

# Environmental Health Food Safety & Sanitation



## What to Expect During an Inspection

Presented by:



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Special Thanks to Alex Carlson – Sitka EHO

# Inspection Form

## Foodborne Illness Risk Factors

		<b>Food Establishment Inspection</b> Alaska Department of Environmental Conservation Division of Environmental Health Food Safety & Sanitation			
Permit ID	Establishment Name		Type of Operation		
Establishment Mailing Address	City	State	Zip		
Physical Location			Telephone		
Responsible Party	Email		Person in Charge		
Purpose of Inspection			Permit Posted		
<b>FOODBORNE ILLNESS RISK FACTORS AND PUBLIC HEALTH INTERVENTIONS</b>					
Risk Factors are improper practices or procedures identified as the most prevalent contributing factors of foodborne illness or injury. Public Health Interventions are control measures to prevent foodborne illness or injury.					
Circle designated compliance status (IN, OUT, N/O, N/A) for each numbered item      Mark "X" in appropriate box COS and / or R IN = in compliance    OUT = not in compliance    N/O = not observed    N/A = not applicable    COS = corrected on-site during inspection    R = repeat violation					
<b>Compliance Status</b>		<b>COS</b>	<b>R</b>	<b>Compliance Status</b>	
				<b>COS</b>	<b>R</b>
<b>Employee Knowledge</b>			<b>Potentially Hazardous Food Time/Temperature</b>		
1	Certified Food Protection Manager on staff			14	Proper cooking time and temperatures
2	Person in Charge appropriate knowledge, performs duties			15	Proper reheating procedures for items to be hot held
3	Food Worker Cards for all food workers			16	Proper cooling times and temperatures
<b>Employee Health</b>			17		
4	Proper reporting, restriction, and exclusion			18	Proper hot holding temperatures
<b>Preventing Contamination by Hands</b>			19		
5	Hands cleaned and properly washed			20	Proper cold holding temperatures
6	No bare hand contact w/ ready to eat foods			<b>Consumer Advisories</b>	
7	Hand washing facilities supplied and accessible			20	Consumer advisory for raw or undercooked food
<b>Approved Source</b>			<b>Highly Susceptible Population</b>		
8	Food/water obtained from approved source			21	Pasteurized food used, prohibited foods not offered
9	Food in good condition, safe & unadulterated			<b>Chemical</b>	
10	Shellstock Tags & Parasite Destruction: Required Records			22	Food additives: approved, proper used
<b>Protection from Contamination</b>			23		
11	Food-contact surfaces properly cleaned and sanitized			<b>Conformance with Approved Procedures</b>	
12	Food separated and protected			24	Compliance with variance, HACCP plan
13	Proper disposition of returned, previously served, reconditioned, and unsafe food			25	Compliance with Required Food Safety Management System
<b>TEMPERATURE OBSERVATIONS</b>					
Item		Location		Other Description	
				Temp	
<b>CHEMICAL SANITIZER OBSERVATIONS</b>					
Chemical		Concentration (PPM)		Chemical	
				Concentration (PPM)	
By _____					

# Inspection Form

## Good Retail Practices (GRP's)

### ADEC Food Establishment Inspection

Establishment Name:

Permit ID:

#### GOOD RETAIL PRACTICES

Good Retail Practices are preventive measures to control the addition of pathogens, chemicals, and physical objects into foods.

\*\*\*Designates violation may contribute to Imminent Health Hazard

Mark "X" in box if numbered item is not in compliance. Mark "X" in appropriate box for COS and/or R

