Talking Tazewell

Sanitation Sense

New Report on Food-borne Disease

In 2017, 841 food-borne disease outbreaks were reported to the Centers for Disease Prevention and Control (CDC), according to a recently released annual summary from the Food-borne Disease Outbreak Surveillance System. The data compiled is from reports submitted by state, local, and territorial public health agencies to the National Outbreak Reporting System (NORS), a platform for reporting gastroenterological disease outbreaks due to food, water, animals and their environments, and from person-to-person transmission.

Although most food-borne illnesses are not part of a recognized outbreak, large-scale outbreaks provide important information about the germs, toxins, and chemicals that cause illness and the implicated foods.

Here is a summary of the main findings:

• Reported food-borne disease outbreaks resulted in 14,481 illnesses, 827 hospitalizations, 20 deaths, and recalls of 14 food products.
• Norovirus was the most frequently reported confirmed cause, with 140 outbreaks and 4,092 outbreak-associated illnesses.
• Salmonella was the second most common, with 113 outbreaks and 3,007 outbreak-associated illnesses.
• Restaurants were linked to outbreaks more often than any other place where food was prepared, as in previous reports. Restaurants were associated with 489 outbreaks, accounting for 64% of outbreaks that had a single location where food was prepared. Most of these restaurant outbreaks (366) occurred at establishments with sit-down dining.
• The food categories responsible for the most outbreak-associated illnesses were:
  - Turkey (609 illnesses)
  - Fruits (521 illnesses)
  - Chicken (487 illnesses)
  - Pork (376 illnesses)

The full 15-page report can be viewed in its entirety at:
https://www.cdc.gov/fdoss/pdf/2017_FoodBorneOutbreaks_508.pdf?deliveryName=DM9453

It’s hard to believe, but it’s almost that time again — Food Permit renewal time!

Within the next few weeks, letters will be mailed to your food establishments or corporate offices. If your facility does not directly receive the permit renewal application, notify the appropriate party to ensure the application is completed and fee submitted by December 31, 2019. Your application must be received in our office by 4:30pm on December 31st or a late fee will apply.

Filling out & submitting the application:
Please review the information listed on the application form for correctness, including Risk Category, certified food protection managers, contact information, and number of employees. If there are changes to this information, please use the provided space to make revisions.

The permit fee is listed on the application and the fee can now be paid on-line at www.GovPayNow.com. Please follow the instructions provided on the application form for this method of payment. If you pay online, please mail or email your signed application to food@tchd.net.

Late or incomplete permit applications & late fees:
The late fee for permit renewal between January 1, 2020 and January 10, 2020 is an additional $100.00. Late fees for permit renewal between January 11, 2020 and January 31, 2020 is $100.00 plus a $5.00 per day surcharge for each additional day.

On February 1, 2020, any facility that has not turned in a completed application with fees will have their permission to operate TERMINATED. License holder(s) must re-apply for a new Food Permit (plan review and fees will be required), as well as all late fees.

Incomplete applications or applications received by December 31, 2019 without the appropriate fees will not be accepted and will be returned. Late fees will apply. Please note that the Tazewell County Health Department will be closed December 24 and December 25, 2019 in observance of Christmas.

Questions?
If you have any questions please feel free to contact this office at (309) 929-0272. You may email your completed application to food@tchd.net. Permits will not be issued until payment is received.
The Tri-County Green Hero is a campaign to recognize community members, neighborhoods, businesses, schools, churches, or other organizations making a difference in Woodford, Tazewell, and Peoria Counties in promoting sustainable and green practices at home and at work. The campaign is an effort in partnership between the Tazewell County Health Department Green Initiatives, Peoria County Sustainability and Resources, Woodford County Health Department, and WMBD.

Award recipients will be recognized on WMBD during their monthly feature of “Tri-County Green Hero of the Month,” receive a recognition plaque to display, and be highlighted on the Tri-County Green Hero page found on www.healthyhoi.com.

Green Hero of the Month Award - Nomination Criteria

Anyone can nominate a person, organization, business, or partner for their work to increase recycling or waste diversion efforts and improve the health of our environment. The following are examples of nomination criteria:

- Composting food scraps and other materials
- Conducting a Food Recovery Project—donating foods or leftovers to local food pantries or soup kitchens
- Operating “share tables” at your school or business (approved foods/beverages returned and redistributed)
- Conducting litter pick up drives in your neighborhood, at parks, along the river or beaches, etc.
- Implementing water and energy saving initiatives
- Creating a Wellness Policy for dedicated improvements to employee or community health
- Providing a tobacco-free environment for customers, clients, and residents
- Purchasing locally grown produce to increase spending power and reduce transportation emissions
- Implementing source reduction through minimized packaging and purchasing of durable goods
- Providing access to healthy foods onsite for employees

Ways to Nominate:

By email: Please complete the nomination form found at:
https://healthyhoi.wildapricot.org/zero-waste-holiday and email to: swallace@tchd.net

Or by mail: Please complete the nomination form and return to:

Tazewell County Health Department
Attn: Shanita Wallace
21306 Illinois Route 9
Tremont, IL 61568

Nomination forms are due by the 15th of each month.

