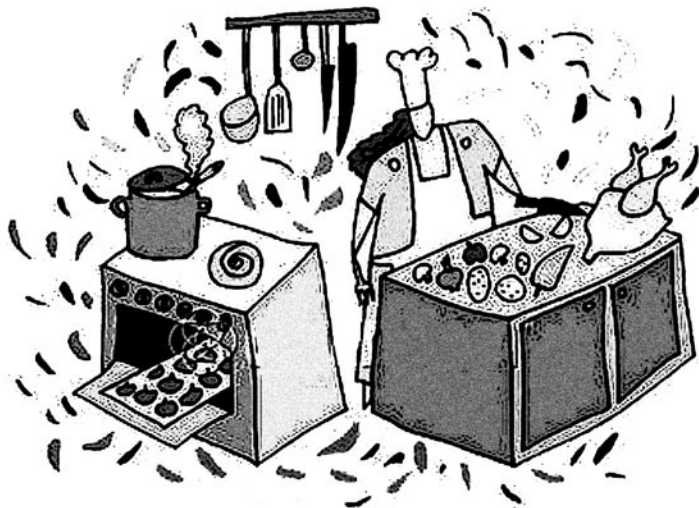


Putting your customers' health on the

FRONT BURNER

FROM YOUR LOCAL PUBLIC HEALTH INSPECTOR



Cross-Contamination

Of the many causes of food poisoning, the one that may be overlooked is cross-contamination.

Cross-contamination happens when food becomes contaminated by dirt, food particles from a different food, food preparation surface or utensil. Some ways that cross contamination can occur in the kitchen are:

- when juices from raw meat, poultry and seafood contact ready-to-eat foods like deli meats, salads and cooked items;
- when a cutting board used for cutting raw meats is not properly cleaned and sanitized before reusing;
- by using a contaminated cloth or sponge to clean kitchen surfaces;
- when utensils or dishware are not thoroughly cleaned between uses;
- by improper handwashing or not changing gloves between handling of different foods;
- by poor cleaning of fresh produce.

CLEAN

Clean and sanitize all food contact surfaces like cutting boards, counter tops, dishes and utensils, especially after contact with raw meat, poultry and seafood. Wash with soap and hot water to clean. Then rinse and sanitize with a mild bleach solution (use 5ml / 1 tsp. bleach in 750ml / 3 cups water). Let air dry if possible, or use clean paper or kitchen paper towels.

- Throw out cutting boards that are worn or split.
- Keep wiping cloths in the clean bleach solution, which is replaced regularly.
- Change dishcloths daily and never use these outside of the kitchen setting.
- Unplug food processors, meat grinders and blenders and take apart to clean. Clean the parts with soap and hot water, then rinse

and sanitize with a mild bleach solution.

- Wash areas that are touched often, like taps and fridge handles, regularly.
- Clean and sanitize containers used for storing or preparing raw food before re-using.
- Wash hands well with warm water and liquid soap for 10 seconds before preparing food and after handling raw food, especially meat, poultry and seafood.
- Wash fresh produce well in clean running water. Fruit and vegetables with firm surfaces such as potatoes, melons, oranges and carrots can be scrubbed.

SEPARATE

- Put raw meat, poultry or seafood in containers on the bottom shelf of the refrigerator. Use large containers to prevent raw juices from dripping onto or touching other food.
- Use separate cutting boards for different types of foods. Keep one cutting board for raw meat, poultry and seafood and a separate one for ready-to-eat or cooked foods (some restaurants use different coloured boards for different foods e.g. blue for vegetables, white for raw meats). Plastic cutting boards are convenient because they are easier to clean in the dishwasher.
- Never place cooked food on the same plate or cutting board as raw food.
- Marinades or sauce used to prepare raw meat, poultry or seafood should not be used on cooked foods. Also, use separate brushes for raw and cooked foods.

For more information visit our website at www.simcoehealth.org.



SIMCOE COUNTY DISTRICT HEALTH UNIT
Health Protection Service
15 Sperling Drive, Barrie, Ontario L4M 6K9



Answers To Go

What are the smoke-free bylaw requirements for patios?

Smoking is permitted on "Outdoor Patios" in most municipalities within Simcoe County. Check your municipal bylaw for definition of "Outdoor Patio".

An issue that has arisen is whether or not the patio is "Outdoor" or has in effect been converted to a Designated Smoking Room by the construction of temporary walls, enclosures or roofs.

Tobacco Enforcement Officers from the Health Unit will consult, upon request, with premise owners to offer advice around the specifics of what meets the smoke-free bylaw requirements for patios.

