

10590 Armstrong Avenue Suite B • Mather, CA 95655 • (916) 875-8440 • Fax (916) 875-8513

[www.emd.saccounty.net](http://www.emd.saccounty.net)

**NEW in 2009**

## **Nutritional Information at Chain Restaurants – Senate Bill 1420**

California has adopted a new regulation, SB 1420, requiring “chain” restaurants to provide nutritional information for standard menu items. Nutritional Menu Labeling” became effective July 1, 2009. “Nutritional Menu Labeling includes the calorie content, grams of carbohydrates, saturated fat, and milligrams of sodium.

**Why?** Over the past two decades there has been a significant increase in the number of meals eaten outside the home. Studies show that consumers who are provided with calorie content eat more sensibly. Furthermore, nutritional labels available on packaged foods are read by about 75% of consumers, making nutritional menu labeling a value to customers.

**Who does this apply to?** Chain restaurants. Chain restaurants are defined in the law as a franchise or facility under common ownership with at least 19 other food facilities sharing the same name and substantially the same menu items.

**What needs to be done?** Beginning **July 1, 2009**, “chain” restaurants are required to do the following:

➔ Provide nutritional information for all standard menu items at the point of sale for “quick service” restaurants or at the table for “table service restaurants

OR

➔ Provide the calorie content information for all standard menu items on all menus, menu boards, and on display tags used at the facility.

Beginning **January 1, 2011**, “chain” restaurants are required to provide the calorie content information for all standard menu items on all menus, menu boards, and on display tags used by the food facility.

**Exemptions:** Some food establishments are exempt from nutritional menu labeling, including grocery stores, retail markets, convenience stores, school cafeterias and others.

**For more information:** Contact EMD at (916) 875-8440 or via e-mail at [emdinfo@saccounty.net](mailto:emdinfo@saccounty.net), or visit the EMD website at [www.emd.saccounty.net](http://www.emd.saccounty.net). You can also find menu labeling information at the California Center for Public Advocacy website, <http://www.publichealthadvocacy.org>.

### *EMD's Vision Statement*

*The Environmental Management Department's vision is to promote a healthy and safe environment for all who live, work, and visit in Sacramento County.*

Sacramento County EMD is pleased to announce the 2008-2009 Award of Excellence Winners!



Go to:

[www.emd.saccounty.net/EH/EMDFoodSafetyAwards](http://www.emd.saccounty.net/EH/EMDFoodSafetyAwards)

# Novel Influenza A (H1N1) Virus ("Swine Flu") and You

Novel Influenza A (H1N1) virus, sometimes referred to as "swine flu" is a type of influenza virus that causes respiratory disease and can spread between people. Most people infected with H1N1 virus in the United States have had mild disease, but some have had more severe illness.

Every year in the United States, on average:

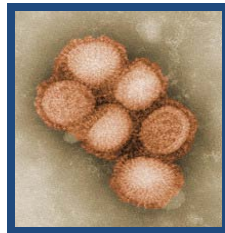
- 5% to 20% of the population gets sick from all varieties of the flu;
- More than 200,000 people are hospitalized from flu-related complications; and
- About 36,000 people die from flu-related causes.

Spread of the H1N1 virus is primarily person-to-person through coughing or sneezing. Sometimes people may become infected by touching something with the flu viruses on it, then touching their mouth or nose. People can infect others before they experience symptoms.

Here are some steps you can take to stay healthy:

- Wash your hands often with soap and water, especially after you cough or sneeze.
- Cover your nose and mouth with a tissue or sleeve when you cough or sneeze. Throw the tissue in the trash (do not "re-use").
- Avoid close contact with sick people.
- Stay home and limit contact with others if you become sick.
- Avoid touching your mouth, nose or eyes.

Never handle food if you are sick. Please contact your health care provider if you are sick or think you have a H1N1 virus infection.



You can contact the H1N1 virus hotline at 1-888-865-0564 8:00 a.m. to 5:00 p.m. for additional information.

