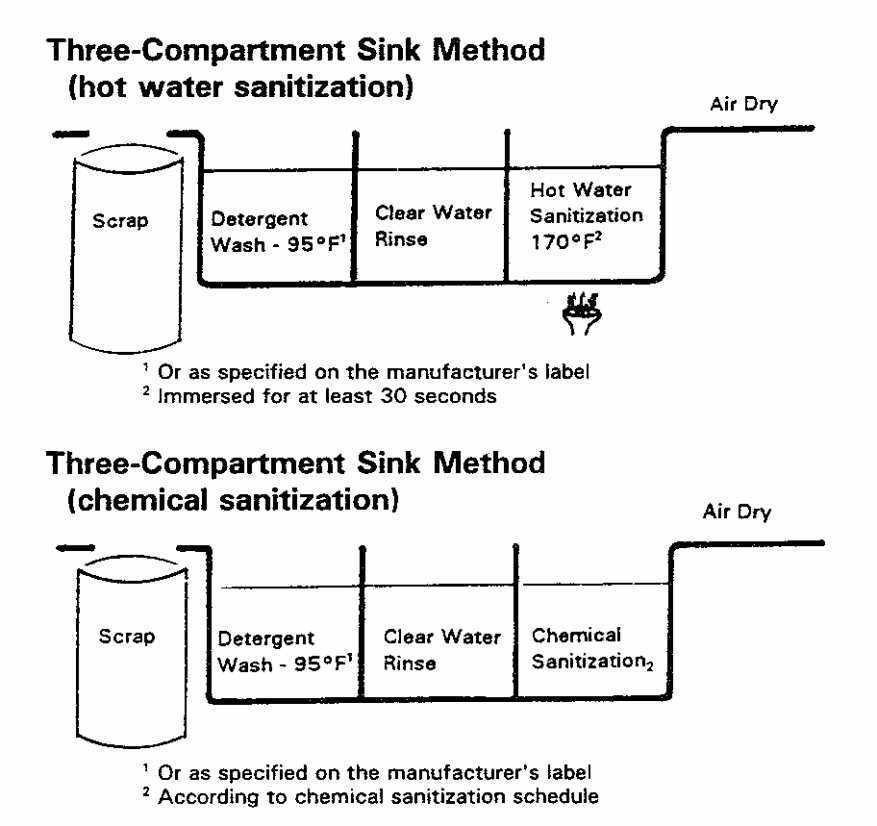
ml. = milliliter tbsp. = tablespoon

tsp. = teaspoon f.o. = fluid ounce

Household bleach is often used as a sanitizer. When used, only pure bleach (without additives) is acceptable. ***"Ultra" or "Extra Strength" bleach is not acceptable***. Mixing bleach with detergent will result in the bleach not being able to effectively sanitize any surfaces. The amounts of bleach (which contains 5.25% sodium hypochlorite) needed to obtain certain concentrations are as follows:

Concentration	**Amount of bleach / gallon(s) water**
25 ppm	3/4 teaspoon/2 gallons 1 1/2 teaspoons/4 gallons 1 tablespoon/8 gallons
50 ppm	3/4 teaspoon/1 gallon 1 1/2 teaspoons/2 gallons 1 tablespoon/4 gallons 1/4 cup/16 gallons
100 ppm	1 1/2 teaspoons/1 gallon 1 tablespoon/2 gallons 1/2 cup/16 gallons
200 ppm	1 tablespoon/1 gallon 1 cup/16 gallons

MANUAL WAREWASHING METHODS



When a two-compartment sink cleaning method is used, a special sanitization formulation must be used in both sink compartments.

ALTERNATE MANUAL WAREWASHING METHODS

When equipment is too large or fixed for cleaning as specified above, cleaning and sanitization can be done by swabbing or pressure spraying.

Swabbing Method

1. Disassemble;

2. Rough clean to remove gross food particles;

3. Detergent wash with water $\geq$95°F;

4. Clear water rinse;

5. Chemical sanitize at **TWICE** the strength required; and

6. Air dry.

Pressure Spraying procedure has the same essential steps as swabbing except high pressure spray equipment is used. Follow equipment manufacturer's operating instructions.

MECHANICAL WAREWASHING METHODS

Mechanical warewashing methods must be according to manufacturer's operating instructions.

THERMOMETERS AND TEST KITS

Thermometers and/or test kits are required in all food establishments with warewashing operations. The purposes are as follows:

- To confirm sanitizing solution strength and proper water temperature for manual warewashing operations;
- To check sanitizing solution strength and water temperature during the warewashing period. Temperature and sanitizer concentrations need to be checked throughout the cleaning process. This is because the effective strength of the sanitizing solution may be reduced because of the carryover of organic matter and because of a drop in temperature.
- To check water temperature for hot water sanitization; and
- To check proper operation of mechanical warewashing equipment.

SPECIAL CLEANING AND SANITIZATION

Food processing equipment and some vending equipment that requires in-place cleaning shall be designed and fabricated so that:

1. Washing and sanitizing solutions can be circulated throughout a fixed system using an effective cleaning and sanitizing procedure; and

2. Cleaning and sanitizing solutions will contact all food contact surfaces;

3. The system is self-draining or capable of being completely evacuated; and

4. The procedures utilized result in thorough cleaning of the equipment.

Equipment used in production-line food processing shall be cleaned and sanitized according to the following schedule:

1. Each time there is a change in processing between types of animal products;

2. Each time there is a change from raw to ready-to-eat foods;

3. After substantial interruptions;

4. After each shift change and/or every 4 hours;

5. Throughout the day as necessary; and

6. After final use each working day.

Bulk water hauling equipment needs to be cleaned and sanitized, and the procedure shall be similar to food processing equipment. For specific recommended procedures, see EPA technical bulletin entitled **Guidelines for the Preparation of Tank Trucks for Potable Water Use**.

SUMMARY

- Contaminated equipment is another major cause of foodborne disease outbreaks.
- ***Food contact surface*** is the surface of equipment and utensils with which food normally comes into contact and those surfaces from which food may

drain, drip or splash back onto surfaces normally in contact with food.

- Washing equipment and utensils until visibly clean does not complete the process. A sanitization step must also be completed.
- Proper sanitization is one of the most important steps in the warewashing cycle.
- No rinsing or any other cleaning process should take place after the sanitizing process.
- Equipment and utensils must be ***air dried only***.
- The sanitization procedure is an exact process.
- Swabbing can be utilized when the sanitizing solution is ***twice*** the strength required.
- Thermometers and test kits are required.

References: ***Idaho Food Code,*** Chapter 4, Sections 4-6 and 4-7.

Chapter 8 – Water and Sewage Systems

Proper sanitary controls pertaining to the water supply system and sewage and liquid waste disposal systems are necessary in all types of food establishments to prevent the contamination of food and the creation of public health hazards.

WATER SUPPLY SYSTEM

Water for food establishments is so commonplace that it is not given much thought as to its availability, purity and safety.

For the most populous parts of Idaho, water is supplied to the food establishment by a community water supply system. However, some establishments in rural areas are on non-community systems. All water supply systems must comply with the following two important regulations:

Idaho Regulations for Public Drinking Water Systems to ensure the purity and safety of the water when it reaches the establishment; and

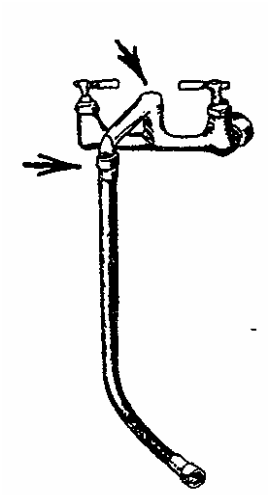
Uniform Plumbing Code to ensure that the plumbing that carries the water in the establishment is properly sized, installed and maintained.

Despite the protection initially provided through compliance to these two regulations, hazards occur through repairs, emergencies, changes and/or alterations in the water delivery system and distribution system within the establishment. Also, custom water systems, portable water systems, and bottled water operations present particular problems that need special attention.

CROSS-CONNECTIONS

Of major public health concern in all types of food operations are cross-connections (situations that contribute to backflow and backsiphonage of contaminated water into the safe water supply system). Idaho health agencies find many cross-connections during inspections of food establishments. Examples are as follows:

Hoses connected to faucets without backflow prevention devices is one of the most common cross-connections found in food establishments. The seriousness of this type of cross-connection can be better appreciated with the following three examples of actual Idaho cases of backsiphonage as a result of this practice.



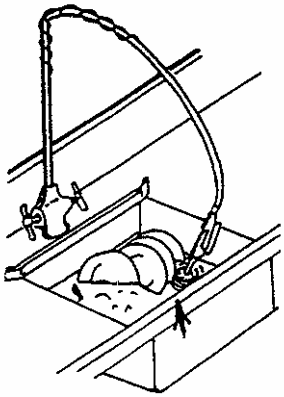
Case #1. Foul tasting and dirty water at a Treasure Valley meat packing plant was the result of backsiphonage through a hose on the floor of the kill room of the plant. Blood, guts and other debris were sucked into the water system through the hose.

Case #2. Backsiphonage through a hose in a wash vat in another Treasure Valley food establishment resulted in chemical sanitizer being sucked out of the vat and carried elsewhere in the water distribution system.