This consultation is not an approval in the form of a building permit inspection, but will offer guidance around what would constitute compliance with the "open air" component of the bylaws.

OUTBREAK FILES



CAN'T HAPPEN AT MY RESTAURANT

You have just received the restaurant owner's dreaded call. A customer believes that they are sick from eating a birthday party meal in your establishment two days ago. He has missed work and an important meeting due to severe vomiting, diarrhoea and abdominal cramps. He has heard others from their party are also sick. What do you do next? Don't panic.

GET THE FACTS

Collect as much information as possible including:

- name, address, telephone number and any medical information of the caller;
- names and phone numbers of others in their party who are ill;
- a list of foods eaten at the restaurant;
- time of eating and names of servers at their table;
- if any left-over foods were taken home and can be held for testing;
- if the caller hasn't already done so, suggest he contact his doctor immediately. If done quickly, tests can help confirm or disprove a food poisoning diagnosis;
- talk with all your foodservice staff, ensuring that they do not currently have any symptoms similar to food poisoning that could've been passed on to others (staff and customers).

Conduct your own HACCP audit on the suspect menu to find any break down in the critical control points and ask yourself some questions:

- are any food samples available for testing or similar food from the same supplier that can be collected for testing?
- how much of this food was served on that day?
- has anything unusual like refrigerator, oven or dishwasher break downs happened?
- have there been any changes in preparation routine or food suppliers?
- have there been staff changes or shortages?

NOTIFY PUBLIC HEALTH INSPECTOR

This type of incident should be reported to the health unit. The health unit investigates all suspected or confirmed reported food poisoning incidents. Inspectors will check into food and water alerts, disease reports, hospital records, and complaint activity to confirm whether this is an isolated incident, or perhaps something that may be widespread in the community. They can help uncover a food safety problem and recommend possible solutions.



RECIPE MAKEOVER

BRAISED CHICKEN PROVENCALE WITH FENNEL

Enjoy the wealth of flavourful chicken breasts, fennel, tomatoes and garlic accented by a fragrant hint of grated orange zest.

- 6 small fennel bulbs (approximately 3lbs)
- 2 tomatoes, diced (or substitute 14.5oz canned diced tomatoes, drained)
- 1/4c dry white wine
- 1tbsp grated orange zest
- 3 garlic cloves, minced
- 2tsp balsamic vinegar
- 1/8tsp red pepper flakes
- 6 skinless, bone-in chicken breasts, trimmed of fat
- 2tbsp chopped, fresh Italian parsley

Wash or scrub all fresh produce well in clean water.

Cut each fennel bulb in half lengthwise. Then cut each half into 4 wedges.

In a large non-stick frying pan, combine tomatoes, wine, orange zest, garlic, vinegar, and pepper flakes. Cook over medium heat, stirring occasionally, until mixture comes to a boil. Reduce heat to medium-low.

Keep chicken refrigerated until needed.

Arrange chicken and fennel over the tomato mixture, spooning a bit of the sauce over them.

Wash hands, and clean and sanitize work surfaces after contact with raw chicken. Cover and cook until the chicken is thoroughly cooked **74C (165F)** in the middle, and the fennel is tender, about 25 minutes. Use a **clean**, slotted spoon to transfer the chicken and vegetables to a **clean**, warmed platter.

"This interesting lower fat chicken recipe features the licorice-like flavour and aroma of fennel that is popular in Italian cuisine. The fennel is a good source of potassium, the tomatoes have abundant vitamin A, and both vegetables provide substantial fiber. This garlic, orange and parsley accented entrée would be nicely complemented with rice and a leafy green salad with yogurt for dessert."

Recipe courtesy of Andy and Nancy Furrer, Between Friends Restaurant, Collingwood.

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the STOCK POT

Coming soon--

September 1, 2004, section 33 (cooking, reheating, freezing and holding temperatures of food) Food Premise Regulation 562, will be amended. The regulation is available at the following website:

Government of Ontario, Canada e-Laws

<http://www.e-laws.gov.on.ca:81/ISYSquery/IRL6074.tmp/3/doc>

Fall issue of Front Burner with answers to go, food safety tips learned from "real life" outbreaks, and a new healthy recipe makeover.

Simcoe County District Health Unit's 2005 Food Safety Calendar will be sent out in November 2004.

For more information on food safety call 721-7520 (1-877-721-7520) or click www.simcoehealth.org

HEALTH CONNECTION
Your Link to Health Information

Wash hands
prior to
preparing food.

