



December 2013

THD FOOD FOCUS

TULSA HEALTH DEPARTMENT ENVIRONMENTAL PUBLIC HEALTH

***** Visit us online at www.tulsa-health.org/food-safety

Salmonella

The CDC (Center for Disease Control) states that estimating illness, hospitalizations and deaths for various types of diseases is a common and important public health practice. The 2011 estimates provide the most accurate picture yet of which food borne bacteria, viruses and microbes (pathogens) cause the most illness in the United States. Salmonella is one of the top five pathogens that contribute to food borne illness. This bacteria is commonly associated with chicken but may also be transmitted through any kind of animal product or food that has been contaminated and has not been cooked adequately. By thoroughly cooking, Salmonella can be eliminated from food without leaving a toxin. Salmonella can also be introduced into food after cooking by cross-contamination or poor hygienic practices of food handlers. Salmonella may also be acquired through recreational water and live animal exposure.

Food employees may also spread this disease via the fecal-oral route so it is extremely important that hands be washed after using the restroom and again when reentering the kitchen.

To prevent Salmonella it is important to use thermometers when checking food temperatures to ensure that food is cooked or reheated thoroughly. Check the food in the thickest part of the item. Ensure that food is cooked and reheated to proper temperatures. Remember to adequately wash hands after handling raw meat products or going to the restroom.

Source: CDC-Estimates of Food Borne Illness in the US, 2011

Myth Buster

Myth

I should use lots of bleach to sanitize.

There is no advantage to using more bleach. Overuse can be harmful because it is not safe to consume. To create a sanitizing solution, use 1 tablespoon of unscented liquid bleach per gallon of water. Leftover sanitizing solution can be stored, tightly covered, for up to one week. After that, it has lost its effectiveness.

Personal Hygiene It's In Our Hands

According to the Center of Disease Control, the leading cause of food borne illnesses is poor personal hygiene. Approximately 40% of food borne illnesses in the United States results from a lack of handwashing.

The Food and Drug Administration recommends three steps to curb the proliferation of germs in food service establishments: restrict ill employees from working, conduct thorough and frequent handwashing while preparing food, and do not allow bare hand contact with ready to eat foods. By developing a food safety atmosphere in your establishment there can be an assurance that good food safety practices, and in particular, good personal hygiene practices persist over time.

All employees must understand that there are clear and achievable expectations that must be met. By training the employees about the expected behaviors and following up to ensure the expected behaviors are practiced will set the example and be the key for making lasting changes.

Top Ten Best Personal Hygiene Food Safety Practices

1. Wash your hands frequently and when changing tasks.
2. Keep your hands away from your face and hair.
3. Avoid eating and drinking when preparing food.
4. Wear a hair restraint when preparing food.
5. Report all illnesses.
6. Shower or bathe daily.
7. Wear clean clothing.
8. Keep fingernails trimmed and free of polish.
9. Refrain from wearing jewelry, except for plain wedding band.
10. Cover cuts and wounds with a brightly colored bandage, and wear a glove over the bandaged area.

Sources: Food Safety Solutions, Summer 2012, pp. 62

Getting to Know Your Inspector:

Laura Knight

Education:

B.S. Microbiology OU;
Currently working on M.S.
Environmental Science at
OSU-Tulsa

Years of service:

3+

Hobbies or favorite pastime:

Soccer and photography

Favorite meal:

Chicken Curry

Favorite movie:

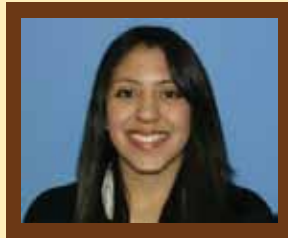
Pride and Prejudice with Collin Firth

Favorite style of music:

Too many to choose!

What I like most about my job:

Protecting public health while getting to do something
different everyday.



Disclaimer: The inspector featured here is NOT necessarily your inspector.
Your inspector will be featured eventually in one of the upcoming newsletters.

New Class Locations:

There are two (2) new class locations.

North Regional Health Center

5635 N. Martin Luther King Jr. Blvd., Tulsa
Room 208.

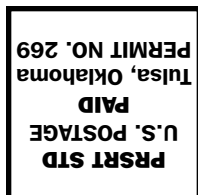
Temporary permits for these classes may be
purchased at the same location.

Tulsa Technology Center

10800 N. 140th E. Ave., Owasso

Owasso classes have changed from previous
location and will now be taught at this site.

Temporary permits for these classes can be
purchased at the Collinsville Health Center on
Monday through Wednesday only; located at
12th & Center Street, Collinsville.



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