## COUNTY OF SACRAMENTO BOARD OF SUPERVISORS

Roger Dickinson, 1<sup>st</sup> District  
Jimmie Yee, 2<sup>nd</sup> District  
Susan Peters, 3<sup>rd</sup> District  
Roberta MacGlashan, 4<sup>th</sup> District  
Don Nottoli, 5<sup>th</sup> District

Steven C. Szalay, Interim County Executive  
Bruce Wagstaff, Interim Administrator  
Countywide Services Agency  
Val F. Siebal, Director  
Environmental Management Department

# Avoid Major Violations – They Can Cause Illness!

Below are some helpful hints for avoiding major violations.

## Employee Health and Hygiene

- Always keep hand sinks operational, accessible and stocked with soap and paper towels.
- Train your employees to wash their hands often and when they have become contaminated.
- Restrict or exclude employees from the food facility when they are ill.



## Time/Temperature Controls

- Keep cold foods at or below 41° and hot foods at or above 135°.

## Cooking Temperatures

- All animal products must be cooked thoroughly unless requested otherwise by a customer or a consumer advisory is provided.
- Food must be thoroughly cooked and/or reheated to the time and temperature required by CalCode.

## Protection from Contamination

- Store raw foods below and away from cooked and ready to eat foods to prevent cross contamination.
- Store chemicals separately from food to prevent contamination of food and food-related equipment.
- Use the five-step (scrape, wash, rinse, sanitize, air dry) method of cleaning equipment/utensils. Ensure sanitizer is at proper concentration by routinely testing with test strips. Sanitize food contact surfaces at least every 4 hours.
- Store wiping cloths in sanitizing solution.

## Food from Approved Source

- Use food only from approved sources. Do not store or prepare food in a private (residential) home.
- Keep shellfish tags on file for 90 days in chronological order.

Are you interested in our  
Food Industry Working Group?  
Join us by calling  
(916) 875-8440!

## Are Cut Tomatoes a Potentially Hazardous Food? – YES!

The U.S. Food and Drug Administration (FDA) has identified foodborne illness outbreaks associated with tomatoes and is recommending that cut tomatoes be added to the definition of potentially hazardous foods (PHF). California Senate Bill (SB) 241 was recently signed by the Governor and it adds cut tomatoes and mixtures of cut tomatoes to the definition of “PHF”.

At least 12 large, multi-state foodborne outbreaks (as well as other smaller, local outbreaks) have been associated with different varieties of tomatoes in the last 20 years. *Salmonella* has been the most prevalent pathogen of concern. Interestingly, *Salmonella* is able to produce a film which allows the bacteria to survive adverse conditions and reduces the ability to remove the pathogens by washing. *Salmonella* is carried by irrigation water, wash water, birds, reptiles, soil, and people and can live for months in the environment.



SB 241 now requires cut tomatoes to be held at 41°F or below or be modified to a pH level of 4.6 or less (75°F). Meanwhile, the FDA recommends the following safe practices for tomatoes:

- Purchase tomatoes from suppliers using only good agricultural practices for growing, harvesting, sorting, packing, and distribution of tomatoes.
- Treat cut tomatoes as PHF. Refrigerate at 41°F or less. You can acidify salsa, salad, or plain cut tomatoes with vinegar, lemon or lime juice to adjust pH.
- Rinse all produce under running water prior to use. Detergent is not recommended.
- Cut tomatoes may be held unrefrigerated for up to four hours if a marking system is utilized to identify the four-hour time limit and the tomatoes are discarded or cooked.



Please contact EMD if you have any questions!

Visit the EMD Website at  
[www.emd.saccounty.net](http://www.emd.saccounty.net)

## Food Safety Training Classes Available

Sacramento County EMD offers a food safety class for everyone!

**“How to Get a Green Placard” classes are FREE.** Classes can be scheduled at your facility with a minimum of 20 participants at no cost. If you are unable to make it to a class, self-study is available on our website. “How to Get a Green Placard” training is less than 30 minutes and can be downloaded at:

[www.emd.saccounty.net/EH/EMDFoodProtect.htm#HowtogetaGreen](http://www.emd.saccounty.net/EH/EMDFoodProtect.htm#HowtogetaGreen)

A general food safety class (known as “Food Safety Education”) is offered in English, Spanish, Cantonese and Punjabi languages. The fee is \$20 per person and must be prepaid.

