

The Loaded Table

C O W L I T Z C O U N T Y H E A L T H D E P A R T M E N T

REINSPECTIONS / HEARINGS / INCREASED INSPECTION FREQUENCIES

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Many years ago the Cowlitz County Health Department implemented an enforcement policy with supporting fees for reinspections and hearings. The intent was to improve compliance with food safety practices. The policy identified critical item “trigger” points and time frames for required reinspections.

The trigger points are as follows:

Routine Inspection	Resulting Action
Critical Red Points	Reinspection Required
> 20 and < 55 Points or Repeated Red	Within 30 days
≥ 55 and < 75	Within 15 days
≥ 75	Closure level – reinspection required prior to opening

Revision to the enforcement policy is in process and has been reviewed by the Food Advisory Committee. The action levels described above have not changed but will have enhanced corrective options and actions including office conferences, required training for Persons in Charge and/or food service workers, and increased inspection frequencies.

Failure to comply on subsequent follow-up inspections will result in additional enforcement action and applicable fees. If you have questions regarding follow-up actions please ask your facility’s inspector.

Fees for reinspections, office conference and administrative hearings were also increased in the 2008 fee schedule.

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Person In Charge

Training dates have been set through June of 2008. Brochures can be accessed on our website, obtained by calling the WSU extension office at (360) 577-3014, or by visiting the Health Department. Please note that classes may fill up quickly and pre-registration is required in order to ensure class will be held.

Dates are as follows:

- March 12 from 12:30—5pm
- April 17 from 12:30—5pm
- May 14 from 12:30—5pm
- June 3 from 12:30—5pm

March 19 (Spanish Speaking) 12:30-5pm

FEE INCREASES FOR 2008

A new fee schedule has been adopted by the Cowlitz County Board of Commissioners for the year 2008. This went into effect on January 1, 2008. Fees are based on a formula developed by the State Department of Health and current county accounting procedures.

These fees are intended to cover the cost of Health Department services and to reduce use of general taxes to support programs that have fees associated with them.

For a complete breakdown of the fees visit the Health Department website at www.co.cowlitz.wa.us/health. For any questions contact Carlos Carreon, Director of Health and Human Services at 360-414-5599.



LABEL REQUIREMENTS FOR ON SITE PACKAGING OF FOODS

Does food that is packaged in a retail food establishment have to be labeled?

Section 3-602.11 of the Washington State Retail Food Code requires “food packaged in a food establishment shall be labeled as specified in law.”

“Packaged” is defined as “bottled, canned, cartoned, securely bagged, or securely wrapped, whether packaged in a food establishment or a food processing plant” and “does not include a wrapper, carry-out box, or other nondurable container used to containerize food with the purpose of facilitating food protection *during service* and receipt of the food by the consumer.”

Packaged food that is ***picked up by the consumer*** from a conveyance such as a basket, bin, or case is not being served and is therefore considered “packaged” and must be properly labeled. Examples include sandwiches in a refrigerated case in the middle of a grocery aisle and baked goods in a basket on a table or counter accessible by the consumer.

Food that is wrapped and ***served by a food worker*** within the establishment in which it is prepared can be sold without a label as long as a list of ingredients is readily available to the consumer. This can be done either by written means (e.g., in a handy notebook) or verbally from an available food worker or employee at the establishment. This is to make sure that individuals with food allergies can easily learn the ingredients of all food items. Examples include baked goods served through an espresso stand window, hamburg-

ers served at a quick service counter, or sandwiches made to order at a deli.

This will be something that will be evaluated during inspections. If food workers are unable to provide or show the ingredients of wrapped foods upon request, then labeling will be required.

Label information shall include:

- (1) The common name of the food, or absent a common name, an adequately descriptive identity statement;
- (2) If made from two or more ingredients, a list of ingredients and sub-ingredients in descending order of predominance by weight, including a declaration of artificial color or flavor and chemical preservatives, if contained in the food;
- (3) An accurate declaration of the quantity of contents; and
- (4) The name and place of business of the manufacturer, packer, or distributor;

Labeling of packaged foods is new to you and to your inspectors. Please ask if you have questions, and we will work with you to answer your questions.

Other information for labeling is available at the following links:

- [Chapter 69.04 Revised Code of Washington](#)
- [21 CFR 101 - Food Labeling;](#)
- [9 CFR 317 - Labeling, Marking Devices, and Containers.](#)

Homestyle Equipment

Reminder – when you are replacing existing equipment or adding new equipment it must be commercial equipment and not “homestyle” equipment.

