

THE CENTRAL KITCHEN

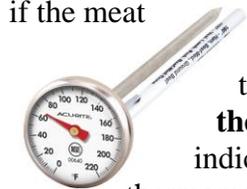


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Use that Thermometer

A common belief among cooks is that chicken is safe if juices run clear. Burgers are safe if they're brown inside, not pink.

However, safely cooked chicken can actually appear pink, depending on chemical changes during the cooking or grilling process. Preservatives called nitrates or nitrites also can cause a pink color, which is more common in younger birds with thin skin. When it comes to beef, color can be affected by the meat's acidity and even fat content. Lower-fat beef patties require more cooking and higher temperatures. Beef also can turn brown before reaching a safe temperature if the meat



was ground from an older animal, stored for a long time or exposed to too much air. **Bottom line: use the thermometer!** Color is not a reliable indicator of doneness. Only a

thermometer can measure whether food is fully cooked. Poultry should be cooked to an internal temperature of 165 degrees, ground beef to 155 degrees. Pork, seafood and medium-well cooked beef should have a temperature of 145 degrees.

Email Addresses Please

Please provide an email address to the Central Michigan District Health Department if you have one. Use the space provided on your **License Renewal Application**. We would like to use it for sending inspection reports and other correspondence quickly and efficiently. It is a cost effective means of communication and environmentally friendly too. Help save a tree!



Some "Unsavory" Statistics

- ~ 48 million cases of foodborne illness occur in the USA each year, which means one in six Americans get sick from something they eat!
- ~ Food poisoning causes 3,000 deaths and 125,000 hospitalizations each year at a cost of \$14.1 billion!
- ~ In 62% of restaurants where raw ground beef was handled with bare hands, no hand washing was observed between handling raw ground beef and cooked ground beef or other ready-to-eat foods!
- ~ Twenty percent of food workers interviewed in 2008 admitted to working one or more shifts during the previous year while experiencing vomiting or diarrhea!

(Source: Centers for Disease Control and Prevention)

Common Food Safety Myths

Myth: Properly cooked food can't cause foodborne illness.

Myth Buster: Vegetables and thoroughly cooked food can suffer "cross-contamination," which happens when bacteria from raw chicken, for example, comes in contact with cooked food. Cross-contamination also may result if food-preparation surfaces aren't properly cleaned and sanitized, or if raw and cooked foods are stored near each other.

Myth: Freezing food kills germs.

Myth Buster: While low temperatures slow the growth of bacteria, some bacteria survive even subzero temperatures. At least 162 people developed hepatitis A last year after eating frozen pomegranate seeds, which are often used in smoothies.



Myth: People can avoid food poisoning by giving up meat.

Myth Buster: Fresh produce is linked to nearly half of all cases of foodborne illness — more than any other type of food, according to the CDC. That's partly because fruits and vegetables can be contaminated in a variety of ways and are often served raw. For example, America's most popular melon, cantaloupes were involved in a serious listeria outbreak in 2013.



Active

Managerial

Control



Food service *managers* who are *active* in *controlling* food safety risks in their kitchens are less likely to serve unsafe food.

Hence the phrase: **“Active Managerial Control.”** Managers do this by requiring all workers to focus on the following five concerns:

1. *Does the food we prepare and serve come from approved sources?*
2. *Is the food in our kitchen being cooked adequately?*
3. *When foods are held hot or cold, are they being held at temperatures that prevent bacteria growth?*
4. *Are we protecting our equipment from being contaminated?*
5. *Do all our employees practice good personal hygiene?*

Active Managerial Control is simply a **proactive** rather than **reactive** approach to food safety. In other words, it involves focusing on the common **risks** that can undermine the safety of food, and minimizing those risks **before** the safety of the foods you prepare can be compromised.

Contact your local CMDHD office for . . .

- **Posters** to educate and inform employees. Including: Employee Illness Guidelines, Food Allergy Awareness; Dishwashing; Safe Food Temperatures; Hand washing; Cooling Procedures; etc.
- **Classes** to help train employees: Food Worker training; ServSafe certification.
- **Information** you may have questions about: Smoke Free-Law, Food Code requirements, Food Law, Plan Review, etc. We're here to help!

Get Smart about Smart Phones

Here's something we don't think about much: Could cell phone usage in kitchen prep areas become a food safety concern? **Unfortunately, the answer is “Yes!”** A recent report from McCloud Services in the U.K. states that one out of six phones tested contained fecal contamination! Obviously, the unsanitary condition of



phones is of particular concern when working in food facilities. Several foodborne illnesses are associated with fecal material transferring to food, including E.coli. Although food workers may wash their hands and use gloves, touching a contaminated phone after washing could compromise hand hygiene and spread disease. McCloud suggests the following precautions:

- Use sanitizing wipes to sanitize your phone. However; check the manufacturer's recommendations first so you do not damage the screen!
- Require hand washing after using phones in the work area.
- Or better yet, prohibit cellphone use in the work area entirely. Make the kitchen a **“no cell phone zone.”**