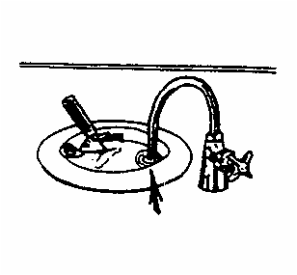
Case #3. In an Idaho Falls operation, while a chemical tank was being filled with water through a hose stuck in the tank, a booster pump was turned on in another part of the facility. Since the booster pump had a greater water demand, the chemicals were backsiphoned from the tank and carried into the water distribution system.

Manual or mechanical spray or injecting units comprised of dishwashing pre-rinse spray units, wash-down stations, power spray cleaning units, dishwashing soap and chemical injecting units, etc. These units

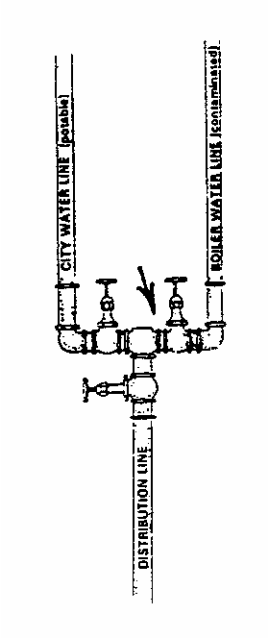
connected to the water supply system without a backsiphonage device are potential cross-connections.



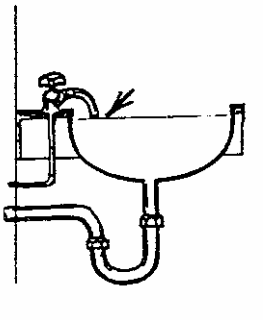
Submerged inlets in running water dipper wells, steam tables, garbage grinders and other equipment are cross-connections. In Boise, a submerged inlet in a toilet tank resulted in the toilet tank water being sucked into the water distribution system when the water supply was turned off.



Direct connections between potable water and unsafe water supplies constitute cross-connections. A direct connection between the potable water supply and a boiler in a northern Idaho facility resulted in pink chemical-laden boiler water being carried into the water distribution system and to a water fountain.



Indirect connections such as dishwashing sinks and lavatories in which the faucet inlet does not have an ***air gap*** at least twice the diameter of the inlet above the fixture's or equipment's flood level rim.



WATER SUPPLY SAFETY

With improved water system technology, monitoring and regulatory control, water supplies are safer than ever. However, contamination does occur as a result of system failure or cross-connections. Give special attention to the following:

Water Status Notices. Be alert to public notices that pertain to your water supply. To ensure a safe water supply for food establishment operations and for drinking purposes during such notices, contact your local health department for assistance.

Changes in Water Quality. Be aware of changes in water quality such as taste, odor, or clarity, or changes in water pressure. Such changes may be an indicator of a possible cross-connection.

Cross-connections. Check your establishment for cross-connections mentioned above.

Repairs and alterations to the water system or equipment connected to a water system must be done ***only*** by a licensed plumber who is familiar with cross-connection prevention.

SPECIAL WATER SYSTEMS

Because custom water systems, portable water systems and bottled water operations require additional water management outside of the distribution system and can present greater risk to contamination, special requirements for equipment design and protection are necessary. Water haulers, bottled water processors, mobile food establishments and other businesses with such operations or independent water systems should be familiar with additional requirements of the *Idaho Food Code* for protecting the water supply.

SEWAGE AND LIQUID WASTE DISPOSAL

Sewage is solid or liquid waste containing human, animal, vegetable or chemical matter in suspension or solution.

Liquid waste is the discarded fluid discharge from any fixture, appliance, equipment, utensil, etc. ***which does not contain human body waste***.

Sewage disposal is strongly regulated because many disease organisms are found in human feces. Also,

improper disposal of liquid waste contributes to insect, rodent and other pest problems and water pollution.

The septic tank of on-site sewage disposal systems must be pumped regularly to ensure adequate performance. Failure to do so will result in system malfunction which contributes to sewage backup, ponding at the disposal site and/or drainage into a nearby watercourse.

Plumbing for sewage and liquid waste in all types of food establishments must be sized, installed and maintained in accordance with the **Uniform Plumbing Code** and all installations, repairs and alterations must be done ***only*** by a licensed plumber.

DIRECT CONNECTIONS

One of the greatest problems pertaining to sewage and liquid waste disposal in food establishments is **direct connections** between the sewage plumbing system and drains originating from equipment. The following are examples of equipment requiring ***indirect*** connections:

- Refrigerators
- Steam kettles
- Potato peelers
- Ice machines and ice storage bins
- Food preparation sinks
- Dipper wells
- Warewashing machines, etc.

All such equipment must have an indirect connection consisting of a ***physical break*** in the drain line (it does

not require an air gap). The public health significance of this requirement is supported by the following situations:

Patrons of a western Idaho tavern complained about dirty mixed drinks. An investigation revealed that the ice storage bin was directly connected to the drain for the glass washing and dump sinks. Whenever the sinks were drained, the dishwater and waste flowed into the ice storage bin and contaminated the ice.

A rag packed around the dipper well drain line in the sewer hub to prevent the occasional overflow of waste water resulted in the contamination of the dipper well. The situation was found during the investigation of an outbreak in which ice cream was incriminated as the cause. Laboratory tests confirmed that water in the dipper well was grossly contaminated.

An eastern Idaho restaurant operator complained to the health department that the dishwasher often smelled bad. An investigation revealed that a direct connection was allowing sewage to back up the drain line into the dishwasher.

LIQUID WASTE DISPOSAL

Liquid waste must be properly disposed. Mop water, waste water from equipment cleaning (for equipment that does not have drains), liquid waste water from food preparation, slop, etc., must not be poured out the back door or otherwise be disposed in any manner other than through the sewage disposal system. Utility sinks, floor sinks and the occasional use of the toilet should be used for the disposal of liquid waste. A rural Treasure Valley restaurant created a significant fly breeding problem from the disposal of liquid waste at a convenient place behind the restaurant.

The disposal of mop water and similar liquid waste in food preparation sinks, handwashing facilities and warewashing facilities is not acceptable.

WASTE WATER SAFETY

Food establishment owners, operators and supervisors must ensure that:

- Sewage and liquid waste generated in their facilities are properly disposed of in an approved sewage disposal system;
- Equipment with drains are not directly connected to the sewer;
- Food preparation sinks (also includes warewashing sinks when the health department allows such facilities to be used for food preparation) are not directly connected to the sewer;
- Modifications and alterations ***are not*** made to equipment or drains to create direct connections; and
- Mobile food establishments, temporary food establishments, and vending machine operations have approved liquid waste disposal methods in accordance with the *Idaho Food Code.*

SUMMARY

- Two important regulations pertaining to water and sewage systems are **Idaho Regulations for Public Drinking Water Systems** and **Uniform Plumbing Code**.
- By regulation, only an Idaho licensed plumber can legally repair and make alterations to the water and/or sewage system in a food establishment.
- Cross-connections are of major public health concern because they contribute to backflow and backsiphonage of contaminated water into the water supply systems.
- Hoses connected to faucets without backflow prevention devices, submerged inlets, and direct connection between potable water and unsafe water supplies are examples of cross-connections.
- Sewage contains human body waste; liquid waste does not.
- Direct connections between the sewage plumbing system and drains originating from equipment are of major public health concern.

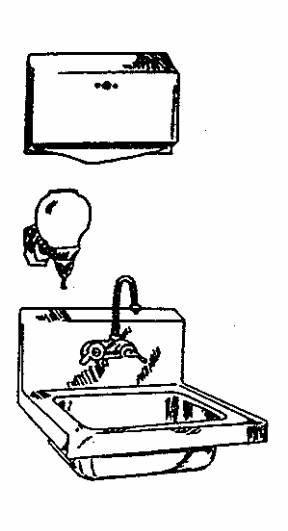
- Direct connections can be prevented by a ***physical break*** in the drain line.
- Disposing of liquid waste out the back door of a food establishment is not acceptable.
- Idaho examples of cross-connections, submerged inlets, and direct connections confirm their public health risk.

Reference: ***Idaho Food Code,*** Chapter 5

Chapter 9 – Physical Facilities

The physical facilities or structure of a food establishment or operation must be properly designed, constructed, installed, operated and maintained in order to ensure adequate fo safety and sanitation. Important aspects of the *Idaho Food Code* pertain to handwashing facilities, toilet facilities, other facilities and equipment, and the exclusion of pets and oth animals. The importance of these areas are covered in this section.

HANDWASHING FACILITIES



As stated in Chapter 6, handwashing is essential in combating foodborne diseases. Therefore, sufficient, convenient and adequate handwashing facilities must be provided. Deficiencies in any of these areas constitute public health risk.

Sufficient Handwashing Facilities. This requirement pertains to the number of handwashing facilities and is determined by the following:

- Type of food establishment;
- Food operations within the establishment;
- Size and configuration of the food establishment; and
- The number of employees.

For the most part, the number of handwashing facilities is based on a technical review of proposed plans for new or

remodeled food establishments and existing operations coupled with professional judgment, as it pertains to ***convenience and accessibility***.

A long-standing operation with insufficient handwashing facilities does not constitute a "grandfather right" for continuance.

