



Sentinel  
Restaurant  
Association

# SAFETY NEWSLETTER

06/30/2014

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## Preventing a foodborne illness



### California Food Handler Card law:

July 1st is the third anniversary of the compliance deadline for the California Food Handler Card law so thousands of California food-service workers are due to have their cards renewed this summer. The law requires food handlers to undergo food safety training and pass a test to earn a card. It also mandates that employers maintain records and are ready to provide copies of the cards to county officials during the inspection process. Take time this week to ensure all employees have secured a current California Food Handler Card, and that all records on file are up-to-date for your next health inspection.

Direct your employees to [www.servsafe.com](http://www.servsafe.com) to take the test. The ServSafe® California Food Handler program fulfills the requirements of the law, and includes a suite of options for employees to obtain a card through training and passing an exam, both online and in print for classroom-style training. Employees can take the training and exam online in English or Spanish.

**Preventing a foodborne illness** is one of the most important tasks as a food service employee. A foodborne illness is a disease that is transmitted to people through food. Establishing safe food handling practices increases profitability, reduces legal liability, and promotes goodwill to customers. An eating establishment - that has

developed written standards to ensure safe food and that follows documented procedures to prevent food borne illness - can use the reasonable care defense in case it is sued for an alleged food poisoning outbreak.

There are three types of hazards to food. They are

- Biological
- Chemical
- Physical

Of the three, **Biological hazards** cause the most food borne illness outbreaks and are of the greatest concern to food service managers and Health Inspectors. Examples of biological hazards are: disease-causing bacteria, viruses, parasites, molds, yeasts, and naturally occurring toxins. Food borne viruses and parasites cause infections.

**Chemical hazards** are harmful substances such as pesticides, machine oils, cleansers and cleaning solutions, sanitizers, dissolved metals and an excessive amount of a food additive.

**Physical hazards** are objects which are not a part of food, never was meant to be food, but somehow got into the food. Examples are pieces of glass or metal, tooth-picks, cigarette butts, pebbles, hair, staples, jewelry. Eating these can cause injury.

**Practice good personal Hygiene:** Acts of poor personal hygiene can

transfer pathogens from your body to food. Prevent food poisoning by practicing good personal hygiene.

- Thoroughly wash and dry your hands before handling food, and wash and dry them again frequently during work.
- Dry your hands with clean towels, disposable paper towels or under an air dryer.
- Never smoke, chew gum, spit, change a baby's diaper or eat in a food handling or food storage area.
- Never cough or sneeze over food or where food is prepared or stored.
- Wear clean protective clothing, such as an apron.
- Keep your spare clothes and other personal items away from where food is stored and prepared.
- If you have long hair, tie it back or cover it.
- Keep your nails short so they are easy to clean, and don't wear nail polish as it can chip into the food.
- Avoid wearing jewelry.
- If you have cuts or wounds, make sure they are completely covered by a waterproof wound strip or a bandage. Use brightly colored wound strips, so they can be seen easily if they fall off.
- Wear disposable gloves over the top of the wound strip if you have wounds on your hands. Change disposable gloves regularly
- Advise your supervisor if you feel unwell and don't handle food.



## Where Trends Are Revealed

The Western Foodservice and Hospitality Expo  
August 17-19, 2014 at the Anaheim Convention Center

As a token of our appreciation, We want to present to you free tickets to the upcoming Western Foodservice Expo (\$65 in value) happening on August 17th-19th at the Anaheim convention center.

Please call me at (949) 756 1654 or Email me at [niha@calsra.com](mailto:niha@calsra.com) and let me know you are interested in attending the show and I will send you the free registration link.

## Invitation - SRA Safety Meeting

Dear Members,

We are pleased to inform you that the Sentinel Restaurant Association (SRA) is holding a Safety Webinar for all its members. We will discuss how to establish a safe environment for your employees in a Restaurant.

Please visit us at [www.calsra.com](http://www.calsra.com) for all your Safety needs.

Your participation will be greatly appreciated.