COS=corrected on-site during inspection R=repeat violation

Compliance Status		COS	R	Compliance Status		COS	R
<b>Food Temperature Control</b>				<b>Proper Use of Utensils</b>			
26	Adequate equipment for temperature control			37	In-use utensils; properly stored		
27	Approved thawing methods used			38	Utensils, equipment, linens: properly stored, dried and handled		
28	Thermometers provided, calibrated, accurate and used			39	Single use and single service articles; properly used and stored		
<b>Food Identification</b>				<b>Utensils and Equipment</b>			
29	Food properly labeled; original container			40	Gloves used properly		
30	Wild/Farmed Fish properly labeled			<b>Physical Facilities</b>			
31	Placards provided for notification properly displayed			41	Food & non-food contact surfaces cleanable, properly designed, constructed, and used		
<b>Prevention of Contamination</b>				42	Warewashing facilities: installed, maintained, and used; test kits provided and used		
32	No insects, rodents, animals or unauthorized persons			43	Non-food contact surfaces clean		
33	Contamination prevented during food preparation, storage and display			<b>Water and Wastewater</b>			
34	Personal cleanliness maintained, employees using good hygienic practices			44	Plumbing designed, installed; proper backflow devices		
35	Wiping cloths: properly used and stored			45	Toilet facilities: properly constructed, supplied, cleaned		
36	Proper washing fruits and vegetables			46	Garbage, refuse properly disposed; facilities designed and maintained		
				47	Physical facilities installed, maintained, and clean		
				48	Adequate ventilation and lighting; designated areas used		
				49	Water systems designed, installed, and operated as required		
				50	Wastewater systems designed, installed, & operated as required		

# Employee Knowledge



- Certified Food Protection Manager on staff
- Person in charge demonstrates appropriate knowledge and can perform duties
- Food Worker Cards for all food workers.

# Certified Food Protection Manager



- Identifying hazards in the daily operation of the food establishment
- Developing and implementing policies and procedures to prevent foodborne illness.
- Training employees about the requirements of this chapter
- Directing food preparation activities and corrective actions, as needed, to protect the health of the consumer.
- Monitoring daily operation on a periodic basis to ensure the food safety policies and procedures are followed.
- ANSI-CFP accredited program

# Alaska Food Worker Card



Who needs one?

- Anyone who works with unpackaged foods, potentially hazardous food or food-contact surfaces.
- Chefs, cooks, servers, bartenders, meat cutters, food counter workers, dishwasher

How much do they cost?

- \$10.00 and valid for three years

# Employee Health

## III Foodworkers

**Let your supervisor know immediately if you have any of these symptoms!**



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**Restrict from working with food or food contact surfaces:**

- Diarrhea
- Vomiting
- Fever
- Jaundice
- Sore Throat with Fever
- Open cuts or infected wounds
- Contact with anyone who has *Salmonella typhi*, *E. coli* 0157:H7, *Hepatitis A*, or *Norovirus*.

**Exclude employees from the food establishment diagnosed with:**

- *Salmonella*
- *Shigella*
- *E. coli* 0157:H7
- *Hepatitis A*
- *Norovirus*

- Do staff and workers know which illnesses and symptoms one cannot work in the kitchen with?
- Do staff know which illnesses need to be reported to Food Safety and Sanitation staff?
- How are cuts and open wounds handled?
- Are observations consistent with that knowledge?

# Preventing Contamination By Hands



- Are hands washed for at least 10 seconds with soap, using “vigorous friction” to clean fingers, fingertips and fingernails, between fingers, hands and exposed portion of arms?
- Do staff wash their hands:
  - Before engaging in food preparation
  - After touching bare human body parts other than clean hands
  - After using the restroom, handling service animals or aquatic animals
  - After breaks, eating, drinking, coughing, sneezing, or using a disposable handkerchief or tissue
  - After handling soiled equipment or utensils
  - During food preparation, as often as necessary to avoid cross contamination
- Are handwashing facilities supplied with soap and paper towels that are in a dispenser?



# Approved Source



- Meat, poultry or game meat must come from a USDA inspected facility / approved commercial processor.
- No sport caught fish.
- Ice must be from an approved source or made on site from approved water sources.
- Shellfish from an approved source only – tags must be kept for 90 days.
- Parasite destruction records.
- No Cottage Foods or home canned goods
- Any CBD products must be approved by USDA Hemp Program in Alaska

# Food Contact Surfaces Properly Cleaned and Sanitized

## **Making a Sanitizer:**

### **Bleach Solution**

1. 1 teaspoon of unscented household bleach per gallon of water.
2. Use chlorine test strips to check the concentration.
3. Aim for 100 ppm.

### **Quaternary Ammonia (Quat)**

1. Read label directions or check with your supplier.
2. Use quat test strips to check the concentration.
3. Aim for 200 - 400 ppm.