Convenient Handwashing Facilities. Handwashing facilities shall be so located as to be convenient to the following areas of the food establishment:

- Food preparation area
- Food processing area
- Warewashing area
- Wait person area
- In or adjacent to toilet rooms

Should handwashing facilities not be convenient, additional handwashing facilities may be required.

Handwashing facilities shall be used for handwashing purposes only. The use of the handwashing facilities for storage purposes, dump sink, utensil and equipment washing, food prep or any other purpose makes the facility inconvenient for handwashing purposes and therefore constitutes public health risk.

Restricting easy access (by placing equipment, containers, and other items in front of the handwashing facility), even temporarily, constitutes risk and is considered a critical item violation.

Adequate Handwashing Facilities. Handwashing facilities shall be adequate for the purpose of handwashing. Adequacy pertains to the following design requirements:

- Provided with hot and cold or controlled temperature water (90°F to 105°F) through a mixing valve or combination faucet;
- Self-closing, slow-closing or metering faucets shall provide a continuous flow of water for ***at***

least fifteen seconds without reactivating the faucet; and
- Steam mixing valves shall not be used.

In addition, handwashing facilities shall be provided with a continuous supply of:

- Hand soap or similar hand cleanser;
- Signs indicating the requirements for employees to wash hands, and
- Individual disposable sanitary paper towels; or
- A continuous towel system supplied with a clean towel; or
- A heated air hand-drying device.

Other Facilities and Equipment

All other equipment and facilities in a food establishment must be smooth, non-porous, and easily cleanable. This includes the physical structure of the building, such as the walls and ceilings. Examples of material that is not acceptable for use as the physical structure include bare or untreated wood or untreated drywall. Use of these materials is only acceptable if the wood or drywall is treated to make them non-porous.

In addition, large equipment such as mixers or slicers must also meet the smooth, non-porous, and easily cleanable requirement. Stainless steel is one of the best materials for these types of equipment.

It is essential that equipment such as coolers be designed to be able to do the job. For this reason, most home-style equipment is not acceptable for use in food establishments. Home-style equipment generally is not designed to maintain the correct temperatures or to be used in commercial settings. For example, a home-style mixer might break down more quickly if it is used several times a day, every day, in a food establishment. This will result in having to replace that equipment more frequently. On the other hand, a commercial-style mixer is already designed to be used several times a day, every day, and should not only last longer and prove to be more efficient, but also will be easier to keep clean.

TOILET FACILITIES

Toilet facilities shall:

- Be provided;
- Be not less than the number specified in the **Uniform Plumbing Code**;
- Be conveniently located and accessible to employees at all times;
- Be of a sanitary design and cleanable; and
- Be provided with a supply of toilet tissues at each toilet at all times.

EXCLUSION OF PETS AND OTHER ANIMALS

It is important to understand that pets and other animals harbor disease organisms, both internally and externally, that can be transmitted to humans. For this reason, pets and other animals are excluded from all food establishments. The only exceptions are the following:

- Edible fish or decorative fish, shellfish and crustaceans in an approved life support system;
- Live shellfish and crustaceans on ice or under refrigeration;
- Patrol dogs accompanying security or police officers in offices and dining/sales and storage areas, sentry dogs running loose in outside fenced areas, and guide dogs accompanying blind persons in dining/sales areas.

SUMMARY

- Deficiencies in handwashing facilities constitutes public health risk.
- A long-standing operation without sufficient handwashing facilities does not constitute a "grandfather right" for continuance.
- Handwashing facilities are for handwashing purposes ***only***.
- Placing items in or in front of a handwashing facility is a critical item violation.
- Adequate handwashing facilities consist of hot and cold or controlled temperature water, hand cleaner,

and sanitary towels or heated air hand-drying device.

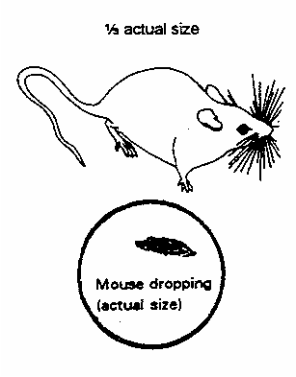
- Toilet facilities must be convenient, accessible and supplied with toilet tissues.
- Except for specific purposes, pets and animals are excluded from all food establishments.
- Equipment used in a food establishment must be designed to be able to do the job correctly.
- Home-style equipment is generally not acceptable for use in a food establishment.
- All surfaces of food establishments, including walls and ceilings, must be smooth, non-porous, and easily cleanable.

Reference: ***Idaho Food Code,*** Chapter 6

Chapter 10 – Rodent and Insect Control

All rodents and many insects found in food establishments are considered ***vectors*** because they can transmit diseases to man by coming in contact with food and food contact surfaces of equipment. Therefore, these animals must be given serious concern when they are found in the food establishments and every action must be taken to eliminate them.

MICE AND OTHER RODENTS



The **House Mouse** is the most important rodent vector in Idaho. It can be found in almost any food establishment without a good rodent control program. The following comments about the House Mouse are important:

- It can squeeze through a 2 inch diameter hole or 3/8 inch crack;
- It has a home range of 10' to 30';
- It is a nibbler, eating a little bit here and a little bit there until satisfied;
- It contaminates foods, food contact surfaces of equipment and utensils, single-service articles and single-use articles, and other supplies in food establishments with its feces and urine;
- It is a prolific breeder, having six or more litters of 6 to 8 young a year; and
- It does not need drinking water to survive.

RODENT SIGNS

Food establishment operators and supervisors should continually look for the following signs of these rodent pests:

- **Droppings**. Mouse droppings are very small (3/16 to 3/8 inch) and pointed at each end; and
- **Gnawings**. As mice go about their business setting up home in a food establishment, they gnaw holes in packaged food and elsewhere.

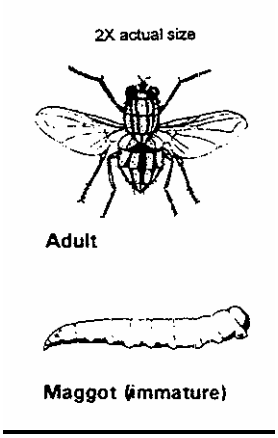
RODENT CONTROL

Food establishment operators must have an effective rodent control program consisting of the following:

- **Sanitation**. Sanitation consists of eliminating unwanted or unused equipment and materials from the establishment, proper storage of food waste and refuse, and keeping packaged food off the floor and away from the walls;
- **Mouseproofing**. Doors need to be tight fitting and openings around pipes, wires, etc., need to be effectively sealed; and
- **Trapping**. Snap traps and cage traps, when properly used, are effective in eliminating mice. Check traps regularly to remove dead mice and/or to reset or to change baits.
- **Poisoning**. Poisoning mice with commercially prepared anticoagulants (poisons with low toxicity) is allowed by the operator when used according to the label. Licensed pest control operators should be consulted for large poisoning campaigns.

Rats are not discussed in this manual because they have a limited distribution in Idaho. However, the above-mentioned control measures are effective against rats.

FLIES



The public health significance of flies cannot be appreciated until it is realized that flies breed in decomposing animal and plant waste and feed on a variety of filth including feces, vomitus, garbage, etc. Flies transmit disease in the following ways:

- **Vomits on food**. To make solid foods liquid, the fly must regurgitate (vomit) a portion of its previous meal on the food to liquefy it;
- **Defecates on food**. Fly feces on food and food contact surfaces contribute to contamination.
- **Carries bacteria on body**. The fly is profusely covered with bristles and hairs that carry bacteria.

Four common flies and actual Idaho problems associated with them are as follows:

- **House Fly**. This fly is a major problem in all of Idaho, particularly during the hot summer months. A Treasure Valley restaurant created a severe fly breeding problem by dumping liquid waste behind the restaurant.
- **Lesser House Fly**. Where problems of this fly exist, male flies can be commonly seen hovering in groups. A fly problem in an Eastern Idaho restaurant in December was attributed to this fly breeding in food waste behind a piece of equipment.
- **Blow Fly**. This fly is particularly attracted to meats in food establishments and will lay eggs on exposed foods. Maggots (immature flies) in a Treasure Valley

restaurant were due to the lack of proper cleaning of meat scraps in a recess behind a cutting board.
- **Fruit Fly**. This small fly is attracted to rotting and fermenting foods. Maggots of this fly were found in a filthy speedbar of a popular Boise lounge.

FLY CONTROL

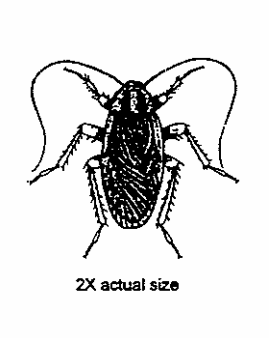
Food establishments must have an effective fly control program. The following methods are effective:

- **Exclusion**. All openings to the outside must be properly equipped with self-closing doors, closed windows, proper screening, controlled air currents, etc. Broken or torn screens need to be promptly repaired;
- **Proper Cleaning**. All equipment used in the food operation and all areas of the establishment, especially under and behind equipment, must be properly cleaned of food scraps;
- **Proper Waste Disposal**. Dispose of garbage and liquid waste properly and frequently;
- **Chemical Control**. Certain chemicals can be used in food establishments for fly control provided they are used according to manufacturers' instructions (**as stated on the label**). Be especially careful to not contaminate food or food contact surfaces of utensils and equipment. **NOTE: Automatic spray systems and chemical pest strips can be used provided they are not used in food preparation areas. Pest strips are specifically *prohibited* in kitchens**;
- **Other Control Methods**. For special fly problems, other control methods such as electrocution screens, fly traps and sticky fly paper can be used. ***These devices cannot be located over or close to food, food preparation areas or equipment storage areas***.

