

THE

FLASH



Food, Lodging and Safety Headlines

OCTOBER 6, 2016

INSIDE THIS ISSUE

FOOD SAFETY 101

2

BACTERIA BIO

3

UPCOMING TRAINING

4

COMMON VIOLATIONS

4

ALPHABET SOUP

6

INSIDE THE NUMBERS

7

ASK THE INSPECTOR

8

MEET THE INSPECTORS

9

SD DOH CONTACT INFORMATION

9

Preparing for the Holiday Rush

Fall is here, Thanksgiving and Christmas are just around the corner. For many food service and lodging establishments, the Holidays bring banquets, parties, caterings, and other events. Many of these have higher volumes than you are accustomed to and present other challenges your normal day to day operations do not. Often, there are significantly larger quantities of food prepared in advance of the day of service. Temporary staffing may also be employed to handle the increased business.

Unfortunately, every year, we see firsthand when things go wrong and the result is a foodborne outbreak. Outbreak investigations often reveal that improper cooling or reheating were a contributing factor. Preparing

large quantities may require special cooling or heating techniques that you aren't used to using. Large quantities of potentially hazardous food or leftovers may also restrict proper air circulation in refrigeration units. Remember to label and date, cool quickly, and then store no longer than 7 days at or below 41 degrees.

Another frequent contributor to these outbreaks is improper hand hygiene and ill food handlers. During such a busy time of year, people who are exhibiting signs of illness will sometimes make the mistake of handling food while they're sick. Please make sure all employees are aware of your policies for reporting illness and handling food while exhibiting symptoms. Don't forget

those you may hire just for the holiday rush.

Our office of Health Protection staff would be glad to help you navigate these events. There are many tips and techniques that may assist you with preparing and handling larger quantities safely. They can also answer questions on reassigning or excluding ill employees. Please give us a call if you'd like to discuss these or other issues and how they pertain to your particular situation.

Have a safe and happy holiday season.

Bill Chalcraft
Administrator
Office of Health Protection

WINTER WEATHER PREPAREDNESS



With winter creeping its way into the Midwest, it's time to start preparing for the cold weather. We start up the snow blower to make sure its ready

for the season ahead. We dig out our snow pants and we throw the good scraper in the backseat of the car. But how much do we do to prepare our businesses?

Our area is no stranger to snow and ice storms that can leave us without power for days at a time. Food loss from a power outage can be a huge impact on your business.

[Click here](#) for information on how to prepare for these types of events, and keep your food safe and profits in your pocket.



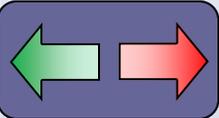
FOOD SAFETY 101-HEALTHY HOLIDAYS

With all the holiday celebrations people will be enjoying in the coming months, here are some reminders on how to keep food safe and the festivities memorable for the right reasons! If family cooks follow these 4 simple tips, the risk of foodborne illness is drastically reduced:

- CLEAN:** Wash hands and surfaces often
SEPARATE: Separate raw meats from other foods
COOK: Cook to the right temperature
CHILL: Refrigerate food promptly



Cleaning your hands and surfaces often is one of the biggest steps anyone can do to reduce the spread of contamination from raw meat products to food items that may not be cooked. When countertops are used for any food preparation, washing the surface in between differing food items is a very good practice. If a raw meat product is prepared on a countertop or cutting board, wash the surface with a soap and water rag, then sanitize the surface with a bleach solution or a sanitizing wipe. If one is working with raw meats, it is a good idea to use separate rags after washing the countertop or cutting board with soap and water as the rag could contain multiple dangerous organisms. Those organisms could be spread to another surface if used repeatedly. After handling food items, washing surfaces or any other task, always remember to wash your hands with soap and water and dry on a clean, single-use paper towel. A sanitizer is ok to use after washing of hands, but is not a substitute for washing hands.



Separating raw meat from other meat or food items is another good practice in controlling the spread of possible contamination to other food items. This starts from the time you buy the products in the grocery store, to the storage and handling in the home. For example, if a turkey is put in the fridge, it should be placed on the bottom shelf to eliminate any possible dripping of the raw turkey on a head of lettuce, a pie, a salad, or other possible food item that may not be cooked.