Our October recipient of the Tri-County Green Hero Award was:
Sous Chef of Peoria
As a reminder, on January 1, 2018, the Illinois Food Service Sanitation Manager Certification (FSSMC) was eliminated. The Illinois Department of Public Health no longer issues a FSSMC certification and there is no longer a refresher course to renew this certification.

Instead, you will need to become a Certified Food Protection Manager. You need to complete an ANSI accredited 7-hour training and pass the Food Protection Manager Certification Exam, but you no longer need to apply for the FSSMC certificate through the state of Illinois. In the past, the State allowed you to take a refresher course to renew your FSSMC. Now however, there is no renewal for the Certified Food Protection Manager. You must retake an ANSI accredited 7-hour training and pass the exam every 5 years.

So how do I complete the required training?

There are three Certified Food Protection Manager class options:

1. **Find a classroom style training:** This is the type of training we offer at Tazewell County Health Department (TCHD). It is a 2-day class. The first day is a full day of class training. The second day the class training is in the morning and then the exam is in the afternoon. Study materials and the Servsafe Manager book are provided to help you study. The book does have to be returned on the second day of class.

   Other instructors offer this training, but it must meet the 7-hour minimum standard and offer an ANSI-approved exam at the end.

2. **Online training:** You can take an online training from anyone that meets the requirements of the ANSI accredited 7-hour training. Once you’re done with that training, you will receive a certificate. You will then need to find a testing site and proctor to offer you the exam. You will need the specific test/proctor for the specific online training you took.
For example: you complete the “Servsafe” training online and need to take an exam. This can be done through TCHD during a regular scheduled exam date. Please see our webpage (https://www.tazewellhealth.org/177/Education-Training) for dates and times. Just fill out the certified food manager course application and mark “proctored” exam. You will only take the exam on the exam date; no classroom time is necessary. Remember!! If you take an online training, you must find that specific test/proctor that matches the online training. You would not be allowed to sit for a “Servsafe” exam we offer if you completed any of the other online trainings.

TCHD also offers a “proctored” Servsafe exam only on the third Monday of every month. This option is limited to 4 people. It is on a first come first serve basis. Contact our office at 309-929-0272 for more details.

3. **Fully online training and exam:** Option #2 on the link below to the approved course has a full online training and exam. You will take the training and exam on your own. You must contact them to be sure your computer meets the needs for the exam.

There are five ANSI Certified Food Manager Course Options that can be found at:

https://www.ansi.org/Accreditation/ credentialing/personnel-certification/food-protection-manager/ ALLdirectoryListing?menuID=8&prgID=8&statusID=4

If you have any questions, please contact Environmental Health at 309-929-0272 or email us at eh@tchd.net
Proper date marking has been an ongoing issue observed in several food establishments this year. Some times inspectors observe that date marking is not occurring at all; however, the majority of violations can be attributed to when foods must be date marked and subsequently discarded. Here is a brief review to ensure proper date marking:

On-premises preparation — Food that is prepared in the establishment

Ready-to-Eat, Time/Temperature Control for Safety Food, Date Marking.

Refrigerated, READY-TO-EAT, TIME/Temperature Control for Safety Food prepared and held in a FOOD ESTABLISHMENT for more than 24 hours shall be clearly marked to indicate the date or day by which the FOOD shall be consumed on the PREMISES, sold, or discarded when held at a temperature of 5°C (41°F) or less for a maximum of 7 days. The day of preparation shall be counted as Day 1.

What does this mean? If you make food in your establishment that requires refrigeration after making the food or you cook and cool down a food, it must be used within 7 days. You can label the food with day dots or masking tape, even on stickers provided on the side of the container or the lid, or even a dry-erase board calendar. Whatever system is used, employees must be trained on it and it must be followed!

I teach it this way: The day you make it “+ 6” gives you your seven-day date.

Example, I make chicken salad on 10/3/19 and need a discard date. 3+6 = 9, meaning 10/9/19 is my discard date.