COCKROACHES

One of the hardest insects to control in food establishments is the cockroach. These insects are active when and where it is dark. When it is light, cockroaches

hide in dark recesses between and under equipment, under sinks, in floor drains, etc. Because these areas generally cannot be properly cleaned, these insects come in contact with considerable filth and bacteria.



The **German Cockroach** contributes to most cockroach problems in Idaho. It is a prolific breeder. Females carry their eggs in an egg case on the tip of the tail. The egg cases will be dropped in the best place for their development. Immature German Cockroaches look like miniature replicas of the adults. In a popular Eastern Idaho restaurant, a significant cockroach problem was discovered in stacked taco shells in a food cabinet. In a Treasure Valley grocery store, a severe cockroach problem was found in the produce display and adjacent areas.

COCKROACH CONTROL

Although sanitation can reduce feeding and breeding sites to some extent, ***chemical control is almost always necessary to eliminate a cockroach infestation, once established***. Most often, the services of a licensed pest control operator will be necessary to control an infestation. Also, repeated treatments will always be required to eliminate the pest completely.

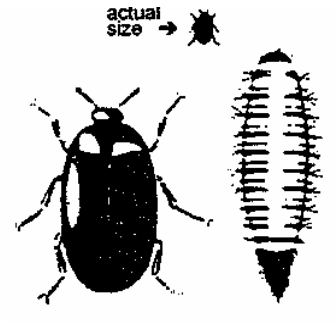
It should also be noted that tracking powders are NOT APPROVED for use in food establishments as they can contaminate food products.

STORED PRODUCTS PESTS

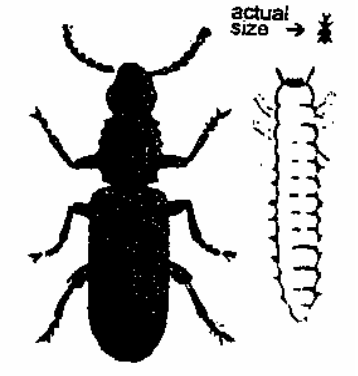
A number of beetles and several moths are found in food establishments from time to time. These pests are brought

into the food establishment with contaminated food products such as flour, meal, grain, cereals, seeds, beans, nuts, pasta, spices, etc. It does not take long for the pests to become so numerous that other similar foods in the establishment are attacked and contaminated. Foods containing these pests are adulterated and unsuitable for human consumption and usually must be destroyed (some can be converted to animal feed). Once established, control can be difficult and only by careful observation for signs of the insects, destruction of contaminated food products and chemical control can these pests be brought under control.

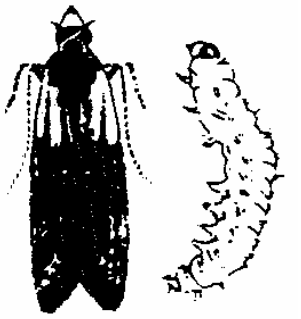
Three stored products pests and actual problems associated with them are as follows:



- **Carpet Beetle**. Despite its name, this small beetle attacks a wide array of food products. A Treasure Valley health food store was selling high protein cereal grossly contaminated with cast skins of the larvae of this beetle. An unknowing consumer of the cereal suffered an inflamed throat from the contamination.



- **Saw-toothed Grain Beetle**. Severe infestations of this minute beetle in a Treasure Valley restaurant and a Panhandle bakery resulted in a considerable amount of food being destroyed at both establishments. A number of infestations of this beetle in markets originated from the damaged food storage area (morgue) where foods are held for credit.



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- **Indian Meal Moth**. A severe infestation of this moth in a Palouse Region market was the result of infested bulk foods.
- For more information on these or any other pests, contact a local county extension agent or visit:

http://www.uidaho.edu/so~id/entomology/Pantry_pests.htm

Because these pests invade a variety of foods, controlling them is difficult once they become well established. Control generally is successful after a prolonged systematic destruction of infested food products and chemical control.

SUMMARY

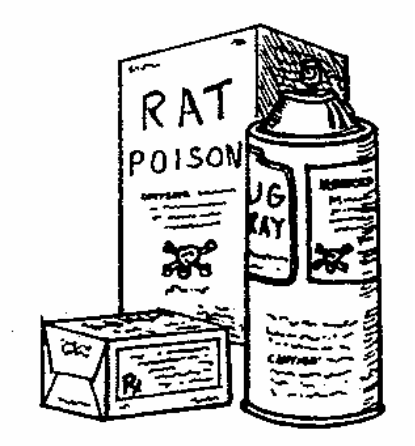
- Rodents and some insects are considered ***vectors*** because they can transmit diseases to man.
- The House Mouse is the most important rodent vector in Idaho.
- Rodent control consists of sanitation, mouseproofing, trapping and poisoning.

- Flies transmit disease organisms by vomiting and defecating on food and carrying bacteria on their bodies.
- The House Fly, Lesser House Fly, Blow Fly and Fruit Fly are four flies of public health significance in Idaho food establishments.
- Fly control consists of exclusion, proper cleaning, proper waste disposal and chemical control.
- The German Cockroach contributes to most cockroach problems in Idaho.
- Chemical control is almost always necessary to eliminate a cockroach infestation, once established.
- Control of the Carpet Beetle, Saw-toothed Grain Beetle, Indian Meal Moth is generally successful after a systematic destruction of infested food products and chemical control.

Reference: ***Idaho Food Code,*** Chapters 6 and 7

Chapter 11 – Poisonous Materials

Improper use, storage and/or location, display, and labeling of poisonous and toxic materials, first aid supplies, medicinals and cosmetics present public health risk due to food and food contact surface contamination.



Chemicals such as cleaning and sanitizing agents and first aid creams or other medicines that might be stored in a first aid kit are considered poisonous. Accidental exposure to these materials in foods can cause almost immediate sicknesses.

EXAMPLES OF HAZARDOUS CONDITIONS

The public health significance of having requirements for this area can be best appreciated with the following examples of potentially hazardous conditions ***found in Idaho food establishments***:

- An aerosol pesticide in which the spray mechanism had been depressed was stored in a discount basket of a retail market with food items. The surrounding food containers were saturated with the chemical;
- Garden insecticides and herbicides stored above a produce display unit with several of the containers laying on their side;
- Assorted veterinary medicines displayed above a frozen food display case;
- Unapproved insecticide container stored on an ice machine top next to the ice scoop, and in another

situation the insecticide container was found in a box of ice storage bags on the ice machine;
- Unlabeled clear cleaner in a spray bottle on the same shelf with plain water in the same type of spray bottle (the water is used to spray on the grill to produce steam while cooking food);
- Pest strip located over a food preparation table; and
- Employee medicine located on a shelf above ready-to-eat food in a refrigeration unit.

Any of the above situations could have resulted in disastrous consequences and ***only luck*** prevented serious chemical poisoning or medicinal contamination.

CHEMICAL AND PESTICIDE USE REQUIREMENTS

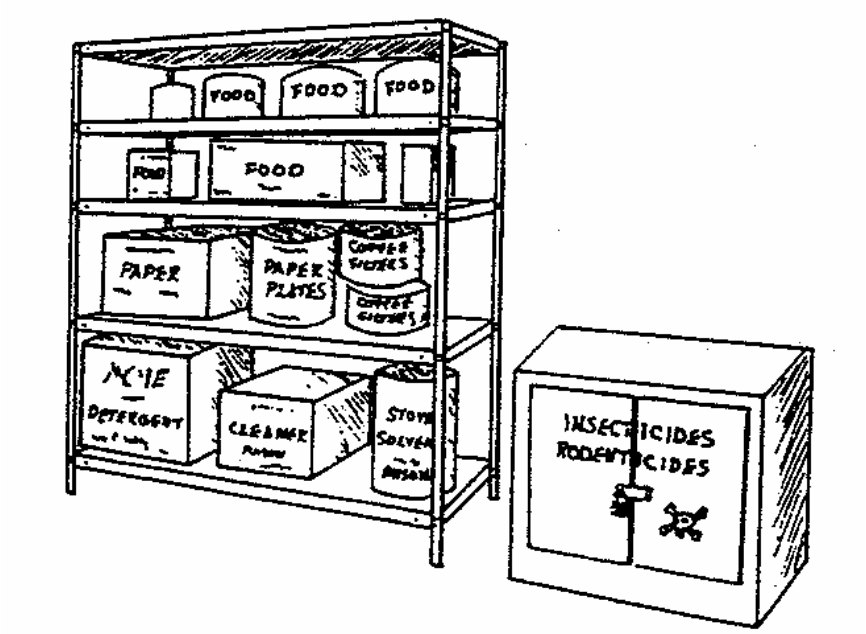
All pesticides, sanitizers, cleaners, polishes, lubricants and other toxic chemicals used in a food establishment ***must*** be:

- **Necessary** for the operation of the establishment. ***Unnecessary chemicals should not be found anywhere in the establishment***;
- **Approved** for use in the food establishment. Toxic chemicals that have an EPA number on the container will have specific statements pertaining to its use in food establishments. **NOTE: Some products, such as lubricants, may contain statements *by the manufacturer* as being approved by USDA. Before use, confirm that products are approved for specific use in a food establishment. Restricted-use pesticides can only be used by a certified pest control operator**;
- **Used properly** according to the manufacturers' label instructions;
- **Properly labeled** when chemicals are removed from the original container and put into a working container.