Cooking foods to the right temperature is a very critical step in food safety and the prevention of foodborne illnesses. A properly calibrated food thermometer should be used to test cooked food items. The thermometer should be able to properly test the food items to the temperature needed. Different products have different final temperatures to properly kill the target organisms. Always insert the probe of the thermometer into the thickest part of the meat being tested. The following is list of safe cooking internal temperatures to follow:

Poultry, stuffed meats, stuffed pasta and stuffing containing meats or poultry: 165° F

Pork, game animals, ground and comminuted meats: 155° F

Fish seafood, beef, veal, lamb mutton or buffalo: 145° F



Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator as cold air must be allowed to circulate to help keep food safe. Keeping a constant refrigerator temperature of 40° F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40° F or below and the freezer temperature is 0° F or below. Refrigerate or freeze meat, poultry, eggs, seafood and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F. Never thaw food at room temperature, such as on the counter top as food must always be kept at a safe temperature during thawing. There are 4 safe ways to defrost food: in the refrigerator, in cold water, as part of the cooking process and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately. If you plan on marinating any meats, always marinate in the refrigerator. And one of the best ways to cool large items or containers of leftovers is to divide the large amounts into shallow containers.

The best and most important statement that can be made regarding food safety is: **IF IN DOUBT, THROW IT OUT!**

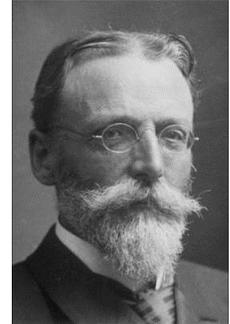
BACTERIA BIO- CAMPYLOBACTER

HISTORY

The symptoms of *Campylobacter* infections were described in 1886 in infants by Theodor Escherich. These infections were named cholera infantum, or summer complaint. The genus was first described in 1963; however, the organism was not isolated until 1972.

Campylobacter is a bacterium that causes intestinal infections. *Campylobacter* infections are generally mild, but can be fatal among very young children, elderly and immunosuppressed individuals. The bacteria normally inhabit the intestinal tract of warm-blooded animals such as poultry and cattle, and are frequently detected in foods derived from these animals. *Campylobacter* species can be killed by heat and thoroughly cooking food. To prevent *Campylobacter* infections, make sure to follow basic food hygiene practices when preparing food.

Note: You may recognize Dr. von Escherich from the March 2016 issue of The FLASH. He also discovered *E. coli* bacteria.



Dr. Theodore von Escherich

ILLNESS

Campylobacteriosis usually occurs in single, sporadic cases, but it can also occur in outbreaks, when two or more people become ill from the same source. It only takes a very few *Campylobacter* organisms (fewer than 500) to make a person sick. Even one drop of juice from raw chicken meat can have enough *Campylobacter* in it to infect a person!



The most common clinical symptoms of *Campylobacter* infections include:

- diarrhea (frequently with blood in the feces),
- nausea, and/or vomiting.
- abdominal pain,
- fever,
- headache,

The symptoms typically last three to six days. Patients should drink extra fluids as long as the diarrhea lasts.

PREVENTION

Some simple food handling practices can help prevent *Campylobacter* infections.

- Cook all poultry products thoroughly. Make sure that the meat is cooked throughout (no longer pink) and any juices run clear. All poultry should be cooked to reach a minimum internal temperature of 165°F.
- If you are served undercooked poultry in a restaurant, send it back for further cooking.
- Wash hands with soap before preparing food
- Wash hands with soap after handling raw foods of animal origin and before touching anything else.
- Prevent cross-contamination in the kitchen by using separate cutting boards for foods of animal origin and other foods and by thoroughly cleaning all cutting boards, countertops, and utensils with soap and hot water after preparing raw food of animal origin.
- Do not drink unpasteurized milk or untreated surface water.
- Make sure that persons with diarrhea, especially children, wash their hands carefully and frequently with soap to reduce the risk of spreading the infection.
- Wash hands with soap after contact with pet feces.

COMMON VIOLATIONS

Did you know there are over 5000 licensed food, lodging and camping establishments in South Dakota? In the interest of public safety, all of these establishments are required to be inspected with regular frequency. Often a pattern emerges indicating an inspection item or rule that is commonly violated. Here are a couple of items that are often marked on the inspection forms and suggestions on what may be helpful to prevent a reoccurrence.