## **How to Use a Sanitizer:**

### **In a labeled spray bottle:**

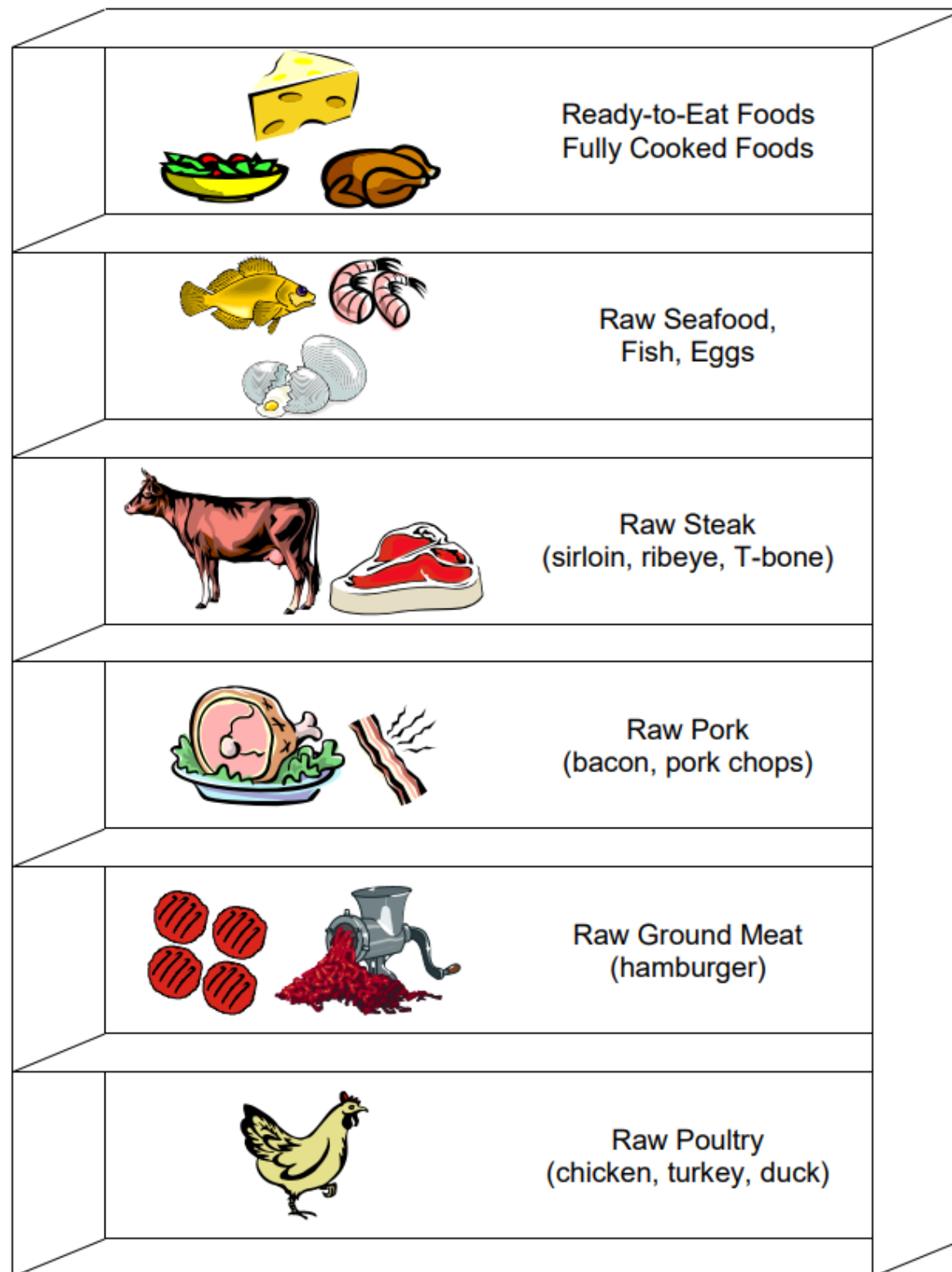
1. Spray, wait 30 seconds, wipe with a clean paper towel.
2. Make fresh sanitizer at least once a day.

### **In a bucket:**

1. Keep a clean wiping cloth in the solution.
2. Wring out the cloth and wipe down the clean surface.
3. Let the surface air dry.
4. Use one bucket for food-contact surfaces and another for non-food contact surfaces. Label the buckets.
5. Make a new sanitizer often - a dirty sanitizer doesn't kill germs.