Washington Administrative Code specifies:
Acceptability 4-205.10 Food Equipment, Certification and Clarification - Food Equipment that is certified for sanitation by the American National Standards Institute (ANSI) - accredited certification programs will be deemed to comply with Parts 4-1 and 4-2 of this chapter.

What is “homestyle equipment”? Homestyle equipment is something that is normally purchased for use in a private home. It is usually designed for much less demanding use than in a commercial setting.



Commercially approved equipment has a certification attached to the unit stated it was tested against certain operating and sanitation criteria such as National Sanitation Foundation (NSF).

Some facilities have applied for and been granted variances to equipment requirements due to limited menus and/or use pattern. Effective 2008, a fee as been implemented to cover the additional cost of variance reviews.

Variance requests must be submitted in writing and include a statement of the proposed variance of the code citing relevant sections, an analysis of the reason for the request and how public health hazards and nuisances will be addressed by the proposal.

CHANGES IN ESTABLISHMENTS

When making changes to a facility and/or menu you may need to contact the Health Department. Health Department staff can help you with any paperwork that is required. Such as, plan reviews and fees, variance requests, ownership changes (new permit needs to be issued) or permit changes.

If your changes require a plan review the finished packet along with fees will need to be submitted at least 45 days before they become effective.

For description of when plans are required read section 8-2 on page 72 of the *Washington State Retail Food Code Working Document*.

Hand Washing
Prevents Illness

Do you serve prime rib or other roasts?

If so you might want to review the code for cooking requirements effective May 2005. Part of the code specifies a temperature and cook time relationship for roasts to be considered fully cooked.

The regulation specifies that whole beef roasts, corned beef roasts, pork roasts, and cured pork roasts such as ham, shall be cooked:

1. In an oven that is preheated to the temperature specified for the roast's weight in the following chart that is held at that temperature:

Oven Type	Oven Temperature based on Roast Weight	
	Less than 4.5kg (10lbs)	4.5kg(10lbs) or more
Still Dry	177°C(350°F) or more	121°C(250°F) or more
Convection	163°C(325°F) or more	121°C(250°F) or more
High Humidity ¹	121°C(250°F) or more	121°C(250°F) or more

¹Relative humidity greater than 90% for at least 1 hour as measured in the cooking chamber or exit of the oven; or in a moisture impermeable bag that provides 100% humidity.

and

2. As specified in the following chart, to heat all parts of the food to a temperature and for the holding time that corresponds to that temperature:

Temperature °C (°F)	Time ¹ in Minutes	Temperature °C (°F)	Time ¹ in Seconds
54.4 (130)	112	63.9 (147)	134
55.0 (131)	89	65.0 (149)	85
56.1 (133)	56	66.1 (151)	54
57.2 (135)	36	67.2 (153)	34
57.8 (136)	28	68.3 (155)	22
58.9 (138)	18	69.4 (157)	14
60.0 (140)	12	70.0 (158)	0
61.1 (142)	8		
62.2 (144)	5		
62.8 (145)	4		

¹Holding time may include postoven heat rise.

For example, if the procedure your establishment uses is to cook prime rib to 130°F internally, and then remove to a warmer to finish its "cooking", then it must be held at 130 °F for 112 minutes before serving as fully cooked. This can include time in the warmer. The key is to decide on a temperature that complies with the above table and to maintain that internal temperature for the time specified in the table.

If a whole muscle roast is part of your menu or specials a cooking procedure must be identified and employees trained to follow that procedure. The PIC (Person in Charge) must be able to demonstrate knowledge of that process if asked.

These charts also apply to other whole beef roasts, pork roasts, and cured pork roast such as ham. If in response to a single customer order prime rib is served prior to reaching the time/temperature combination a Consumer Advisory must be provided to inform customers that the food they are about to order is raw or undercooked and could increase their chances of a food borne illness.

If you have questions about your process on cooking prime rib or other roasts or on the consumer advisories please contact your inspector.

Revised Clean Indoor Air Act

According to results of air quality monitoring tests conducted by the American Lung Association of Washington, **air pollution decreased by 88 percent in bars and restaurants** following the implementation of the **No Smoking in Public Places Law.**



FUTURE NEWSLETTERS

If there are subjects you would like included in future newsletters please feel free to call Ruby Stilson. Her contact information is:
 Phone: 360-414-5596
 Email: stilsonr@co.cowlitz.wa.us

What is E. coli?