Food Service – Item #41 – Lighting: Adequate, shielded, maintained. One aspect of the inspection process is to help the facility identify and then reduce or eliminate the physical, chemical and biological hazards found in any food service operation. One potential physical hazard that exists in kitchens is the lighting. If a bulb shatters, glass particulates could travel several feet in all directions. A fluorescent bulb contains powder and tiny amounts of mercury which can escape and be inhaled or land

on a food prep surface. Although breakages may be a rare occurrence, if they do happen, they can be very difficult to clean up properly. To help eliminate this risk, shields or coatings are required on lighting fixtures in food service areas.

The lighting in a kitchen must also be bright enough for the employees to see what they are doing when preparing food or storing food in an organized manner. It's also much easier to determine if a piece of equipment or other areas are properly cleaned when you have adequate lighting.

Recently, LED bulbs are becoming more popular in kitchens due to energy savings and the fact that they are not sensitive to the cold temperatures of a walk-in like fluorescent bulbs are. Most LED lights are shatter-resistant and would meet food service code requirements. This may be a good option when you are ready for a replacement.

Lodging – Item #18 – Lighting: Adequate and safe. Continuing with the lighting theme, this issue is also important in lodging facilities. Lighting is essential to the efficiency and safety of the business operation. A well-lit establishment conveys a sense of security and accommodation. Although protective shielding is not a lodging requirement per se, it may come into play if the facility has food service operations. The brightness or luminance of an establishment's lighting is a lodging requirement. A minimum of 10 foot candles of light must be provided on all surfaces of a room and a minimum of 30 foot candles are need for the bathroom and other areas.

As always please contact the Dept. of Health for additional resource information on these and other topics.



SOUTH DAKOTA DEPARTMENT OF HEALTH

Food Service Training Providers

- **Restaurant Division of South Dakota Retailers Association (SDRA):** [class schedule](#). Cost is \$120 for SDRA members, \$170 for non-members. Pre-registration required. Contact SDRA at 1-800-658-5545 for registration information. SDRA also offers the 8 hour ServSafe® training online; the testing must be proctored by a certified proctor or instructor. Contact SDRA for details.
- **Cash-Wa Distributing.** Pre-registration required. Contact Heidi Wietjes, Cash-Wa Distribution at 1-800-652-0010, Ext: 7123
- **Professional Server Certification Corporation.** Online manager certification and re-certification courses. Initial certification: train online for \$49.95, then take proctored final exam for \$40. Re-certification: train online for \$49.95; no proctor required. Call 1- 800-247-7737 or see www.Rserving.com.
- **Reinhart FoodService.** Cost is \$105. Contact Reinhart Food Service at 1-800-756-5256 Ext.222.
- **SuperSafeMark.** A retail food safety training and certification program developed by the Food Marketing Institute. For more information call 1-877-399-4925 or see www.fmi.org/food-safety/safemark.
- **Training Services.** Cost for certification is \$165 and re-certification is \$75. Pre-registration is required. Contact Training Services at 651-355-8486 to register.
- **US Foods - North Dakota.** Contact Heather Weber, Healthcare Act. Manager, 1-800-831-7318
- **Sysco North Dakota.** Call 1-866-327-4699, Ext 6307, for information.
- **National American University,** Rapid City campus, 5301 S Hwy 16. 8 Hour ServSafe Training with in-Class Exam \$110; 8 Hour ServSafe Training w/online Exam \$105; Training with Paper Exam \$110; Proctored Exams: \$45. To Register: Call 855-899-7915 or visit <https://www.national.edu/naux/servsafe/>

See course schedules and locations on next page!



UPCOMING TRAINING

Food Service Training Schedule

South Dakota food service establishments are required to have at least one person on staff who has passed an 8-hour food service training and certification program. Certified Food Manager courses to meet that requirement are listed below. Any questions should be directed to the sponsoring agency.