- Food contact surfaces are washed, rinsed and sanitized
- Mechanical/ manual ware washing and sanitizing
- Chemical/heat sanitizing
- Bleach and water sanitizer 50-100 PPM
- Quaternary Ammonium, levels per manufacturer's instructions (typically 150-400 PPM or 200-400 PPM for food contact surfaces)
- Heat sanitizing
  - 180-194 F final rinse temperature
  - 160F or higher utensil temperature

# Food Separated and Protected



- Raw meat prepared in a manner not to contaminate ready to eat foods
- Cutting boards and utensils washed, rinsed and sanitized between different meats and ready to eat food
- Preparing in succession of different raw animal foods, each requiring a higher cooking temperature
- Safe refrigeration storage - based on cooking temperatures:
  - RTE foods
  - Raw seafood, fish, eggs
  - Raw beef
  - Pork
  - Raw ground Meat
  - Poultry

# Proper Disposition of Returned, Previously Served, Reconditioned and Unsafe Food



- The operator of a food establishment shall discard or recondition unsafe, adulterated, or contaminated food as follows:
- Food that is unsafe, adulterated, or not honestly presented, as specified at 18 AAC 31.200, must be discarded or may be reconditioned according to the establishment's procedure;
- Food that is not from an approved source, as specified in 18 AAC 31.200, must be discarded;
- Ready-to-eat food that may have been contaminated by an employee who has been restricted or excluded, as specified in 18 AAC 31.300, must be discarded;
- Food that is contaminated by an employee, consumer, or other individual through contact with hands, bodily discharges, or other means must be discarded

# Cooking Temperatures and Time



- Poultry; stuffed meat, seafood, pasta, game meat, or poultry; stuffing containing meat, seafood, ratites, or poultry; traditional wild game meat:
  - 165F 15 seconds
- Ground or restructured meat, seafood; ratites; and injected meat:
  - 145F 3 minutes
  - 150F 1 minute
  - 155F 15 seconds
  - 158F 1 second
- Meat; seafood; other potentially hazardous food requiring cooking, including seafood and eggs;
  - 145F 15 seconds

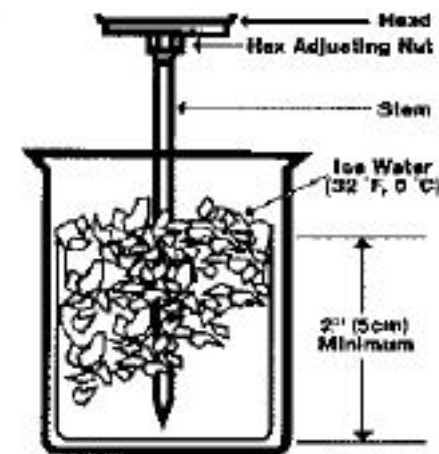
# Thermometer Calibration

## Calibrating Your Thermometer

Thermometers get bumped and jarred frequently, even if they are used correctly. This causes them to get out of adjustment. Calibrating thermometers needs to be done frequently to maintain accuracy. The Ice Point Method is described below:

Once a week, or after a thermometer is dropped:

