

THE CENTRAL KITCHEN

A publication of Central Michigan District Health Department



Proper handwashing will prevent foodborne illness

Did you know that the Centers for Disease Control and Prevention (CDC) estimates that every year 48 million Americans are infected with a foodborne illness and 3,000 people die as a result?

One type of bacteria that causes foodborne illnesses is found on the skin of 25% of the population and causes no harm; however, if the same bacteria gets into food, it can rapidly multiply and cause foodborne illness. That is why one of the most effective and easiest ways to reduce the spread of foodborne illness is by proper hand washing. Not only is it important for food handlers to know how to wash their hands, they also need to know when to wash their hands. Hands should be washed:

- Before beginning work
- After touching hair or bare skin
- After coughing, sneezing, using a tissue, and both after using the restroom and returning from the restroom
- After touching garbage
- Before putting on gloves
- After handling uncooked meat, chicken, seafood or eggs or dirty equipment or utensils.
- After cleaning with chemicals

The CDC also estimates that the average food worker correctly washes their hands when they should 33% of the time. It is important that food managers provide routine training on proper handwashing techniques, remove barriers that may interfere with handwashing -- such as sink access or time constraints, and modify food preparation steps to reduce the number of times handwashing is needed. Proper handwashing should take about 20 seconds and if done properly, has the potential to save numerous lives!



Protect Against Norovirus in Food Establishments

Norovirus is the leading cause of foodborne illness in the United States and can cause acute gastrointestinal symptoms including vomiting and diarrhea. Norovirus results in an average of 900 deaths a year.

Although outbreaks can occur at any time of the year, most occur during the months of November through April. The Centers for Disease Control and Prevention (CDC) estimates that infected food workers spread 70% of these infections.

Norovirus can survive on food until heated to 140 degrees Fahrenheit, can survive on countertops for up to 2 weeks, and is resistant to many common disinfectants and sanitizers. Therefore, it is important that the food service workers practice proper hygiene techniques to reduce the spread of this disease. The three most important control methods are proper handwashing, avoiding bare hand contact with ready-to-eat foods, and number one is prohibiting food workers from working while sick.

protect yourself from norovirus



▶ wash your hands often



▶ cook shellfish to 140°F or higher



▶ when you are sick, don't prepare food or care for others



▶ rinse fruits & vegetables thoroughly



▶ after vomiting or having diarrhea, immediately clean & disinfect surfaces & wash soiled laundry



Food workers with vomiting and diarrhea must be excluded from the food establishment until they are symptom free for at least 24 hours or can provide medical documentation that the individual is not contagious.

Additionally, if a food worker is diagnosed with Norovirus, they may not return to the food establishment until approval has been received from the Local Health Department and (in most cases) they are free of symptoms for at least 48 hours (Michigan Food Code 2-201.13 (D)).



Hair Restraints

Reminder: The Michigan Food Code section 2-402.11 requires all food handlers to wear an effective hair restraint that covers all exposed body hair. Hats, caps, hair nets and beard restraints are all reasonable forms of hair containment. These must be worn to effectively keep hair from contacting and contaminating exposed food, clean equipment, utensils, unwrapped single service items, and single use articles. The hair restraint also serves another important function by deterring food handlers from touching their hair and contaminating their hands.



Temperature Danger Zone

The temperature range where disease causing bacteria grow best in time/temperature control for safety (TCS) food is called the temperature danger zone. Foods left too long in the temperature danger zone can cause foodborne illness.

- 41 degrees F to 135 degrees F is considered the temperature danger zone.
- TCS food must pass through this zone as quickly as possible.
- Keep cold food cold and hot food hot.
- Always use a thermometer to check the temperatures of food.



Product	Internal Cooking Temperatures
Poultry (whole or ground - duck, chicken, turkey) Stuffing, stuffed meat and dishes that include previously cooked, potentially hazardous ingredients 	165° 165°F (74°C) for 15 seconds
Microwave cooked Eggs, poultry, fish, meat	165°F (74°C) let food stand for 2 minutes after cooking
Ground meats - beef, pork, or other meat, fish 	155° 155°F (68°C) for 15 seconds
Injected meats - (including brined ham & flavor-injected roasts) 	155°F (68°C) for 15 seconds
Pork, Beef, Veal, Lamb 	145° Steaks / Chops: cook to an internal temp. of 145°F (63°C) for 15 seconds Roasts: 145°F (63°C) for 4 minutes
Fish 	145°F (63°C) for 15 seconds
Fresh shell eggs for immediate service 	145°F (63°C) for 15 seconds
Commercially processed ready-to-eat foods held for service	135°F (60°C)

135°
Temp
DANGER
Zone
41°

Minimum Internal Cooking Temperatures

Minimize "Danger Zone" temperatures during preparation, cooking, & cooling. After 4 hours in the "DZ" food is considered adulterated and must be discarded.

When cooling potentially hazardous food, the temperature must be lowered from 135°F to 70°F in 2 hours and then from 70°F to 41°F or below in the next 4 hours to prevent bacterial growth.

Emergency Action Plan

As the owner of a food establishment, do you know what to do when the power goes out? All food service facilities owners and managers should be aware of policies and procedures related to emergencies. A guidebook is available and covers what to do if there is: loss of electrical service, loss of water, bacteria contamination of water, sewage back-up, fire, flooding, or vomit and stool clean-up.

To find this guide online please visit:

<https://www.michigan.gov/mdard/about/emergency/emergency-action-plans-for-retail-food-establishments>.



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Promoting Healthy Families, Healthy Communities

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