  NOTE: Food containers must not be used as working containers for chemicals; and

- **Properly stored and located** with insecticides and rodenticides stored separately from cleaning

compounds and other chemicals, and **ALL** chemicals and pesticides stored separately from food, food contact surfaces and single-use and single-service articles. The term "separate" ***does not*** include storage of toxic chemicals above food, food contact surfaces, single-use and single-service articles.



CHEMICALS AND PESTICIDES FOR RETAIL SALES

All pesticides, detergents, cleaners, polishes, lubricants, solvents, fuels, paints, etc., in storage and on display for retail sale in a food establishment must be properly stored and displayed. These items must be separated by adequate spacing or partitioning from, and not stored above, food, single-service articles and single-use articles intended for use with food.

FIRST AID SUPPLIES, MEDICINALS AND COSMETICS

All first aid supplies, medicinals and cosmetics must be stored and displayed in such a manner as to prevent contamination. Special consideration needs to be given to the following:

- **First aid kits and supplies** must be properly identified and located away from food, food contact surfaces of equipment and utensils, single-service and single-use articles;
- **Medications**, both human and animal, for retail sale must be properly stored and located as previously mentioned for toxic materials;
- **Medications** vitally necessary for employee use must be stored with personal belongings and/or in designated areas where contamination will not occur; and
- **Cosmetics** for retail sale in food establishments must be properly stored and located as previously mentioned for toxic materials. Personal cosmetics must be stored with personal belongings in designated areas.

SUMMARY

- Examples of improper use, storage and display of chemicals, pesticides and medicinals reveal that Idaho food establishments can create hazardous conditions.
- Chemicals and pesticides used in a food establishment must be necessary, approved, used properly, properly labeled, and properly stored and located.

- Some examples of necessary chemicals include cleaning agents, sanitizing agents, and first aid materials.
- All toxic items must be stored and displayed to prevent contamination of food, single-service articles and single-use articles.
- All first aid supplies, medicinals and cosmetics must be stored and displayed to prevent contamination of food, single-service articles and single-use articles.

Reference: ***Idaho Food Code****, Chapter 7*

Chapter 12 – (Re)Thinking HACCP

With the previous sections in mind, a manager or supervisor now has a basic knowledge of food safety and sanitation. ***Putting this knowledge into practice in a food establishment operation is an activity of foodborne disease prevention***. Food operations are expected to establish "Active Managerial Controls" in order to help prevent a foodborne disease. One way to implement Active Managerial Controls is to develop and use a HACCP (pronounced has-sip) plan. The acronym HACCP means "Hazard Analysis and Critical Control Points".

A HACCP plan involves identifying hazards (chemical, biological, or physical) at specific points during food handling in a food establishment and identifying how the hazards can be prevented, eliminated, or reduced to a safe level.

In the late 1960's, the Pillsbury Company started HACCP to meet NASA and US Army standards for reduced levels of pathogens in food. ***Today, HACCP is recognized as the most effective process of preventing foodborne disease***.

HACCP PROMOTED AND "ACTIVE MANAGERIAL CONTROLS"

Although the *Idaho Food Code* does not *require* all food establishments to use HACCP, it is *recommended* that all food establishments use this innovative approach to food safety in some form. Because of interest in the subject, HACCP information is included in this manual.

It should be noted that a fully developed HACCP plan, such as the kind that food processors are expected to maintain, can be very involved and complex. There are individuals who can help a food processing company develop and maintain these plans. However, HACCP for a food establishment such as restaurant, grocery store, or convenience store, can take a very different shape and still meet the intent of having a plan.

HACCP Based Inspections

The inspection process for food establishments is changing to focus more on the actual risks that are associated with foodborne illness. This is not to suggest that your inspector will ignore the grease on the walls if you fail to clean regularly; however, that inspector will focus more of his or her time on monitoring temperatures, sanitization levels, cleanliness of food contact equipment, and hygienic practices of employees. These are all part of the inspector's own Active Managerial Controls. In addition, these types of observations are based on HACCP principles. With this in mind, the rest of this chapter will offer suggestions and recommendations for developing your own Active Managerial Controls and HACCP principles.

HACCP PRINCIPLES AND CRITICAL LIMITS

Developing Active Managerial Controls requires that we first know some definitions that are associated with HACCP.

Critical Control Point (CCP). A CCP is a point along the path of food flow that if not controlled might result in the food becoming unsafe to eat. For example, there are five easily identifiable critical control points in most food establishments: cooking temperatures, cooling times, holding temperatures, re-heating temperatures, and personal hygiene practices.

Critical limits. A critical limit is the measurable aspect of the CCP. For example, the critical limit for the cooking temperature of a hamburger patty is 155°F. for 15 seconds.

Corrective Action. A corrective action is what can be done if the critical limit is not met. For example, if the hamburger patty is measured to be only 135°F., the corrective action could be to continue cooking it.

Now that we have some definitions, there are three important HACCP principles to know in order to develop Active Managerial Controls:

- Identify and know what aspects of your establishment need critical limits.
- Identify what those critical limits are.
- Identify what corrective actions can be taken if a critical limit is not met.

Each of these principles might be different for each establishment, but the following scenarios provide some examples.

1. A deli makes freshly prepared fruit salad each morning. The fruit is cleaned, cut and mixed with the other ingredients of the salad. The salad is then held in the cold display case, and it is served by request. In this case, the critical limits include the holding temperature of the food and the personal hygienic practices of the person assigned to make the salad. The manager identifies that the following critical limits must be met: Salad held at or below 41°F and no bare hand contact with the salad ingredients. The manager also instructs staff members that if these critical limits are not met, the salad should be discarded.

2. A drive-in restaurant offers a large selection of specialty hamburgers. The burgers are made from frozen patties, and the burgers are each cooked fresh at the time of order. In this case, the most likely critical limit would be that the hamburger patties are cooked to a minimum internal temperature of 155°F. If this critical limit is not met, the meat should be set back on the grill until it is fully cooked.

3. A full service Italian restaurant makes its own lasagna. Part of the recipe calls for the meat sauce to be cooled and then added to the rest of the lasagna the next day. The lasagna is then reheated prior to being served to the customer. In this case, there might be several critical limits, but two that clearly stand out are the cooling times of the sauce and the reheating temperature of the lasagna. *Idaho Food Code* rules require that foods be cooled from 140°F to 70°F within 2 hours and 70°F to 41°F

or less in 4 hours. This two-step cooling process helps to control spore forming bacteria. *Idaho Food Code* rules also require that food reheated prior to service must reach a minimum internal temperature of 165°F. This is in order to destroy any harmful bacteria that might have been introduced into the food at any point along the process. Corrective steps if these limits are not met could include cooling the sauce more rapidly with the use of ice wands and shallow pans and continuing to reheat the lasagna to make sure that the proper temperature is met.

DOCUMENTATION OF HACCP PRINCIPLES

Now that your establishment can identify some of the critical limits and steps to take to correct critical limits, the next thing to do is to implement some type of procedure to check that these Active Managerial Controls are being met. The most effective way to do this is to establish a program of documenting what is taking place.

You might consider making a written **checklist** type of sheet that allows you and your staff to record the critical limits such as temperatures. For example, with scenario number 3 above, the restaurant should develop a written sheet so that the staff member assigned to cool the meat sauce can record the temperature of the sauce every 30 minutes. In this way, the staff member will know if the sauce is cooling quickly enough, and if not, he or she can also document what was done to have the sauce cool within the appropriate time frames. This will also help the person in charge the next day to make sure that the sauce was cooled properly and is safe to use in preparing the rest of the lasagna. Written records such as these should be maintained in your establishment for several weeks. This will help you to be able to track the food items and know what processes were taking place a week ago or three weeks ago.

These types of documentation sheets could also reflect any corrective actions that were taken. Using the example of establishment #2 above, if a staff member were cooking the hamburger patties and he or she was checking the

temperature of them, they could record on the sheet what that cooked temperature was. If they checked the temperature and found that the critical limit (155°F) was not met, they could place the meat back on the grill and record on the sheet that the meat was not fully cooked and returned to the grill. The next day, the manager of the restaurant could review these sheets and know that the hamburgers served were cooked to the proper temperatures and that staff members knew what to do in case the proper temperature was not met.

Implementing these Active Managerial Controls also requires that the manager or owner of the food establishment provide for the staff the necessary items. Using the example of the deli in #1, if a manager identifies that proper hygiene is a critical limit for the fruit salad, he or she needs to provide the ability for the staff members to properly wash their hands, as well as provide equipment so that the staff members don't have to use their bare hands when preparing the salad. This might mean providing gloves, tongs or other utensils, as well as making sure that the handwashing sink is properly stocked and regularly used.

