

# FRONT BURNER

FROM YOUR LOCAL PUBLIC HEALTH INSPECTOR

## DON'T IGNORE PERSONAL HYGIENE

There are many reasons why someone would go out for a meal: whether it be a family dinner, a celebration or just a night out.

As a restaurant operator you should remember, when a patron chooses your restaurant over another, they're also placing a trust in you and your employees.



Patrons expect that food handlers are properly trained and practise safe food handling procedures at all times. Safe food handling includes proper refrigeration, thawing, cooling, hot holding, as well as sanitizing of equipment and utensils. However, a commonly overlooked yet important part of safe food handling is our personal hygiene.

Being clean, healthy and having good personal hygiene habits is important for food handlers. A food handler can easily contaminate foods with unwanted germs such as bacteria, viruses and parasites. These germs are often present on our hands and face, in our mouth, nose and intestinal tract.

### DON'T COME TO WORK SICK

Although many food handlers would say they wash their hands regularly, very few will admit to not coming into work sick. Employees, who are experiencing diarrhea, vomiting, or a respiratory illness where excessive coughing is produced should not be handling food or be in close contact with the public.

Some restaurants have policies in place to ensure employees do not come to work ill. Or they are assigned non food related tasks until they are well again. This type of policy will help prevent foodborne illness caused by the exchanging of bacteria, parasites or viruses from an ill food handler to a patron, person to person or through food.

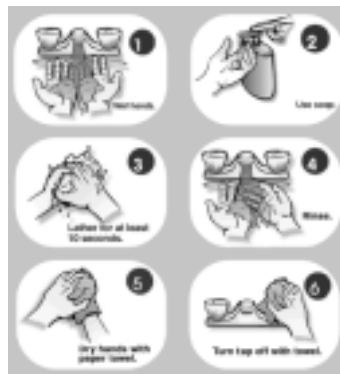
### WHAT ELSE AM I FORGETTING?

Some other simple but good hygiene advice is to:

- € keep finger nails clean and trimmed,
- € cover any cuts with disposable gloves,
- € avoid wearing rings, bracelets or watches,
- € do not smoke on the job,
- € wear clean clothes uniforms or aprons and
- € keep hair confined in a hat or hairnet.

Following this personal hygiene advice and having an illness policy will help prevent your other workers from getting sick and will show your trusted patrons that you take their health to heart.

### HANDWASHING



## Answers To Go

### How often should I be washing my hands?

As a food handler the answer is "very often". Germs that you pick up on your hands are easily spread to the food that you are preparing and serving to others.

Foods like raw meat poultry fish and eggs carry bacteria that can contaminate your hands and then be transferred to other foods. Also telephones, keyboards, a door knob or money are just a few common articles that spread germs from person to person.

The list is endless and so are the ways you can pick up and pass along bacteria and viruses that can make you or others sick.

Get in the habit of washing your hands often. Wash each time for at least 10 seconds. Whether it's after handling raw food, touching a door knob, covering a sneeze or going to the washroom, your hands must be washed thoroughly.

SIMCOE MUSKOKA DISTRICT HEALTH UNIT  
Health Protection Service  
15 Speerling Drive, Barrie, Ontario L4M 6K9



## **SALMONELLA SPROUTS**

### **UP IN ONTARIO**

Starting in the month of October last year, the provincial Ministry of Health and Long Term Care noticed a sudden increase in the number of *Salmonella* bacteria cases being reported in Ontario.

Investigations that took place in several health units were able to uncover a recent food history that included eating mung bean sprouts for most of the ill people. These mung beans were then linked to one producer who had shipped them to restaurants and grocery stores throughout southern Ontario. A mass recall of mung bean sprouts was jointly announced by the sprout company and the Canadian Food Inspection Agency in November, and all mung beans from this source were immediately removed from food premises throughout the province.

By the time the outbreak ended in December, there had been more than 640 cases of *Salmonella* infection that would have included illness symptoms of fever, abdominal pain, diarrhea, nausea and sometimes vomiting.