- A bacteria that normally lives in the intestines of humans and animals.
- Although most are harmless, several produce toxins that can cause diarrhea.
 - E. coli O157:H7 can cause severe diarrhea and kidney damage (what most outbreaks are linked to).

Who gets E. coli O157:H7 infection?

Anyone of any age can become infected with *E. coli* O157:H7, but the very young and the elderly are more likely to develop serious complications.

How is it spread?

- Eating rare or inadequately cooked meat.
- Fresh vegetables, unpasteurized fruit juices and raw milk.
- Careless food handling of any food product eaten raw can be contaminated by raw meat juices.
- Person-to-person transmission, especially in child care settings, can occur if infected people do not wash their hands after using the toilet or diapering children.
- Drinking contaminated water and swimming in contaminated shallow lakes.
- Farm animals and deer jerky which is an uncooked dried meat.

What are the symptoms?

Some Cases:

- Mild diarrhea or no symptoms at all

Most Cases:

- Severe diarrhea and abdominal cramps
- Bloody stool
- Usually little or no fever is present.

Symptoms generally appear three to four days after exposure, but can take as long as nine days to appear. Persons experiencing these symptoms should contact their physician.

What is the treatment?

For most mild cases, symptoms generally go away without antibiotics or other specific treatment in five to ten days.

What serious complications can result from E. coli O157:H7 infection?

In some people, particularly children under five years of age, the infection can cause a complication called hemolytic uremic syndrome (HUS). This is a serious disease in which red blood cells are destroyed and the kidneys fail. Transfusions of blood or blood clotting factors, as well as

kidney dialysis, may be necessary. A prolonged hospital stay is often required. Fortunately, most people with HUS recover completely, but it **can be fatal**.

What can I do to prevent infection?

- Cook Hamburgers or other ground meats to 155°F
- Cook Venison to 165°F.
- Drink only pasteurized milk, milk products and fruit juices.
- Carefully wash all produce, kitchen utensils and countertops.
- Wash hands after using the toilet, changing a child's diaper, or touching farm animals
- Wash hands with hot, soapy water, rubbing hands together for 20 seconds.
- Persons ill with diarrhea or children in diapers should not swim in pools or lakes.

Outbreaks

- The **largest Washington State** *E. coli* O157:H7 outbreak was in 1993, when 477 people were infected from contaminated, undercooked hamburger.
- In 1994, 11 people were infected from contaminated ground beef
- In 1994, 15 people were infected from contaminated salami.
- Additional outbreaks in the US are from non-beef sources
 - Lettuce and salad bars where foods were contaminated by improperly cleaned utensils, working surfaces and infected food handlers.
 - Garden vegetables fertilized with animal manure
 - Unpasteurized apple cider, and home made venison jerky.

Recently there have been cases due to contaminated swimming water and petting farms. Annually there are 150-300 cases in Washington (1 or more people per case, most cases are only 1 person involved and are not involved in outbreaks).

The previous information provided by Washington State Department of Health. For the full fact sheet disclosure visit the sight at <http://www.doh.wa.gov/ehsphl/factsheet/ecoli.htm>

An ounce of prevention
is worth a pound of cure
- Benjamin Franklin

NEW HEALTH DEPARTMENT WEBPAGE FEATURE

On February 5, 2008, in response to requests and comments from the public and the media, the Health Department made inspection report results available on our webpage. Previous notice of this feature was included with your 2008 permit renewals.

It is currently available under CURRENT EVENTS AND ISSUES at www.co.cowlitz.wa.us/health.htm. Routine and follow up inspections of currently open facilities are available.

The design and content was developed in conjunction with input from Cowlitz County Food Advisory Committee.

Each inspection will show the total red critical points and the total blue points. Those violations corrected during the inspection will be identified. The inspection reports give general description of the type of violation noted not the specifics of the violations documented.

A special feature that has been included is the "Honor Roll". Those facilities without any violations on their three most recent routine inspections will be listed on the Honor Roll.

Complete inspection reports and food establishment files are public records and may be viewed at the Cowlitz County Health Department during normal business hours.

Although extended effort is made to ensure that the information on this site is updated accurately and on a timely basis, the Cowlitz County Health Department does not guarantee that all information is accurate, complete, or current at all times. Please help us by bringing any needed corrections or suggestions to our attention.