

# Food Bites

Fall 2019



## MAKING CHANGES?

If you're planning to change your menu, remodel, add a buffet or start catering, contact our plan review staff at [food@tpchd.org](mailto:food@tpchd.org) or (253) 798-4711.

## WHAT'S INSIDE

2....Food Safety fees

2....What to do when the power goes out.

3....Report all food safety concerns and illness.

3....CBD not allowed as a food ingredient.

3....No pest is a guest.

3....Right tools in the right place!

3....Produce-rinse it right.

4....Anybody can get sick. Who's more likely to get seriously ill?

4....Food & Community Safety Program

## Hepatitis A—health warning for food workers.

Hepatitis A is spreading among people living in Washington. Why should you be concerned about this disease?

It spreads through food, and that means this disease can hurt you, your customers and your business' bottom line.

It does more than ruin your appetite. Hepatitis A can cause severe liver damage. Symptoms include fatigue, fever, nausea, stomach pain, vomiting, no appetite, dark pee, pale poop, diarrhea and jaundice (yellow skin and eyes). If you have any of these symptoms:

- Do not go to work until at least 24 hours after symptoms go away.
- Employees: tell your manager.
- Managers: report illness to (253) 798-6460, [food@tpchd.org](mailto:food@tpchd.org) or at [tpchd.org/food](http://tpchd.org/food).

Those who handle food have a big role to play in keeping hepatitis A away. You and your coworkers should follow these steps to prevent hepatitis A from spreading:

- Get a hepatitis A shot.
- Do not work with food when you are sick.
- Wash your hands.
- Do not touch ready to eat foods with bare hands.
- Clean your restroom to kill the virus.

Learn more and find prevention resources at [tpchd.org/PreventHepatitisA](http://tpchd.org/PreventHepatitisA).

## Stay home when you're sick! Learn about paid sick leave.

The weather is beginning to cool, and flu season will soon heat up. If you get sick, Washington's Paid Sick Leave Law ensures most of you can take care of you and your family—and still get paid.

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When food workers are ill, they can easily spread diseases to others. That's bad for you, those you serve, and your business.

Please don't go to work, school, or other places where you could make others sick.

For those eligible:

- Paid sick leave starts 90 calendar days after your first day of employment.
- You earn at least 1 hour for every 40 hours worked.
- You can use it to care for you or your family's physical or mental health needs.
- You need to tell your employer when you or a family member is sick as soon as possible.
- If you're out sick more than 3 days, your employer may need to verify you're sick.

Some employers provide more generous benefits and have other requirements. For specific eligibility questions, call Washington State Department of Labor & Industries at (866) 219-7321 or go to [lni.wa.gov/sickleave](http://lni.wa.gov/sickleave).

## Food Safety fees

Our Food and Community Safety Program runs on fees. We do not receive tax revenue for this work. Your permit fees cover the costs we incur for our inspection, education and health code enforcement work.

We also use fees to improve our services to you like:



Online permit applications, plan reviews, and status updates.



Faster responses to permit applications, plan reviews, inspections and complaints.



New easier to use website.

Know what costs to expect next year. See our updated fees at [tpchd.org/feeupdate](http://tpchd.org/feeupdate).

## What to do when the power goes out.

Storm season is coming. Accidents and earthquakes can happen at any time. Save your inventory and protect your customers from foodborne illness with these tips.

When the power goes out:

- Close your food service establishment.
- Write down the time power went out.
- Keep cooler and refrigerator doors closed. Do not put hot food in refrigerators.

When the power comes back on:

- Check the internal temperatures of all hot and cold potentially hazardous foods.
- Throw away all unsafe potentially hazardous foods. When in doubt, throw it out!
- Contact us at (253) 798-6460 or [food@tpchd.org](mailto:food@tpchd.org) before reopening.

Find more tips are at [tpchd.org/food](http://tpchd.org/food).

Follow the charts on the right. "X" means the food must be thrown out.

### Cold-held food



0-2 hours



2-4 hours



4+ hours

45° F or below



46-50° F



51° F or above



### Hot-held food



0-2 hours



2-4 hours



4+ hours

130° F or above



129° F or below



## Report all food safety concerns and illness.

Help keep your customers healthy and coming back. Foodborne illness is bad for your bottom line, but you can help us catch outbreaks early and prevent more people from getting sick.

- Call (253) 798-4712, email [food@tpchd.org](mailto:food@tpchd.org) or fill out a report online at [tpchd.org/food](http://tpchd.org/food).
  - We'll ask who got sick, what symptoms they had, and what they ate and drank.
  - We'll ask for your name and phone number, but you don't have to give them.
- Need a translator? We can connect you with one, for free—on the phone or in person.
- You can translate any of our online forms and web pages.
  - At the top of the webpage, click "Translate" and select your language.