Meeting URL: <https://meet.fm/SRA>

Meeting Date: July 30, 2014

Meeting Time: 3:00 PM - 3:30 PM

Dial-In Number: 1-650-281-0004

Guest Passcode: 442370

# Time Temperature Abuse

Some food requires time and temperature control to keep it safe. It is called TCS food (Time and Temperature Control for Safety). Disease causing pathogens can grow well in TCS food when it is kept at a temperature between 41°F and 140°F. This temperature range is known as the temperature danger zone. If TCS food is kept at these temperatures for more than four hours, Pathogens can grow to levels high enough to make someone sick.

A leading cause of foodborne illness is time and temperature abuse of TCS foods. TCS foods are time and temperature abused any time they're in the temperature danger zone, 41°F to 140°F. This occurs when food is: not cooked to the recommended minimum internal temperature, not held at the proper temperature, or not cooled or reheated properly.

The longer food is in the temperature danger zone, the more time pathogens have to grow. The goal is to reduce the amount of time TCS food spends in the temperature danger zone. If food is held in this range for four or more hours, you must throw it out. It's better to check temps every two hours and take corrective action when needed.

## Cold Holding Temperatures

- Cold foods must be maintained at 41°F or less.
- Frozen foods have no specific tem-

perature requirement other than to remain frozen. It is recommended that frozen food be maintained at 0°F or less.

## Cooking Temperatures

- Eggs for immediate service, and except as otherwise required.
- Fish, meat, and commercially raised game animals must be cooked to:

145°F or above for 15 seconds.

- Chopped or ground meat, fish, and commercially raised game animals; pork; injected meats; and eggs cooked for hot holding must be cooked to:

155°F or above for 15 seconds, or

150°F or above for one minute, or

145°F or above for three minutes.

- Poultry; stuffed food products; stuffing containing fish, meat or poultry and wild game animals must be cooked to:

165°F or above for 15 seconds.

## Microwave Cooking

- Foods cooked in a microwave must be cooked to 165°F. The product must be covered, and rotated or stirred during the cooking process.
- After cooking, allow the covered product to stand for two minutes prior to serving.

## Hot Holding Temperatures

- If hot holding of a cooked product is necessary, the food must be maintained at 140°F or above. The excep-

tions are roasts, which must be held at 130°F or above.

## Cooling of Foods

- Foods must be cooled from 140°F to 70°F within two hours, and from 70°F to 41°F within an additional four hours.
- The goal is to cool foods as quickly as possible.

## Reheating of Foods

- Food that is reheated for hot holding must be reheated to an internal temperature of at least 165°F for 15 seconds.
- Reheating must be done rapidly and the minimum temperature must be reached within two hours.
- Steam tables, warmers, or similar equipment do not heat food quickly enough and must not be used for reheating food.

## Where and how should thermometers be used?

As the manager, you determine which types of thermometers are used, where they are used, how often they are checked, and who is responsible for checking them. It is a good idea to establish a check/double check system—this means you as a manager may spot check serving temperatures of some products. The types of thermometers needed will depend on scope of production (on-site preparation and service or transporting to other locations) and extent of the menu.

## USDA Recommended Safe Minimum Internal Temperatures



Beef, Veal, Lamb  
Steaks & Roasts  
**145 °F**



Fish  
**145 °F**



Pork  
**160 °F**



Beef, Veal, Lamb  
Ground  
**160 °F**



Egg Dishes  
**160 °F**



Turkey, Chicken & Duck  
Whole, Pieces & Ground  
**165 °F**



**Your Restaurant is our Passion**

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**For more information  
about your workers com-  
pensation safety needs,  
visit our website -  
www.calsra.com**

**Thank you for your refer-  
rals! If you're pleased with  
us, Please spread the word.**



**WORKERS COMPENSATION SAFETY NEWSLETTER**

**This Complimentary Newsletter is sent to you by**

**Your Farmers Agent**

**And**

**The Sentinel Restaurant Association**

**Newsletter Designed by Niha Osman**

**Please give us your feedback on the newsletter via  
email at niha@calsra.com**