October 2016

October 4 - **Rapid City** - Recertification Course, Hilton Garden Inn, [South Dakota Retailers Association](#)

October 4 - **Sioux Falls** - Certification Course, Ramkota Inn, Training Services, 651-355-8486

October 5 - **Sioux Falls** - Certification Course, Ramada Hotel & Suites, [South Dakota Retailers Association](#)

October 12 - **Sioux Falls** - Recertification Course, Ramada Hotel & Suites, [South Dakota Retailers Association](#)

October 18 - **Rapid City** - Certification Course, Hilton Garden Inn, [South Dakota Retailers Association](#)

October 18 - **Aberdeen** - Recertification Course, AmericInn Lodge & Suites, [South Dakota Retailers Association](#)

October 18 - **Mitchell** - Certification Course, Ramada Inn, Training Services, 651-355-8486

October 19 - **Aberdeen** - Certification Course, AmericInn Lodge & Suites, [South Dakota Retailers Association](#)

November 2016

November 2 - **Sioux Falls** - Certification Course, Ramada Hotel & Suites, [South Dakota Retailers Association](#)

November 8 - **Rapid City** - Certification Course, Ramkota Inn, Training Services, 651-355-8486

November 15 - **Rapid City** - Certification Course, Hilton Garden Inn, [South Dakota Retailers Association](#)

December 2016

December 6 - **Rapid City** - Certification Course, Hilton Garden Inn, [South Dakota Retailers Association](#)

December 6 - **Sioux Falls** - Certification Course, Ramkota Inn, Training Services, 651-355-8486

December 7 - **Sioux Falls** - Certification Course, Ramada Hotel & Suites, [South Dakota Retailers Association](#)

December 13 - **Mitchell** - Certification Course, Ramada Inn, Training Services, 651-355-8486

Click [here](#) for additional dates and locations.

CAN'T RECALL WHAT HAS BEEN RECALLED?

A food recall occurs when there is reason to believe that a food may cause consumers to become ill. A food manufacturer or distributor initiates the recall to take foods off the market. In some situations, food recalls are requested by government agencies (USDA or FDA).

Some reasons for recalling food include:

- Discovery of an organism in a product which may make consumers sick
- Discovery of a potential allergen in a product.

- Mislabeling or misbranding of food. For example, a food may contain an allergen, such as nuts or eggs, but those ingredients do not appear on the label.

The FDA works with industry and state partners to publish press releases and other public notices about recalls that may potentially present a significant or serious risk to the consumer or user of the product. [Click here](#) to see current recalls.



ALPHABET SOUP: FSIS

FSIS

Food Safety and Inspection Service



The Food Safety and Inspection Service (FSIS) is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, correctly labeled and packaged.

Regulatory Compliance: FSIS provides information to producers and agricultural businesses to help them maintain compliance with federally defined regulations for their establishments using the following methods:

- Conducting recalls
- Enforcement actions
- Food defense planning
- Hazard analysis of food processes
- Humane handling & slaughter of livestock
- Labeling/labeling approval
- New technology reviews
- Small/very small food plant operator assistance

Inspection Actions: Inspections of meat, poultry and egg products sold in interstate commerce, and re-inspections of imported products to ensure that they meet U.S. food safety standards.

Food safety education: Provide help with food safety questions through the USDA Meat & Poultry Hotline, Ask Karen, fact sheets, videos, etc.

FSIS Regional Office: Des Moines, IA 515-727-8960 or 1-800-990-9834

Helpful Links:

- www.FoodSafety.gov
- www.BeFoodSafe.gov
- www.IsItDoneYet.gov
- <http://www.fsis.usda.gov/>
- <http://www.fsis.usda.gov/topics>

FSIS Mission:

To ensure meat, poultry and egg products are safe, secure and wholesome and are accurately labeled.

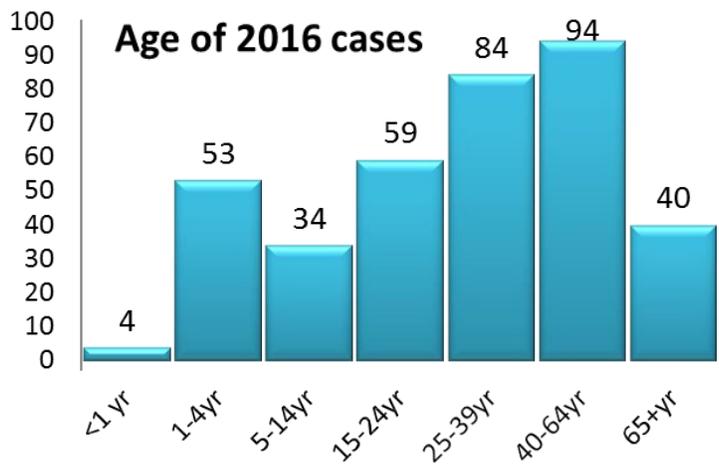
INSIDE THE NUMBERS

2016 Campylobacteriosis Data



SOUTH DAKOTA: Campylobacter Infections
1 January – 30 September 2016: Provisional Data