## CBD not allowed as a food ingredient.

*Avoid stocking inventory you can't sell.*

You may have seen cannabidiol (CBD) as a popular additive in food and drinks recently. Federal and state law does not allow CBD as an ingredient in food, which means most stores and restaurants in Washington can't sell it.

Washington State Department of Agriculture is in contact with the industry make sure anyone who might sell CBD products follows the law. Those who make or sell food that includes CBD won't be allowed to do so. For more information on CBD in food, call (253) 798-6460 or go to [tpchd.org/CBD](http://tpchd.org/CBD).

## No pest is a guest.

Pests can be a year-round problem even after the weather cools. Cockroaches, flies, mice or rats can harm your business and lead to illness. Once they settle in, it's difficult to get rid of them. Take these steps to prevent pests from becoming permanent guests:

- Keep your business clean. Clean equipment, floors, grease traps and garbage areas regularly. Store food in containers with tight lids.
- Look for any openings where pests can enter. Seal them with putty or plastic wood. Add a screen to windows, doors and other openings. Put door sweeps on all doors that open to the outside.
- Hire a professional pest control service to ensure the pests stay away. Coordinate pest control with others in your building so they don't just go next door.



## Right tools in the right place!

Do your gloves fit? Are tongs and other tools where you need them? Ask your staff and managers. Making sure the right tools are in the right place saves time and helps prevent barehand contact with ready to eat foods.

## Produce—rinse it right.

It's important to rinse produce before you prepare or serve it, to keep your customers healthy. Several illnesses this summer were linked to the use of chemical produce rinses. Make sure you use them correctly. Do not soak already cut produce in chemical rinses. Check to make sure you have the correct concentrations with test strips, if available. For more questions about produce rinses contact us at [food@tpchd.org](mailto:food@tpchd.org) or (253) 798-6460.

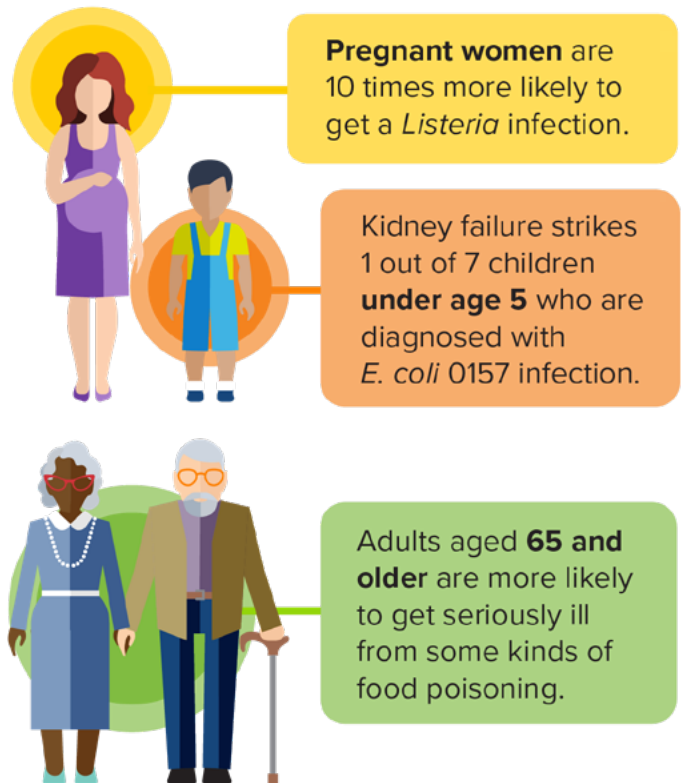
## Anybody can get sick. Who's more likely to get seriously ill?

Nobody likes to get sick but certain groups are more likely to get seriously ill. These groups include:

- Children younger than 5 years old.
- Adults aged 65 and older.
- People with weakened immune systems from medical conditions or their treatment, such as cancer, HIV/AIDS, or diabetes.
- Pregnant women.

You and your coworkers can help keep customers healthy:

- Wash your hands and work surfaces often. Germs can survive in many places around your kitchen including your hands, utensils, cutting boards and countertops.
- Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods in your shopping cart, refrigerator and meal preparation area.
- Cook food to the right temperature to kill harmful bacteria. Use a food thermometer.



### FOOD & COMMUNITY SAFETY PROGRAM

## Sign up for email notifications about possible food safety rating systems.

We're making it even easier for people to get information about restaurants' food safety performance. Get progress reports as we develop our food safety rating system. Participate in surveys on placard ideas.

Sign up to give feedback at [tpchd.org/notify](http://tpchd.org/notify). Enter your information and choose "Food safety info."

### Contact information

General Information.....(253) 798-6460  
.....[food@tpchd.org](mailto:food@tpchd.org)

Plan Review.....(253) 798-4711

Temporary Events .....(253) 798-4709

Report a Foodborne Illness or  
Food Safety Concern.....(253) 798-6460

Food Worker Card.....[foodworkercard.wa.gov](http://foodworkercard.wa.gov)



[tpchd.org](http://tpchd.org)