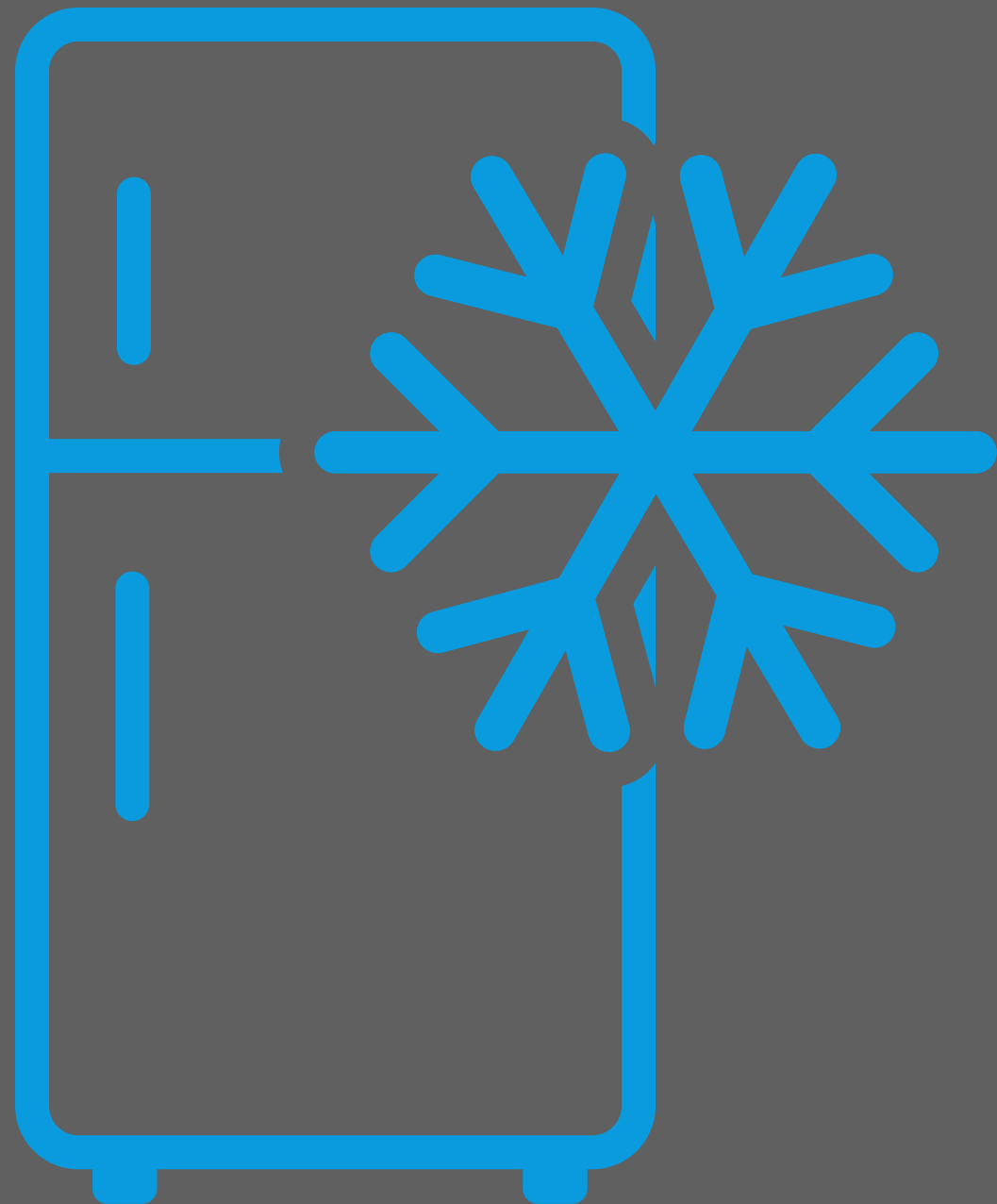
1. Fill a glass with half ice and half water.
2. Place the thermometer in the glass and stir.
3. Allow the thermometer to stabilize (about 3 minutes).
4. If the thermometer reads between 30°F and 32°F it is okay to use.



5. If it doesn't, and has an adjustment nut (found on dial thermometers):
  - leave the stem in the ice water and use pliers or a wrench to turn the nut until the needle on the dial points to 32°F;
  - wait 3 minutes and see if it still reads 32°F;
  - if it does not, adjust the nut until it does.
6. If the thermometer cannot be adjusted and does not read 32°F, it should be thrown away and replaced.

Consult the manufacturer's directions for thermometers with digital readouts and thermocouples. A thermometer which reads 0° - 220°F is recommended.

# Cold Holding



- Always keep potentially hazardous foods at 41F or below
- Shelled pasteurized eggs at ambient are temperature of 45F or below
- Discard food that has been held between 41-135F for longer than 4 hours
- INTERNAL FOOD TEMP