If cooking temperatures are the identified critical limits, a manager should provide accurate thermometers to the staff members. If cooling procedures are identified as the critical limits, the manager should provide enough shallow pans and enough space in the walk-in cooler to make sure that the cooling times will be met. He or she also might consider purchasing ice wands from the distributor and providing staff members with instructions about how to use these tools to help cool foods.

HACCP PRINCIPLES AND PLANS

By implementing these types of principles and Active Managerial Controls, you are well on the way to actually implementing a HACCP plan. For any assistance with developing these types of Active Managerial Controls, please contact your local District Health Department or other individuals who can assist with this process.

HACCP principles and Active Managerial Controls are some simple, yet very effective ways to make sure that the food you are providing your customers is safe and of the highest quality.

Summary

- HACCP stands for Hazard Analysis of Critical Control Points
- HACCP can be a very effective tool for providing safe food
- HACCP requires you to identify critical control points (CCPs) and monitor how these CCPs are met

Chapter 13 – Training Employees

As stated in the Forward, the most important purpose of **this publication is to train food establishment supervisors**. It is not designed for other employees of the food establishment, although all levels of the food industry may find it useful. It is the responsibility of the management to ensure that all employees are fully aware of food safety and sanitation practices that are pertinent to their job(s) in the food establishment. It is the purpose of this section to discuss employee training and provide helpful hints for accomplishing this important task.

FOOD ESTABLISHMENT TRAINING CHALLENGE

Based on some national statistics, the average age of an institutional food service worker is less than 25 years old, and that person remains on the job for less than one year. According to a representative of a national restaurant chain, its business "is a 7 billion dollar company run by teenagers...and experiences a 200% turnover rate." The turnover rate of supervisors is quite a bit less. Of course, the statistics vary depending on the type of food industry. Regardless of the numbers, this information suggests that an owner or operator of a food establishment must assume that **training of food workers will be a continual and necessary function.**

Supervisors (or managers) must assume a primary responsibility for food safety and sanitation training in a food establishment. In most cases, supervisors occupy the important position between management and the other employees. His or her role is often to train employees in their tasks and provide ongoing supervision. During this training, food safety and sanitation training should be included.

TRAINER MUST BE KNOWLEDGEABLE

One of the purposes of the Idaho Food Safety and Sanitation Supervisor Training Program is to help supervisors become knowledgeable about food safety and sanitation matters. The *Idaho Food* Code lists 15 questions in Section 2-102 that a supervisor **must** know. These

questions are also listed in Chapter 15 of this manual. A supervisor cannot teach, recognize or monitor food safety and sanitation in the food establishment unless he or she has knowledge about these matters.

This manual is the key for understanding food safety and sanitation. The supervisor who has studied this manual sufficiently knows how to prevent foodborne disease outbreaks. Numerous examples are provided so the supervisor can understand and **appreciate** the public health principles behind certain requirements with which the food establishment is expected to comply. Furthermore, the manual is a resource of materials for training. **It is intended to provide employees with information needed to prevent foodborne disease outbreaks.**

METHODS OF EMPLOYEE TRAINING

There are various methods for training employees. However, for the purpose of food safety and sanitation training in food establishments, only three methods will be briefly discussed here.

Initial Training. Initial training of employees may be done in groups or one-on-one.

- Group training requires more organization and formal presentation. However, it is an effective method of getting information to employees who have not been previously trained. Your local health department can assist you in organizing training by this method.
- One-on-one training is effective for an employee who is replacing another. Its primary value is that food safety and sanitation information can be tailored to the type of work the employee will be doing. For example, a dishwasher who does not handle food does not necessarily need to be trained in temperature control of food. Training in personal hygiene and dish washing procedures may be sufficient.

Monitoring and Reinforcing Training. Following training, monitoring the performance of employees will

assist the supervisor in determining the effectiveness of the training and where additional emphasis is needed. Watching an employee doing his or her tasks is crucial for ensuring that the employee understands and is putting into practice proper food safety and sanitation methods.

Continuing Education. Generally, food establishments have periodic meetings with employees to discuss operations and other matters. No such meeting should be without some aspect of food safety and sanitation training. The subject is every bit as important as the subject matter for which the meeting was called.

MANUAL USAGE

This manual is designed for educating the supervisor and to serve as a resource for training other employees. There are various training methods and different training needs for food establishment employees. Therefore, no specified method or agenda is proposed in this manual. It is to be used as the management or supervisor sees fit. The manual is not copyrighted.

TRAINING ASSISTANCE

Nobody wants your food establishment to succeed in this training effort as much as your health agency. Adequate training will certainly contribute to a better understanding of food safety and sanitation. With this knowledge and with responsible performance, a reduced threat of foodborne disease outbreaks can be assured. In addition, the food establishment will undoubtedly score higher on health department inspections.

Although each food establishment has the primary responsibility for training their employees, your health agency will be happy to provide additional assistance. For information on how your health agency can help you with your training needs, contact your local health department office. See the inside cover of this manual for contact information.

Chapter 14 – What to do if an Outbreak Occurs

Should a foodborne disease outbreak occur in a food establishment, the impact on the business and its victims can be enormous. This section pertains to what to do if a foodborne disease outbreak strikes your business.

WHEN TO SUSPECT AN OUTBREAK

From time to time, a food establishment may receive a call from customers who claim that they and/or others ate food at the restaurant or had drinks or consumed food manufactured by a food processor and became sick.

All calls (or visits) should be considered legitimate. Employees should direct all such calls to the manager or person in charge immediately. **It is extremely important that the following information be obtained from the caller:**

1. Name, address and telephone number of person calling;
2. Who became ill and what were their symptoms;
3. Was the illness diagnosed by a physician (get physician's name if diagnosed);
4. What foods and/or drinks were consumed;
5. What was the day and time the food was consumed;
6. Who was the waitress, bartender or person who served or provided the food, if any; and
7. Other information that may seem important at the time.

Write the information down. Include the date and time the person called. Inform the caller that the complaint will be investigated immediately, and the management will call back within a specified period of time.

The information needs to be promptly evaluated and a decision made on the likelihood that an outbreak has occurred. There are no clear cut guidelines. The best rule of thumb is to **consider that a foodborne disease outbreak may have occurred when two or more persons experience a similar illness, usually gastrointestinal, after eating a common food**.

After giving the matter proper consideration and the management has reason to believe that a foodborne disease outbreak ***may*** have occurred, the following contacts are important:

Health Department. Contact your local health department immediately. See the inside front cover of this manual for contact information. Many times the customer will also contact the local health department. It benefits your food establishment to contact the health department also.

Your Attorney. Advise your attorney of the situation and the action taken. Although your attorney will most likely recommend that you cooperate fully with the health department, he or she may want to be included in the investigation to ensure that the rights of all concerned are properly respected.

Your Insurance Agent. Depending on the nature and the extent of the outbreak, your insurance company may become involved. It is advisable to inform your agent at the beginning of an official investigation.

FOODBORNE DISEASE OUTBREAK INVESTIGATION

Once an official foodborne disease outbreak investigation has begun, the management needs to be aware of the following health department activities:

Interviews. Investigating a foodborne disease outbreak is a lot like detective work. Health department staff will be asking a lot of questions, not only of food establishment employees, but also of people who allegedly have become ill. Two fundamental questions need to be answered:

- What food caused the illness; and
- What went wrong to cause the illness.

Healthy individuals who ate at the same time might also be interviewed. This will help to identify what foods might have caused the illness.

Isolating the Disease. Depending on the nature of the foodborne disease outbreak, preventing additional cases is paramount. Such control measures that may need to be implemented immediately are as follows:

- Excluding sick employees from food-contact work;
- Using alternate food processing or preparation methods; and/or
- Closing the establishment.

The *Idaho Food Code* Section 2-201.12 requires that you ***exclude*** any food worker diagnosed with any of the following diseases:

- Hepatitis A
- Shiga toxin producing *E. coli*
- Shigellosis
- Salmonellosis

An exclusion means that the employee cannot work in the food establishment. In addition, the *Idaho Food Code* requires that an employee who is jaundiced (yellowish coloring of skin and/or eyes) be excluded.

It is also required that you ***restrict*** employees from having any direct contact with food if they are experiencing any of the following symptoms:

- Nausea
- Vomiting
- Diarrhea
- Sore throat with fever
- Open wounds on the hands or arms

A restriction means that the person can work, but must not be allowed to have direct contact with the food, clean equipment, utensils, linens, and unwrapped single-service items.

These restrictions and exclusions are extremely important because a person experiencing these symptoms or diseases can easily transmit pathogenic bacteria in food.

Sampling. Collecting food and environmental samples is an important activity during a foodborne disease outbreak investigation. Finding or not finding the suspected organism or agent in a specific food is significant in determining the cause of the outbreak. Also, it is not uncommon to obtain stool, vomitus and/or blood samples from victims and employees.

Embargo. Suspected foods in foodborne disease outbreak investigations may be placed under embargo until a determination can be made as to its safety or status. Such foods will be properly identified, and the **food must remain undisturbed until the embargo is lifted.**

Reports. Several reports are generated as a result of the investigation. A special inspection report is generally completed during the course of the investigation. It is similar to a regular inspection but only addresses conditions relating to the outbreak. Also, case investigation reports are generated.