### **COULD THIS OUTBREAK HAVE BEEN PREVENTED?**

Although sprouted seeds and beans have become very popular as a "healthy choice" and nutritious food, various types of sprouts including radish, mung beans, and alfalfa continue to be linked to.



outbreaks of illness across Canada and the USA. Although the *Salmonella* bacteria has been responsible for the majority of these outbreaks, other organisms including *E.coli* 0157:H7, have been found in sprouts.

Because of this risk, young children, the elderly and people with weak immune systems should avoid eating all sprouts – raw or cooked. Sprouts that are contaminated can cause illness in healthy individuals as well. If you choose to serve or eat sprouts, the following steps may help to minimize the risk of illness.

- ✎ Select crisp-looking sprouts and keep refrigerated until used
- ✎ Avoid musty-smelling, dark, or slimy-looking sprouts
- ✎ Dispose of sprouts after a few days, or as soon as they lose their crispness
- ✎ Wash hands well with soap and water before and after handling sprouts
- ✎ Carefully wash and sanitize all surfaces in contact with sprouts (eg cutting boards, counter surfaces, rinsing sinks)
- ✎ Thoroughly wash and cook all sprouts before serving.

More information on handwashing and hand sanitizing is available on our website at

[www.simcoe.muskokahealth.org](http://www.simcoe.muskokahealth.org)

or

by calling Your Health Connection and speaking with a public health inspector Monday to Friday  
8:30am to 4:30pm  
721-7520  
(1-877-721-7520)

More information on Sprouts and Foodborne Illness can be found by visiting the following websites:

**Canadian Food Inspection agency**  
[www.inspection.gc.ca](http://www.inspection.gc.ca)

**Ministry of Health and Long-Term Care**  
[www.health.gov.on.ca](http://www.health.gov.on.ca)



**simcoe muskoka**  
DISTRICT HEALTH UNIT

#### **Note from the Nutritionist:**

You can enjoy your occasional indulgences as long as you follow a healthy meal plan most of the time.

## **RECIPE MAKEOVER**

### **CRÈME BRULÉE**

#### **Ingredients**

- 1 litre 35% cream
- 1 cup white sugar
- ½ vanilla bean (split)
- 1 cup egg yolks
- 1/3 cup triple sec
- 12 5oz ceramic ramekins
- long shallow casserole dish or pan

Pre-heat oven to 177 C (375 F). Wash hands thoroughly. Heat cream, white sugar and vanilla bean in medium saucepan. Stir frequently. In the meantime, hand whisk together the fresh egg yolks and triple sec in a bowl. When the cream mixture has begun to steam and the sugar is all dissolved, and your dairy mixture has reached a minimum temperature of 60 C (140 F), remove from heat.

Ladle hot cream mixture slowly into egg yolk mixture while whisking vigorously. Remove vanilla bean, wrap in plastic and refrigerate for future use. Ladle egg and cream mixture into ramekins, fill each ¾ full and place in shallow pan. Fill pan with hot water until ½ way up the sides of ramekins, and gently place in preheated oven on the middle rack.

After 25 minutes gently shake the shallow pan to test for firmness. The brulee should be just firm, and have reached a final internal cooking temperature of 74 C (140 F) for at least 15 seconds. If not yet ready set timer for 5 more minutes.

Carefully remove pan from oven and using tongs place on a wire rack to cool for no more than one hour, then cover with paper towel to absorb moisture and protect from environmental contamination, and immediately place ramekins in the refrigerator until completely cooled. Individually wrap with plastic wrap.

When ready to serve, wash hands thoroughly, then evenly cover top of brulee with 1 ½ tablespoons white sugar. Place under high heat oven broiler for 45 seconds or until all sugar has caramelized. Garnish with fruit and serve.

*Original Recipe courtesy of Executive Chef David R Binsted of the Port Carling Golf and Country Club.*