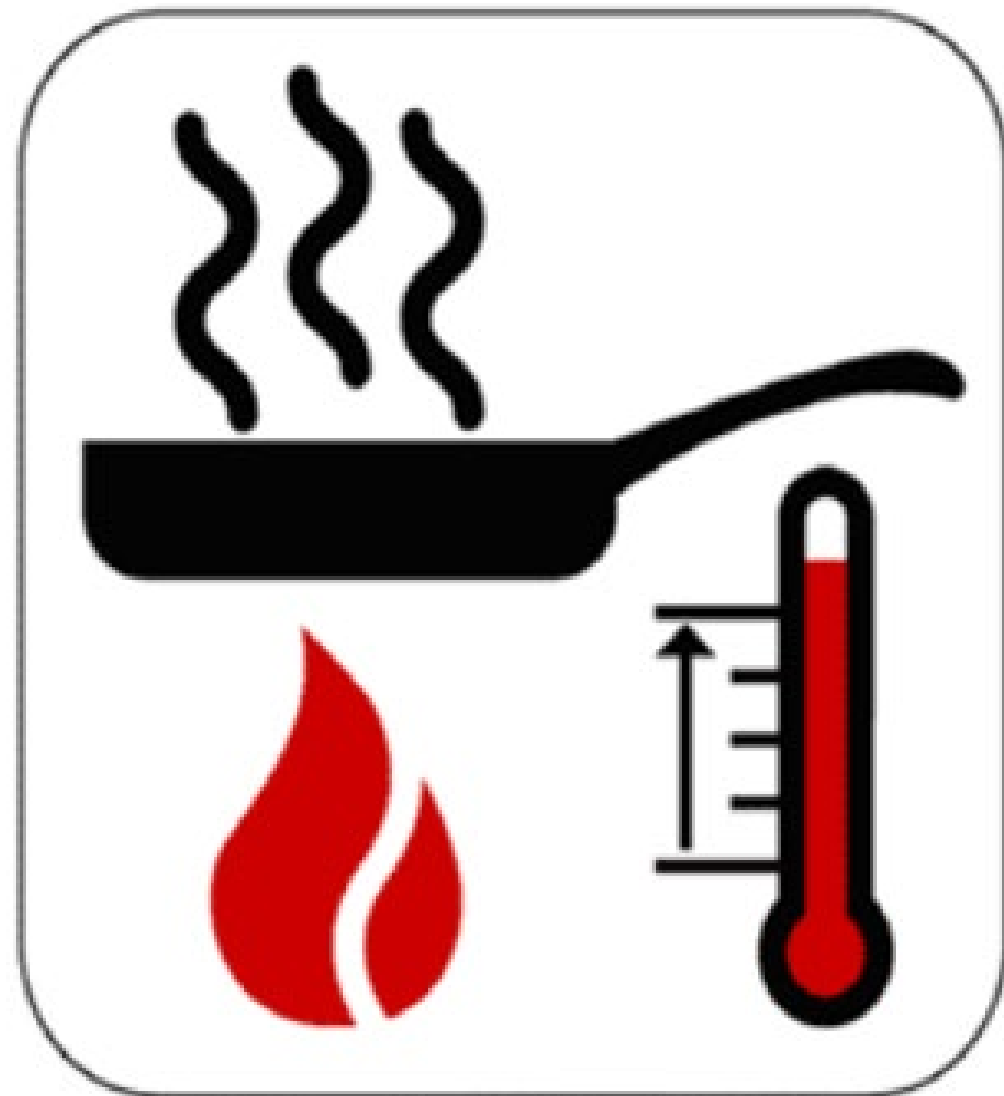
# Hot Holding



- Food is held at an internal temperature of 135F or above
- Rare beef may be held at an internal temperature of 130F



# Reheating Foods for Hot Holding



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- Rapidly reheat to 165F or more within 2 hours and can only be reheated once
- Stir frequently
- Hot hold at 135F or more
- Do not use hot holding equipment to reheat food

# Proper Cooling Times and Temperatures

## Use a thermometer to check that foods are cooled:

- From 135° F to 70° F within 2 hours; then –
- From 70° F to 41° F within 4 more hours.
- Pre-chill salad ingredients (such as tuna, mayonnaise, etc.) OR cool from room temperature to 41° F within 4 hours.

## Methods:

Reduce the size of poultry, fish and meat roasts.

Shallow pans (soups, sauces, gravies, etc.):

1. Put a 2-inch layer of food in a shallow pan.
2. Do not cover.
3. Put the pan in the cooler where cold air can blow across it.
4. Stir to help release heat.
5. Cover the food after it has cooled.
6. Can also be used for small to medium sized pieces of meat.