CONSEQUENCE OF THE INVESTIGATION

Health laws and regulations require certain investigations and reporting of foodborne disease outbreaks. The consequence of an investigation is as follows:

- **Determines if a foodborne disease outbreak actually occurred**. Many complaints to the health agencies about possible illness from food consumed at a food establishment are the result of another cause. Also, occasionally the health agency determines that an actual outbreak was not associated with the food establishment;
- **Identifies the factors associated with the outbreak**. The investigation attempts to identify the food that caused the outbreak, why it caused the outbreak, the number of cases associated with the outbreak and other factors. This information contributes to better understanding the outbreak. Also, reports generated from an investigation are submitted to the Idaho Department of Health and Welfare for state and national statistical purposes; and

- **Provides for assisting the food establishment in preventing future outbreaks**. The primary purpose of the investigation is to prevent further illness. With the information obtained from the investigation, the health agency can work with the food establishment in putting additional emphasis on specific food safety and sanitation practices to prevent future outbreaks.

Chapter 15 – Review and Important Areas of Knowledge from the *Idaho Food Co*

*This chapter is a review of the critical information contained in this manual. Reviewing this chapter alone will ***not*** prepare someone to take and pass the accompanying exam. However, review of this chapter will provide basic information necessary to provide safe food.

Some or all of these questions might be asked during a regular inspection of the food establishment. These questions are also found in the *Idaho Food Code* Section 2-102.

> (1) Describe the relationship between the prevention of foodborne disease and the PERSONAL hygiene of a FOOD EMPLOYEE.
>
> This item deals with handwashing. Bacteria are found everywhere, including our hands, nose and throat, and clothing. Some of these germs on our hands can cause "food poisoning." Proper handwashing helps to remove these germs from our hands. Hands must be washed throughout the work shift and especially after using the restroom, working with raw meats, coughing, sneezing, touching the face or hair, and touching dirty dishes. Using clean gloves or other utensils when touching food also helps stop these germs from getting into food, but hands must be properly washed before wearing gloves.
>
> (2) Explain the responsibility of the PERSON IN CHARGE for preventing the transmission of foodborne disease by a FOOD EMPLOYEE who has a disease or medical condition that may cause foodborne disease.
>
> It is the responsibility of the person in charge to make sure that food workers who are sick not be allowed to work with the food while that person is sick. Workers who are sick can easily spread germs through food and that might make someone else sick. If a worker is diagnosed with any of the four following sicknesses, he or she must not be allowed to work in the food establishment:
>
> - Hepatitis A
> - E. coli
> - Shigellosis
> - Salmonellosis

(3) Describe the symptoms associated with the diseases that are transmissible through food.

Common symptoms include nausea, vomiting, diarrhea, fever, jaundice, sore throat with fever, and/or abdominal pain.

(4) Explain the significance of the relationship between maintaining the time and temperature of POTENTIALLY HAZARDOUS FOOD and the prevention of foodborne illness.

Some germs grow well when left at temperatures between 41°F and 135°F. If foods like meats, salads, cooked rice, casseroles, soups or cooked vegetables are left out at these temperatures for four hours or longer, eating that food could make you sick.

(5) Explain the HAZARDS involved in the consumption of raw or undercooked MEAT, POULTRY, EGGS, and FISH.

Foods that are undercooked might not have all of the dangerous germs in the raw food destroyed. This means that undercooked foods can increase your risk for “food poisoning”.

(6) State the required food temperatures and times for safe cooking of POTENTIALLY HAZARDOUS FOOD including MEAT, POULTRY, EGGS, and FISH.

Food	Properly Cooked Temperature
Poultry	165°F
Ground Meats	155°F
Eggs, fish, all other meats	145°F

These temperatures must be reached for a minimum of 15 seconds.

(7) State the required temperatures and times for the safe refrigerated storage, hot holding, cooling, and reheating of POTENTIALLY HAZARDOUS FOOD;

Hot foods must be held at or above 135°F. Cold foods must be held at or below 41°F. Foods must not be left between these temperatures for more than 4 hours. When cooling foods, the

foods must be cooled from 135°F to 41°F within 4 hours. All foods must be reheated to 165° within a 2-hour time frame.

(8) Describe the relationship between the prevention of foodborne illness and the management and control of the following.

(a) Cross contamination.

Food workers must be careful to not allow any raw meats to come into contact with other foods. This means that raw meats must be stored below vegetables or other foods that won't be cooked.

(b) Hand contact with READY-TO-EAT FOODS (RTE).

Food workers must use gloves, utensils, or other devices to prevent bare hand contact with RTE foods. This is because germs from the hands can be easily spread to the RTE food and those germs could make other people sick.

(c) Handwashing.

Handwashing is very important even though you are also supposed to use gloves or other devices to avoid bare hand contact with food. Putting on gloves without washing your hands first only results in dirty gloves. Handwashing helps to make sure that germs are removed from the hands. Without proper handwashing, these germs could get into the food and make other people sick.

(d) Maintaining the FOOD ESTABLISHMENT in a clean condition and in good repair.

Maintaining the food establishment in a clean condition helps employees to realize and practice other cleanliness practices. In addition, many customers will judge the quality of your food establishment when they first walk in. If a customer thinks that your food establishment is not clean and the equipment is not in good repair, it is likely that customer will not return.

(9) Explain the relationship between FOOD safety and providing EQUIPMENT that is:

(a) Sufficient in number and capacity.

Having the right equipment for the job is more economical and results in an easier ability to keep the equipment clean.

(b) Properly designed, constructed, located, installed, operated, maintained, and cleaned.

Equipment must be designed and constructed correctly so that it is easy to operate and do the necessary job. Equipment must be cleaned frequently to make sure that leftover food particles don't stay on the equipment and contaminate other foods.

(10) Explain correct procedures for cleaning and SANITIZING UTENSILS and FOOD-CONTACT SURFACES of EQUIPMENT.

All equipment including forks, knives, spoons, plates, and other food contact surfaces such as counter tops and cutting boards must be cleaned in the following way: wash (with soap and warm water), rinse (with clear warm water), sanitize (use manufacturer's instructions) and air dry. Even though equipment might look clean, it still needs to be sanitized and allowed to air dry.

(11) Identify the source of water used and measures taken to ensure that it remains protected from contamination such as providing protection from backflow and precluding the creation of cross connections.

Food establishments must have approved water sources. In most cases, this will be a municipal water system such as the City of Boise. In some cases, the water supply might be an approved well. Hoses used for filling sinks or mop buckets must not be left in the sink, bucket, or on the floor. This will result in a "cross connection" and can result in whatever else is on the floor or sink to be siphoned back into the water supply.

(12) Identify POISONOUS OR TOXIC MATERIALS in the FOOD ESTABLISHMENT and the procedures necessary to ensure that they are safely stored, dispensed, used, and disposed of according to LAW.

Toxic materials might include cleaning agents, sanitizing agents, and first aid items. These types of items must be stored separately from foods. These types of items, if accidentally added to the foods, can cause immediate sickness. If you use any spray bottles, they MUST be labeled. Even if it's only just plain water, label it!

(13) Identify CRITICAL CONTROL POINTS in the operation from purchasing through sale or service that when not controlled may contribute to the transmission of foodborne illness and explain steps taken to ensure that the points are controlled in accordance with the requirements of this Code.

Critical control points are factors that must be controlled in order to serve safe food. Critical control points might include cooking temperatures, cooling procedures, personal hygienic practices, and holding temperatures.

(14) Explain the details of how the PERSON IN CHARGE and FOOD EMPLOYEES comply with the HACCP plan if a plan is required by the LAW, this Code, or an agreement between the REGULATORY AUTHORITY and the establishment.

A HACCP plan is required for food processors. A HACCP plan will involve identifying the critical control points and implementing Active Managerial Controls for those points.

(15) Explain the responsibilities, rights, and authorities assigned by this Code to the:

(a) FOOD EMPLOYEE.

The food employee has the responsibility of delivering safe, quality food to the person eating it. This means the food employee needs to know how to correctly wash hands, cook and prepare food, cool food, clean and sanitize surfaces and utensils, etc.

(b) PERSON IN CHARGE.

The person in charge has the same responsibilities as the food employee. In addition, the person in charge needs to be responsible for training the food employees to know the information contained in this chapter. That means that the

person in charge also needs to know the information in this chapter.

(c) REGULATORY AUTHORITY.

The regulatory authority has the responsibility of conducting inspections to make sure that the food is safe for the people eating it. Part of that inspection might include asking you, the food worker or person in charge, some or all of these questions. The regulatory authority also has the responsibility of providing necessary information, if requested, in order to keep foods safe.

GLOSSARY

ACIDITY – The degree of being acid.

ADULTERATED – Food which: 1) bears or contains any poisonous or deleterious substances; or 2) consists in whole or in part of any filthy or decomposed substance or is otherwise unfit for human consumption; or 3) has been processed, prepared, packed or held under unsanitary conditions where it may have been contaminated with filth or rendered injurious to health; or 4) is in whole or in part the product of a diseased animal or an animal which died from causes other than slaughter; or 5) its container is composed in whole or in part of any poisonous or deleterious substance which may render the contents injurious to health; or 6) is potentially hazardous and has been held for more than four hours at a temperature above 41°F and below 135°F.