Commercially processed food — foods purchased from the store

Refrigerated, READY-TO-EAT TIME/Temperature Control for Safety Food prepared and PACKAGED by a FOOD PROCESSING PLANT shall be clearly marked, at the time the original container is opened in a FOOD ESTABLISHMENT and if the FOOD is held for more than 24 hours, to indicate the date or day by which the FOOD shall be consumed on the PREMISES, sold, or discarded, based on the temperature and time combinations specified below:

(1) The day the original container is opened in the FOOD ESTABLISHMENT shall be counted as Day 1; and

(2) The day or date marked by the FOOD ESTABLISHMENT may not exceed a manufacturer’s use-by date if the manufacturer determined the use-by date based on FOOD safety.

What does this mean? When you buy commercially processed foods and open them, they must be used in 7 days under the same date marking system as listed above for “On premises preparation.” They should also not be used past their “use by date.” So if the used by date is sooner than the 7 day date from when you opened the food, it must be used by the “use by date.”
Combined foods — When previously date marked food is added as an ingredient other foods

A refrigerated, READY-TO-EAT TIME/TEMPERATURE CONTROL FOR SAFETY FOOD ingredient or a portion of a refrigerated, READY-TO-EAT, TIME/TEMPERATURE CONTROL FOR SAFETY FOOD that is subsequently combined with additional ingredients or portions of FOOD shall retain the date marking of the earliest-prepared or first-prepared ingredient.

What does this mean? When you use a food that is already labeled under the seven day rule and combine it with another food that has to be date labeled, the food that was labeled first has the “oldest date” and the new combined food must follow the original discard date of that “oldest food.”

Example, if you have cooked and cooled hamburger (10/1/19 - 10/7/19) and have held it for three days and combine it with chili, the chili (cold assembled ready to cook, or cooked and cooled down) must be used by 10/7/19 or the discard date of the “oldest food.”

Freezing date labeled foods

Freezing food stops the date marking clock but does not reset it. So if a food is stored at 41º F for two days and then frozen at 0º F, it can still be stored at 41º F for five more days after removal from the freezer. The freezing date and the thawing date must be put on the container along with the preparation date as an indication of how many of the original seven days have been used. If food is not dated with these dates, it must be used or discarded within 24 hours.

Exemptions:

Some foods that are kept in the fridge might be exempt from the 7 day date labeling all together. That includes:

- Deli salads (commercially produced and acidified at the manufacturer level).
- Semi soft cheeses
- Hard cheeses
- Cultured dairy products such as yogurt, sour cream, and buttermilk.
- Preserved fish products such as pickled herring, dried, or salted cod.
- Shelf-stable dry fermented sausages, pepperoni, and salami not labeled as “keep refrigerated.”

*Did you know we have a website with a lot of guidance documents? Go to this link and find our food program forms https://www.tazewellhealth.org/181/Food-Program-Forms
Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

**Refrigerator:**
Safe to store the turkey for another 1-2 days in the refrigerator.
How to thaw: Allow approximately 24 hrs. for every 4-5 lbs. of bird.

**Cold water:**
Cook immediately after thawing.
How to thaw: Submerge the bird in cold water & change every 30 mins.

**Microwave:**
Cook immediately after thawing.
How to thaw: Use defrost function based on weight.

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?
It's safe to cook a frozen turkey even though cooking time will be 50% longer.

Clean

Wash your hands for 20 seconds with soap and warm water.
Utensils Plates Countertops Cutting boards SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird. Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

Cook

Your bird is not safe until it reaches 165°F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165°F, too!

Use three places to check the temperature.

Thickest part of breast
Innermost part of wing
Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

Chill

Take your time around the dinner table, cut refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days
Safe frozen, but use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Reheat thoroughly to a temperature of 165°F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

For more information:
Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PreguntaleaNosotros.gov for questions in Spanish.
I grew up in Pekin and graduated from Pekin Community High School in 2006. From there, I attended Illinois Central College for two years prior to transferring to Illinois State University where I majored in Environmental Health. Half way through completing my major coursework, I left the university and completed a year of work as an AmeriCorps member with IDPH.

In 2018, I graduated from Illinois State with a B.S. after completing my internship with the Mclean County Health Department in their Environmental Health program. In my spare time, I enjoy spending time with my son, family, friends, and an occasional good book. I am very excited to be joining the team here at TCHD and look forward to everything there is to learn.

In an effort to improve our customer service, Tazewell County Health Department Environmental Health Division is conducting a survey of our recent clients. Your input can help us improve our service to benefit all of our clients. We estimate that it will take you approximately 5 minutes to complete the survey.

Simply click on the link below, or cut and paste the entire URL into your browser to access the survey:

https://www.surveymonkey.com/r/VD7HP3M.

Your input is very important to us and will be kept strictly confidential.