City of Wauwatosa Health Department Presents:

TOSA FOOD SCOOP

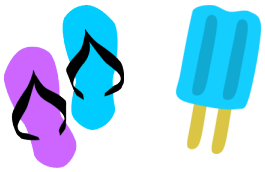
City of Wauwatosa Food Program Newsletter SUMMER 2016

Summer Time and Safe Food

Summertime presents some special challenges to food service operators and establishments. The temperature outside goes up and often will the temperature in the kitchen which can put a strain on the refrigeration units. Most refrigerators are designed to run best at temperatures below 85°F. In an effort to cool the kitchen down, back doors are propped open in hopes to improve air circulation but welcomes unwanted pests into food prep areas. In extreme instances, the food prep process is moved outside! Does any of this go on in your kitchen?

Here are some precautions to take to minimize the effect of the summer heat :

- Have the refrigerator and freezer units serviced before of the summer season. It is doubtful that a refrigerator set to 41°F two hours before opening will keep that same temperature during the busy lunch rush. Set internal temperatures to be 35°-37°F when refrigeration units are not in use. Check this temperature first thing in the morning. If the units are properly set, they should maintain 41°F even during the busy times of business.
- Refrigeration units under and across from the cook line are of special concern because they typically work harder to maintain the proper cold temperature (41°F). All refrigerators must have a built-in temperature gauge or an internal thermometer. Check temperatures throughout the day. If food temperatures are going up, adjust the refrigerator temperature or move the food to a refrigerator that will keep the proper temperature.
- If the back door is opened to let in cooler air, a screen door must be installed to keep flies and other pests out. The screen door must be self-closing and it must fit tightly in the door frame. If there is visible light from around or under the door, the gaps must be sealed.
- Increase pest control services if an increase in flies or other pests is noticed. Pest control must only be provided by a licensed contractor. Help keep pests - rodents, birds, flies - away by keeping dumpster lids closed.
- Food preparation should only be done inside the kitchen. There is no reason for food preparation to be done outside.
- When food is delivered, refrigerate quickly. The longer it sits out of refrigeration, it is more likely to be in the Danger Zone temperatures (41°F -135°F).In the Danger Zone, foodborne bacteria can grow quickly and possibly make people sick.



TIPS for Achieving Active Managerial Control

How do you control food borne illness risk factors at your establishment? Active Managerial Control (AMC) has proven to be useful tool in minimizing food borne illness risk factors. AMC spreads the responsibility of food safety to employees, not just the manager or person in charge. Refer to the January 2016 edition of Tosa Food Scoop newsletter or talk to your inspector for more information on active managerial control. Here are some tips for AMC:

- Have regular staff meetings
- Require food safety training
- Delegate employees to conduct line checks and temperature checks
- Correct mistakes as soon as you see them
- Conduct internal inspections and also, have your employees do self inspections

Start by being an active manager at your facility by having policies in place, provide training and following through with verification.

Beyond the Recognition Program

In order to bring more attention to the food safety management system known as active managerial control (AMC), the City of Wauwatosa Health Department is introducing its AMC Recognition Program in 2016. The purpose is to recognize food service operators, owners or other persons in charge who are actively implementing AMC practices to minimize food borne illness factors in their facilities. Operators who are recognized will be featured in this newsletter at the end of the year.

Your Feedback Is Important!

Earlier this year, the City of Wauwatosa Health Department instituted a customer satisfaction survey. We are collecting feedback for our customers, food establishment operators. **We would like your input!** If you have not done already, please take two minutes to answer a few simple questions.

You can complete the survey online by visiting

https://www.surveymonkey.com/r/whdfood

Thank you for your participation!