## Ice bath:

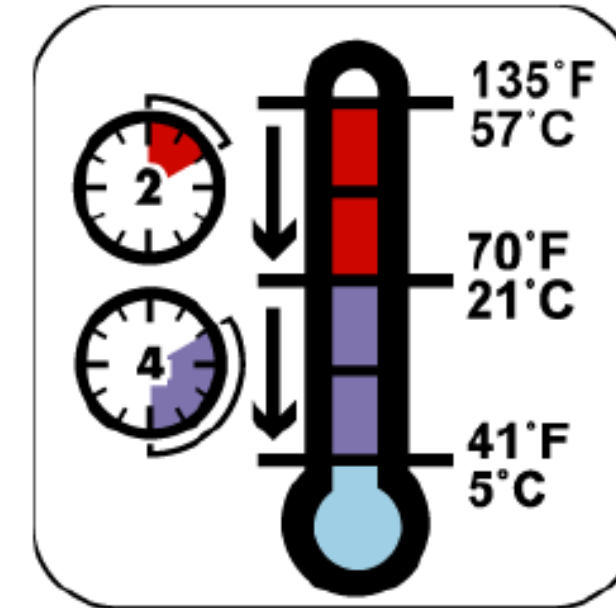
1. Put the food container into an ice water bath.
2. Stir the food every 30 minutes - more often if possible.

## Chilling wands or paddles (for large containers):

1. Place the clean, frozen wand in the food and stir.
2. May be used in combination with another rapid cooling method - such as ice bath, or pouring into shallow pans to finish.

## Adding ice instead of water (soups, stews, etc.):

1. Add only half of the water before cooking.
2. After cooking, add the other half as ice.



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# Time as Control

Time, instead of Temperature may be used as a public health control if:

- The food has an initial temperature of 41F or below, or 135F or above
- Is marked or otherwise identified to indicate the time that is 4 hours past the point in time when the food is removed from temperature control;
- within 4 hours after the food is removed from temperature control it is either cooked and served, served, or discarded
- Written procedures must be developed



# Consumer Advisory

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."

Can be done in two ways:

1. In the description of the food item on the menu, such as
  - "oysters on the half-shell (raw oysters)"
  - "raw-egg Caesar salad"
  - "hamburgers (can be cooked to order)"

OR

2. Placing an asterisk by the name of the food and using a footnote that states that the items:
  - are served raw or undercooked, or
  - contain (or may contain) raw or undercooked ingredients

# Chemicals

- Only poisonous or toxic materials that are necessary to clean and sanitize food contact surfaces are allowed on the premises.
- Chemicals are properly labeled, legible, and legible manufacturing label on container
- Containers filled from a master container are clearly identified with common name of chemical
- Ensure proper storage so they cannot contaminate food, clean food contact surfaces, laundered linens, or single service or single service articles
- poisonous or toxic materials are located in an area that is not over food, clean food-contact surfaces, laundered linens, or single-service or single-use articles
- Personal medication is properly labeled and store to prevent cross contamination.



# Pesticides



- Pesticides are stored separate from chemicals used for cleaning and sanitizing
- Prevent cross contamination by proper storage and labeling
- No Rodent Poison



# Highly Susceptible Population



- Definition:
  - A group of persons who are more likely than other populations to experience foodborne illness because they are:
  - immuno-compromised, preschool aged children, or older adults; and
  - obtaining food at a facility that provides services such as custodial care or health care
- Staff cannot serve:
  - Raw or undercooked seafood, animal foods, shellfish, raw marinated seafood
  - Raw seed sprouts
  - Unpasteurized juices
  - Raw shell eggs unless thoroughly cooked

# Specific Requirements for Certain Foods

## Shellstock Tags for Molluscan Shellfish



**HARVEST DATE**

**HARVEST LOCATION**

**SUPPLIER CERTIFICATE NUMBER**

**SUPPLIER NAME & ADDRESS**

**PERISHABLE  
KEEP REFRIGERATED**

XYZ SHELLFISH COMPANY  
1234 SEAFOOD ST, SOME CITY, AK 99000  
CERT. #: AK-9999-SS

ORIGINAL SHIPPER'S CERT. # (if other than above): \_\_\_\_\_

HARVEST DATE: JUNE 26, 2020

HARVEST LOCATION: BEAR COVE - KACHEMAK BAY, AK

TYPE OF SHELLFISH: PACIFIC OYSTERS

QUANTITY OF SHELLFISH: 6 DOZEN \_\_\_\_\_ POUNDS

THIS TAG IS REQUIRED TO BE ATTACHED UNTIL THE CONTAINER IS EMPTY AND THEREAFTER KEPT ON FILE, IN CHRONOLOGICAL ORDER, FOR 90 DAYS. RETAILERS: DATE WHEN LAST SHELLFISH FROM THIS CONTAINER SOLD OR SERVED (INSERT DATE) \_\_\_\_\_