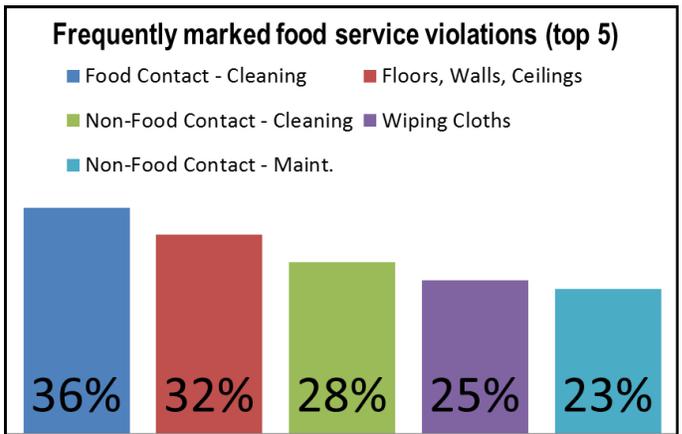
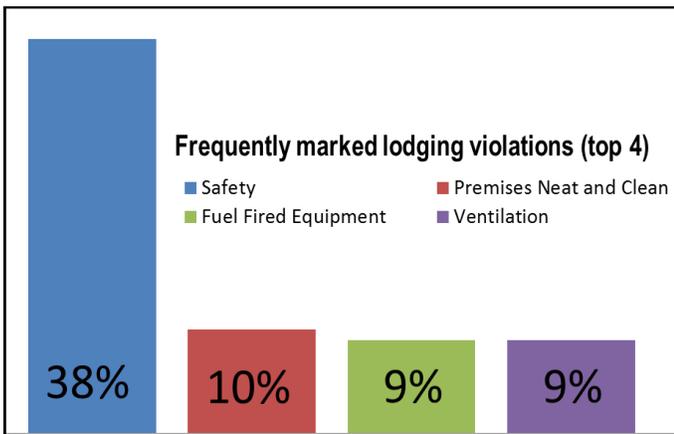
Regions	Cases	Rate†
Sioux Falls MSA	61	24.2
Rapid City MSA	25	18.4
Northeast	85	49.3
Southeast	78	69.2
Central	96	102.8
West	23	24.9
South Dakota	368	42.9



Food and Lodging Inspections

These are the 4 most frequently marked lodging establishment violations for the last 6 months of inspections. Values are expressed as a percentage of total inspections.

These are the 5 most frequently marked food services violations for the last 6 months of inspections. Values are expressed as a percentage of total inspections.



ASK THE INSPECTOR - ANSWERS TO YOUR FREQUENTLY ASKED QUESTIONS

Greetings!

Since the last FLASH, the Dept. of Health has updated the public portal for inspection scores. In this column, we'll review common questions about public access to inspection scores.

What is the public portal?

The Public Portal is a website that gives consumers convenient access to inspection scores. It is important to remember that the score is one snapshot of an establishment's operation and any violations observed on the day of the inspection. On any given day, the same establishment might receive a different score, either higher or lower, based on variations in operation. In addition, many violations are corrected before the inspection is complete. For a more complete and accurate representation, consumers should review a facility's scores over time and consider whether violations are critical or non-critical.

How can I find the public portal?

Inspection scores can now be found on the Dept. of Health Website. Just go to www.doh.sd.gov and click on the A-Z Topics link, find "Inspection scores" under the letter I. Or, just [click here!](#)

What kind of inspection scores will I find?

Scores for all public food service establishments, lodging facilities and campgrounds within South Dakota may be found. In addition to the score, our recent update now includes a full copy of the inspection with the inspector comments. This will provide the user better insight into each inspection.

Are some inspections not listed?