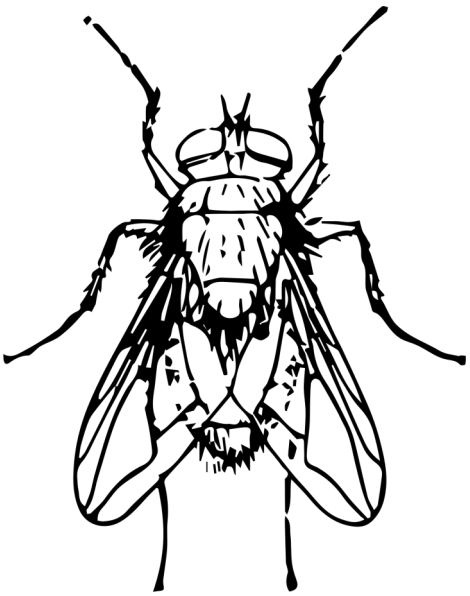
Eliminating Fruit Flies

Fruit flies are one of the most invasive restaurant pests in Wisconsin this time of year. Fruit flies thrive on fruit and vegetable matter. Keeping fruits and vegetables from becoming nesting grounds for these pests are vital not only for keeping them out of the kitchen, but also for food safety. The most important part of fruit fly control is preventing them from spreading, you can do that by eliminating places for them to eat and breed.

Fruit flies prefer to eat fruit, but they will settle for any vegetable matter, especially if its spoiled or rotting. Storing normally shelf stable produce under refrigeration rather than on counter surfaces will keep your fruits and vegetables out of warmer temperatures in which fruit flies thrive. Maintaining produce quality for items that are located in dry-storage locations is vital. A potato or squash that has begun to rot will not only attract pests, it will become a major breeding ground that has the potential to infest your entire work space. Keeping your produce clean and free of spoiled items will greatly reduce your risk.

After emptying garbage cans , rinse them with hot water to eliminate any bits of food or juices that may remain. Always run the garbage disposal for an extra 30 seconds, with running cold water, to clear the area inside the disposal of fruit fly food sources.

Fruit flies need damp places to breed, and one of the most common spots for this in a restaurant is the inside of floor drains. For the most effective fruit fly control, removing this spot as a breeding ground will get rid of a large portion of the problem. Pour a gallon of boiling water on the floor around the drain each night. The hot water should stream down the sides of the drain. This will rinse the sides of the drain pipe and remove food particles while killing off any fruit fly eggs. Repeated boiling water treatment is one of the most crucial actions to take and should be done not matter how minor the problem is in your kitchen.



Final Cooking Temperatures and Foodborne Illness

Cooking doesn't just make food taste good—it also makes food safe . Heat kills illness-causing organisms found in food.

How do I know it's thoroughly cooked?

Food is safe to eat when cooked to the following temperatures:

165F– Chicken; turkey; stuffed meats; fish or pasta; stuffing or casserole containing raw animal product

155F– Hamburger; sausage; ground meat or fish; mechanically tenderized or injected meat (includes most commercially packaged steaks); eggs kept hot and immediately served

145F– Fish; seafood; raw shelled eggs; beef; pork; commercial or inspected game animals

Cooking at a certain temperature for a certain amount of time doesn't mean food is thoroughly cooked. Only the final temperature matters. Use a thermometer to check food's final temperature.

What if the food isn't thoroughly cooked?

Different illness-causing organisms are associated with different foods. For example, under cooked chicken can be contaminated with:

-Campylobacter, which causes diarrhea and vomiting.

-E.Coli, which causes severe diarrhea, abdominal pain, vomiting and possibly kidney failure

-Salmonella, which causes diarrhea and vomiting

-Vibrio, which causes diarrhea, nausea, fever and vomiting

Any of these can be fatal to a child or person with an weakened immune system.

Required final temperature is based on what it takes to kill the illness-causing organisms associated with a food. If the food doesn't reach its required final temperature ,people can get sick.

Contact Us

City of Wauwatosa Health Department
7725 W. North Avenue
Wauwatosa, WI 53213
Phone: (414) 479-8936

www.wauwatosa.net/health

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