

FOOD FOR THOUGHT

Winter 2014 (Dec./Jan./Feb.)

Food Storage in a Refrigerator



Top Shelf

- Ready to eat foods
- Desserts
- Cooked foods
- Fruits and vegetables

Middle Shelves (foods must be stored in order of cooking temperatures.)

- Roasts (130°F)
- Fish, Meat, Pork (145°F)
- Ground meats, injected meats or pooled eggs (155°F)

Bottom Shelf

- Poultry; Raw shell eggs; Stuffed fish, meat or pasta and any stuffing that contains meat or fish (165°F)

Reminder

- All foods must be covered to prevent cross contamination.
- Food items must be at least 6 inches off the floor.

How to Properly Cool Foods

According to the Centers for Disease Control and Prevention (CDC), approximately 48 million people (1 in 6) got sick from foodborne illnesses in 2011, resulting in 128,000 hospitalizations and 3,000 deaths.

Foodborne illnesses are 100% preventable, and one way to prevent foodborne illnesses is to properly cool down foods. The goal of the cool down process is to get the food from 135°F to 41°F as fast as possible. New Jersey State Code, Chapter 24 N.J.A.C. 8:24-3.5(d)1, "*Sanitation in Retail Food Establishments and Food and Beverage Vending Machines*", states that **"foods that are cooked shall be cooled within 2 hours from 135°F to 70°F, and then you have 4 hours to get it from 70°F to 41°F."**

Cooling can be completed by using one or more of the following methods:

1. **Placing foods in shallow pans.**
2. **Separating the food into smaller or thinner portions.**
3. **Using rapid cooling equipment (i.e. blast chiller).**
4. **Stirring the food in a container placed in an ice water bath.**
5. **Using containers that facilitate heat transfer (i.e ice wands).**
6. **Adding ice as an ingredient; or other effective methods.**

When storing food in a refrigerator or using a cold holding unit for cooling, you have to consider a few things:

- Make sure that the food is arranged in a way that there will be maximum heat transfer. For instance, stacking containers or covering them will not allow the heat to escape.
- Store in a place that will not allow contamination of another product that is stored above.

The person in charge should routinely monitor employees to ensure safe and proper cooling practices are followed.

Source

Estimates of Foodborne Illness in the United States. (2013, February 6). Retrieved May 20, 2013 from Centers for Disease Control and Prevention <http://www.cdc.gov/foodborneburden/index.html#>

Inspection Food Safety Tips for Receiving Food

One of the most overlooked areas of food safety is the receiving of your food deliveries. Food should always be stored properly, even when being delivered. All the same priorities and precautions should be in place -- such as observing holding temperature, separating raw from ready-to-eat foods, and using containers that protect the food from insects or rodents.

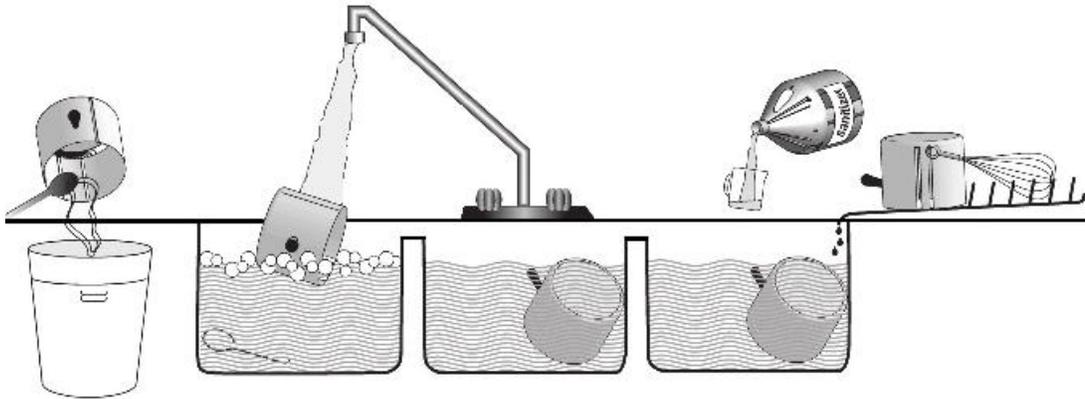
Food is delivered in many ways. Larger organizations have commissaries that produce food and then send it out to other locations using trucks. Suppliers deliver large amounts of food to many restaurants all day. Many restaurants deliver meals right to customers' doorsteps. In each of these cases, the deliverer should be taking proper steps to ensure the food is delivered safely.

There are steps restaurant managers can take to make sure they don't receive food that has been compromised in the delivery process.

1. **Temperature:** Always make sure the food being received is holding at the proper temperature. If it's supposed to be cold, verify it's at 41° Fahrenheit. If the food being delivered isn't at the right temperature, don't accept it. There is no way of knowing how long it was sitting out of temperature.
2. **Package integrity:** Check boxes or packaging that contains the food. Are there rips or tears? Is it wet or falling apart? Most food is delivered in cardboard boxes and can easily be compromised. Pests or rodents can crawl inside, and if a box is on a wet floor, the water can seep through to the food. Always make sure the packaging is in good shape.
3. **Delivery time:** Certain large suppliers prefer delivering food early in the morning, before normal business hours. If you do allow this, make sure the suppliers are putting food in the proper place. Cold food should go right into the walk-in or another refrigerator, and frozen products should go into the freezer. If no one is present to accept delivery, don't ever allow food to be left outside.
4. **Delivery trucks:** When food is delivered by truck, ask these questions:
 - Is the truck cold enough inside?
 - Are the floors, walls and ceilings clean?
 - Can the truck be closed tight to prevent pests from entry?
 - If the truck engine is off, does the condenser stay on?
 - Does the truck only deliver food?

If the answer to any of these questions was "no", you might want to consider refusing the delivery or even switching delivery providers. The first 3 are obvious, but if the condenser shuts off at every delivery stop, the chances that your food is stored at the proper temperature during delivery are very remote or impossible during hot days. If the truck delivers more than food, cross-contamination could be a big issue.

Steps to Manual Ware-washing



Step 1 Scrape foods off plate and stack neatly on top of one another.

Step 2 Wash with dish detergent in warm water.

Step 3 Rinse with clean water to remove dish detergent.

Step 4 Sanitize in water of 170°F or more for 30 seconds or sanitize chemically.

When using chemicals for sanitizing, test strips to measure parts per million (ppm) are required.

Chemical Sanitizers

- Chlorine- 50-100ppm for 10 seconds
- Quaternary ammonia compound solution 200ppm or as specified in the instructions.

Step 5 Air dry on a drain rack. Remember drying with paper towels or rags is not allowed.

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