Yes, only the most recent inspections (within two years) are posted. Some campground inspections may not be available as we have not switched over to electronic campground forms yet. Also establishments may have inspections which are not available yet due to administrative reasons (e.g. licensing, legal and/or other system issues). Finally, inspections for establishments within the city of Sioux Falls are not listed but may be found on the City of Sioux Falls Health Department website at www.siouxfalls.org

What if I don't remember the name of the establishment? How do I search for inspections?

There are many search options. The full name of the establishment is not needed. You can also search by address, city, zip code, county or by date range. In the future, we plan to have a mapping component which will also assist in a searching for establishments

What if I find an inspection without a score?

There are a few inspections without a score on them. Usually these are older paper inspections that were manually entered into the system and the score did not carry over during the transition to the electronic form. Also, in the future, the posted campground inspections will no longer be given a score but will be graded as a pass/fail inspection.

For other questions or a further explanation of inspection scores and the inspection process, please visit the Department of Health [website](#) or call 605-773-4945.

If you have a question you would like to see in the newsletter, please submit your question to DOH.info@state.sd.us



John Osborn
Inspector

A HEALTHY WORKFORCE

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent seasonal flu is by getting a seasonal flu vaccination each year.

Each year in the United States on average, 5% to 20% of the population gets the flu; on average, more than 200,000 people are hospitalized from flu-related complications, and; about 36,000 people die from flu-related causes. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Encourage your family, friends and staff to get vaccinated! [Click here](#) to find places to get vaccinated in South Dakota.



Name: Eric Janke



Hometown: Aberdeen

Years working for State of SD: Almost 1

Hobbies: Kayaking, Biking, Computer gaming/coding

Background: An early interest in computers lead me to a hardware and software maintenance certification as well as a router and network programming 2 year vocational degree. After that I attended courses at NDSU for computer engineering. While attending school I worked at Taco Bell. After an injury caused an early exit from the Air Force I returned to work at Taco Bell full time before accepting the position of state inspector with South Dakota.

Most rewarding part of being an inspector: I always enjoy helping to find creative solutions to problems especially if they're more fiscally advantageous for the business owner.

Advice for Establishment Owners: My advice is to have an inspector ready folder/kit. A sort of "In case of inspector break glass" item. This would have papers, documents, test strips, thermometer, etc. with all the paperwork/items the inspectors are looking for. Especially in the case that the manager is not around and employees are scrambling to find things they don't know about.

Name: Christine Walraven



Hometown: Watertown

Years working for State of SD: About three weeks!

Hobbies: Crafts, history (books, movies, museums, sites), music, cooking, baking and wine.

Background: Most recently, I founded a brewery and gastropub in Watertown after accidentally finding myself in the restaurant business a few years prior to that. My degree is in Behavioral Science and my calling is definitely communication and writing. I was the Special Sections Editor for the *Watertown Public Opinion* for several years and continue to write features for that publication from time to time.

Most rewarding part of being an inspector: I enjoy the diverse array of people and tasks involved with this work, as well as helping business owners and service providers find success in their endeavors.

Advice for Establishment Owners: Keep the mindset that inspectors are there to help, not simply find what's 'wrong.' Inspections are an opportunity to better your establishment.

Contact Office of Health Protection Staff

Administrator

Bill Chalcraft
Bill.Chalcraft@state.sd.us
 605-773-3907

Deputy Program Director

John Osburn
John.Osburn@state.sd.gov
 605-394-6064

Senior Secretary

Rochelle Scott
Rochelle.Scott@state.sd.us
 605-773-4945

Program Assistant

Donna Gallimore
Donna.Gallimore@state.sd.us
 605-773-8107

**Public Health Advisor
 Yankton**

Dustin Larsen
Dustin.Larsen@state.sd.us
 605-668-5422

**Public Health Advisor
 Watertown**

Jordan Dorneman
Jordan.Dorneman@state.sd.us
 605-882-5122

**Public Health Advisor
 Rapid City**

Charlotte Johnson
Charlotte.Johnson@state.sd.us
 605-394-5288

Director of State Inspection Program

Lori Jacobson
Lori.Jacobson@state.sd.us
 605-773-3808

**SOUTH DAKOTA
 DEPARTMENT OF HEALTH**

Office of Health Protection
 600 E. Capital Avenue
 Pierre, SD 57501

Phone: 605-773-3361
 Fax: 605-773-5683

<http://doh.sd.gov/>