AEROSOL – Spray.

AIR GAP – A means of cross-connection control which eliminates the physical link between a safe water supply and potentially unsafe water. Air gap must be equal to at least two times the effective diameter of the inlet.

ALKALINITY – The degree of being alkaline.

AMEBIASIS – An infection or disease caused by a protozoan parasite.

ANTICOAGULANTS – A substance which inhibits coagulation of the blood.

BACKFLOW – The reversal of normal flow in a system due to an increase in the downstream pressure above that of the supply pressure.

BACKSIPHONAGE – The reversal of normal flow in a system caused by a vacuum or partial vacuum in the water system.

BACTERIA – A group of microscopic organisms found in the environment that are important to man because of their chemical effects and as pathogens.

BACTERIOLOGICALLY SAFE (EATING UTENSILS) – A reduction of pathogenic bacteria on eating utensils to a safe level.

BAINMARIES – Sink-like basin in a table top with a hot-water bath for keeping foods hot.

BOTULISM – An acute food poisoning caused by a toxin secreted by a specific species of bacteria.

CERTIFICATION NUMBER – A number assigned to shellfish shippers, packers, etc., for identification and regulatory purposes.

CIGUATOXIN – Poison found in intestines, roe, gonads, and flesh of tropical marine fish.

CLOSTRIDIUM perfringens – A food poisoning bacteria that produces endo-enterotoxin during sporulation.

COMMUNICABILITY – The extent of a disease to being transmitted.

CONTAGIOUS – A state of being able to easily transmit a disease.

CONTROLLED TEMPERATURE WATER (TEMPERED WATER) – Water at a temperature from 90°F to 105°F for handwashing purposes.

CRITICAL ITEMS – Activities, conditions, situations, actions, etc., found in a food establishment which represent potential danger to public health.

CROSS CONTAMINATION – The process by which disease causing organisms are transferred from raw or other foods to foods which are ready-to-eat or which receive no heat treatment in subsequent processing.

CRUSTACEANS – A group of mostly aquatic arthropods such as shrimps, lobsters, crabs and crayfish.

DANGER ZONE – Temperature zone between 41°F and 135°F in which bacteria rapidly grow.

DIRECT CONNECTION – A physical connection between pipes in a plumbing system that would allow liquids to flow from one pipe to another.

DYSPHAGIA – Difficulty in swallowing.

EMBARGO – A regulatory order prohibiting the movement of food and/or food contact materials due to public health concerns.

ENTEROVIRUSES – A group of viruses infecting the gastrointestinal tract and discharged in the feces.

EPA NUMBER – A registration number assigned by the Environmental Protection Agency for toxic items. This number is found on the container label.

EPIDEMIOLOGIC – Factors pertaining to disease control and/or investigation.

FOOD CONTACT SURFACES – Those surfaces of equipment and utensils with which food normally comes into contact and those surfaces from which food may drain, drip, or splash back onto surfaces normally in contact with food.

FOODBORNE DISEASE – A disease that can be transmitted by food.

FOODBORNE DISEASE BACTERIA – Bacteria commonly associated with a disease that can be transmitted by food.

FOODBORNE DISEASE ORGANISMS – Alive causative agents or causative agents which were once alive that cause a disease that can be transmitted by food, such as bacteria, viruses, and parasites.

FOODBORNE DISEASE OUTBREAK – Generally two or more persons experiencing a similar illness, usually gastrointestinal, after eating a common food and epidemiologic analysis implicates food as the source of illness. One case of botulism or chemical poisoning constitutes an outbreak.

FORTIFIED – To add ingredients to food for quality and enrichment purposes.

GASTROINTESTINAL – Pertaining to stomach and intestine.

GIARDIASIS – A disease associated with the consumption of water and sometimes food contaminated with a pathogenic protozoan.

HARDNESS – The concentration of calcium, magnesium or ferrous ions in water.

HEPATITIS A – A foodborne disease virus.

HERBICIDE – A chemical that kills plants.

HISTAMINE – A compound found in animal tissue which plays a major role in allergic reactions.

HYGIENIC – Pertaining to that which is conducive to health.

HYPOTHETICAL – An interpretation of a practical situation for determining a course of action.

INDIRECT CONNECTION – A potential for a cross-connection where plumbing systems are constructed or modified in such a way that would allow a contaminated water source to enter a safe water supply.

INJECTING UNIT – Devices in food establishment operations which inject chemicals in water at various stages of dishwashing by manual or automatic means.

INSECTICIDES – Chemicals used to kill insects.

INSPECTION REPORT – Official report used to indicate food safety and sanitation violations in food establishments.

JAUNDICE – Yellow appearance of the skin and/or the eyes.

LIFE SUPPORT SYSTEM – Usually a tank and equipment for supporting live crustaceans, fish and/or shellfish.

LISTERIA – A bacteria often associated with foodborne disease outbreaks.

MALAISE – A feeling of bodily discomfort.

MICROBIAL – Pertaining to microorganisms.

MICROORGANISMS – Microscopic organisms such as bacteria, viruses, some parasites, etc.

MICROSCOPIC – Size smaller that the unaided eye can see.

NON-POTENTIALLY HAZARDOUS FOODS – Food or ingredients which do not support the rapid and progressive growth of foodborne disease organisms.

NORMAL FLORA – Bacteria normally residing on or within the body.

OPTIMUM – The most favorable condition for the growth of bacteria.

ORGANISMS – In the context of this publication – bacteria, viruses, parasites, etc.

ORGANOLEPTICAL – Pertaining to primarily the senses of taste, smell, and sight.

PARASITES – Mostly protozoans and various worms that affect health.

PARASITIC WORMS (PERTAINING TO FISH) – Nematode worms found in the flesh of fish which can cause illness when consumed.

PASTEURIZED – Food heat treated to a temperature to kill pathogenic bacteria, but not all bacteria.

PATHOGENIC – Disease causing.

PESTICIDES – Chemicals used to kill plant, insect and/or animal pests.

pH (FOR FOOD AND WATER) – Symbol relating the hydrogen ion concentration. Numerically, the pH values range from 0 to 14 with 7 representing neutral. Numbers less than 7 indicate acidity and numbers greater than 7 indicate alkalinity.

PHYSICAL BREAK – A break in the plumbing drainage system that would allow overflow before waste could back further up the drainage system. Example: a drain from an ice machine in a floor sink is a physical break in the plumbing drainage system.

POOLED, POOLING – Added to or contributing to a common stock.

POST-WASHING SANITIZER DIP – A hand dip containing a sanitizer used after hand washing to ensure destruction of pathogenic organisms.

POSTPASTEURIZATION – Usually pertains to contamination after pasteurization.

POTABLE – Water suitable for drinking.

POTENTIALLY HAZARDOUS FOODS – Food or ingredients in a form that will support rapid and progressive growth of pathogenic organisms.

PPM – Parts per million.

PRECHILLED – Foods cooled to 41°F or below prior to preparation.

PRESSURE SPRAYING – Cleaning and sanitizing method utilizing portable or fixed systems utilizing high pressure spray.

PROTOZOANS – Microscopic to miniature unicellular animals of which some are pathogenic.

RECONSTITUTED – To restore to former condition by adding water.

SALMONELLOSIS – Disease caused by a number of species of the bacteria *Salmonella*.

SANITATION – The act or process of ensuring cleanliness for the protection from disease.

SANITIZATION, SANITIZING – The act of reducing microbial organisms on cleaned food contact surfaces to a safe level.

SCOMBROTIXIN – A histamine-like poison associated with consumption of temperature-abused scombroid fish such as tuna, bonitos, mackerels, etc.

SHELLFISH – All edible species of clams, oysters and mussels.

SINGLE-SERVICE ARTICLES – Tableware, carry-out utensils, bags, containers, stirrers, straws, toothpicks, wrappers, etc., which are designed, fabricated, and intended by the manufacturer for one-time use.

SINGLE USE ARTICLES – Aluminum food containers, jars, plastic buckets, barrels, cans, food wrappers, etc., intended by the manufacturer to be used once and discarded.

STAPHYLOCOCCAL FOOD POISONING – Poisoning caused by toxin produced by the bacteria *Staphylococcus aureus*.

SUBMERGED INLET – Plumbing system inlet, such as pipe or faucet, which extends below the water surface.

SWABBING – Method of cleaning using an absorbent material for applying detergent, rinse water and sanitizer.

TRANSIENT MICROORGANISMS – Organisms which are not normal flora which occur on the hands, and elsewhere, for a period of time as a result of contamination.

TRICHINOSIS NEMATODE – An intestinal roundworm that causes the disease trichinosis; (a disease resulting in the roundworm migrating to and becoming encapsulated in the muscles).

UNWHOLESOME – Not safe.

USDA – United States Department of Agriculture.

VECTORS – Insects, rodents and other animals which transmit disease.

VIRULENT – Pertaining to the relative strength or ability of a pathogenic organism to cause disease.

VIRUSES – Extremely microscopic infective agents that can cause disease.

WAREWASHING – The cleaning and sanitizing of the food contact surface of equipment and utensils.

WATER ACTIVITY (Aw) – A measure of unbound, free water in a food available to support biological and chemical reactions.