**TYPE/QUANTITY OF SHELLFISH**

**FILL DATE WHEN CONTAINER IS EMPTY**

**KEEP TAG ON FILE IN CHRONOLOGICAL ORDER 90 DAYS AFTER CONTAINER IS EMPTY**

TO:	RESHIPPER'S CERT #:	DATE RESHIPPED

- Tags must be kept for 90 days

- The date the container is empty must be recorded on tag



# Specific Requirements for Certain Foods

## Parasite Destruction for Raw Fish



- Supplier Letter of Gurantee
- Logs Documenting Time/Temp for freezing fish

(A) frozen and stored at a temperature of  $-4^{\circ}\text{F}$  or below for at least 168 hours;

(B) frozen at  $-31^{\circ}\text{F}$  or below until solid and stored at  $-31^{\circ}\text{F}$  for at least 15 hours; or

(C) frozen at  $-31^{\circ}\text{F}$  or below until solid and stored at  $-4^{\circ}\text{F}$  or below for at least 24 hours; and

The operator creates and retains records, as specified in 18 AAC 31.335, for seafood subject to this section.

# Special Processes



- There are some processes that require additional attention/approvals.
  - Sushi Rice
  - Sprouts
  - Reduced Oxygen Packaging
  - Packaged juices
  - Sous-vide



HACCP PLAN FORM									
HACCP PLAN NAME									
Firm Name:					Product Description:				
Firm Address:					Method of Distribution and Storage:				
					Intended Use and Consumer:				
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Monitoring									
Critical Control Point	Significant Hazard(s)	Critical Limits	What	How	Frequency	Who	Corrective Action(s)	Records	Verification

Signature of Company Official: \_\_\_\_\_ Date: \_\_\_\_\_

Page \_\_\_\_ of \_\_\_\_

- May require a Hazard Analysis & Critical Control Point (HACCP) plan



# Noted Violations – What Happens Now?

- Short term and long term corrections
- Repeat Violations
- Logs – etc.

18	31.234(1)(B)	<p>[Cold Holding Temperature] Potentially hazardous food is held at an internal temperature of 41F or below for cold-holding, except that eggs that have not been treated to destroy all viable Salmonellae must be stored in refrigerated equipment that maintains an ambient air temperature of 45F or below.</p> <p><i>Food items in the bottom section of both prep line coolers were observed to be holding at temperatures above 41F. The rate of bacterial growth and possible toxin production can be greatly reduced when foods are held at temperatures of less than 41F.</i></p> <p><i>Kitchen Manager immediately discarded temperature abused items. He turned the temperature down in both coolers and will monitor it to make sure the temperature holds below 41F. If the temperature does not come down, he will call a repair person, keep food on ice during prep line use, and store all food items in the walk-in at night. He will contact me to let me know that the coolers have been fixed.</i></p> <p><i>We also discussed that keeping temperature logs would be a good idea to find out if the problem is ongoing.</i></p>	11/11/2022
20	31.060(f)	<p>[Consumer Advisory] If an animal food such as beef, egg, fish, lamb, milk, pork, poultry, or molluscan shellfish is served or sold raw, undercooked, or without otherwise being processed to eliminate pathogens, either in the ready to eat form or as an ingredient in another ready-to-eat form, the operator shall inform consumers of the significantly increased risk of consuming such foods by way of a disclosure and reminder, as specified by using brochures, deli case or menu advisories, label statements, table tents, placards, or other effective written means.</p> <p><i>While the menus do have a consumer advisory on them informing consumers that eating raw or undercooked food could contribute to foodborne illness, there were not any symbols linking the advisory to the food items that are offered raw or undercooked.</i></p> <p><i>Manager stated she would link the consumer advisory to the raw/undercooked items and send a copy to <a href="mailto:heidi.isernhagen@alaska.gov">heidi.isernhagen@alaska.gov</a>.</i></p>	11/14/2022

# Questions

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- Alaska Food Code Regulations 18 AAC 31  
<https://dec.alaska.gov/media/1034/18-aac-31.pdf>
- Additional guidance documents are located here:  
<https://dec.alaska.gov/eh/fss/food/resources/risk-factor-resources/>  
<https://dec.alaska.gov/eh/fss/resources?s=food>
- Local Environmental Health Officer contacts can be found here:  
<https://dec.alaska.gov/eh/fss/staff/>