For a full list of current classes, please visit:

[www.emd.saccounty.net/EH/EMDFoodProtect.htm](http://www.emd.saccounty.net/EH/EMDFoodProtect.htm)

## Environmental Health Division Keeping You Safe and Comfortable

Environmental Health Division (EHD) does more than protecting the food we all eat! EHD also regulates:

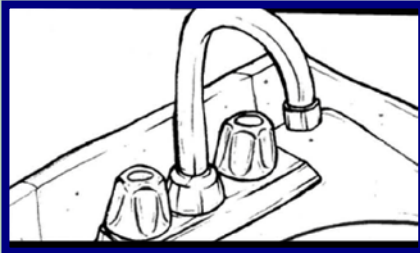
- Public pools (wading pools, swimming pools and spas),
- Smoking in public places and the sale of tobacco products,
- Ambient and mechanical noise,
- Business recycling,
- Employee housing (farm labor camps) and detention facilities (jails),
- Childhood lead poisoning,
- Stormwater and fats, oils and grease handling.

But EHD is just part of the Environmental Management Department (EMD) team. EMD’s Environmental Compliance Division regulates hazardous materials, solid and medical waste facilities, business recycling, industrial and commercial stormwater releases, private and public water systems, and septic systems.

Contact EMD at (916) 875-8440 or  
[EMDinfo@SacCounty.net](mailto:EMDinfo@SacCounty.net)

# 20 SECONDS COULD SAVE A LIFE... A TRUE STORY

Poor hand washing can kill  
Unfortunately, I know better than anyone else...



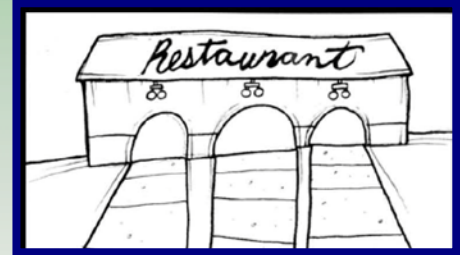
One day, I went to work with diarrhea and upset stomach. I made the big mistake of not taking the time to wash my hands thoroughly.



I was in and out of the bathroom all day, but I continued to prepare the food.



Whether it was the chicken or the black beans I handled... I'm not sure. But my germs got into many of the dishes.



I was working at a restaurant that was a town favorite with great food and excellent, fast service.



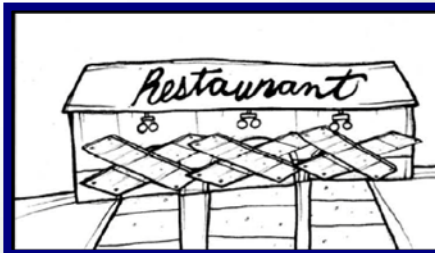
What happened next was unimaginable...



Over 221 people got incredibly sick with diarrhea and cramps.



Some were taken to the hospital.



The State shut down the restaurant.



But the saddest thing of all was that a 53 year old woman died due to an infection caused by my germs. I will never forgive myself for that. Don't make the same mistake I did. Just 20 seconds of hand washing can get rid of deadly germs. And save a life.



County of Sacramento Environmental Management Department  
Environmental Health Division  
10590 Armstrong Ave  
Mather, CA 95655  
(916) 875-8440 [www.emd.saccounty.net](http://www.emd.saccounty.net)



This project funded by the EHS-Net. Oregon  
State Center for Disease Control



## Making Pest Control a Priority

Pest control is an essential component of any food safety program. There are no secrets or magic formulas to eliminating and preventing pests in the challenging food facility environment. The prevention of rodents and insects in the food industry requires basics – cleaning and elimination of harborage, monitoring, and corrective action.

The best tip to keeping your facility pest-free is to make the business unattractive to rodents and insects. Eliminate sources of food by keeping your facility clean. Cover all stored food and garbage. Remove cardboard boxes, unused equipment and other places pests nest or hide. Seal openings larger than ¼ inch to keep rodents out and seal cracks and crevices to prevent cockroaches. Keep doors closed.

*“It’s always easier and more effective to prevent a pest infestation than to try to control it.”*

John Rogers, EHD Director



Monitoring to determine if further action is needed is an important part of any food safety program, especially for pest control. Rodents and insects often hide while staff bustles about the facility.

Look for evidence of pest activity in dark corners and behind equipment. Several monitoring devices are commercially available such as sticky traps.

What do you do if you think you have a pest problem? It is imperative that you eliminate any infestation of pests immediately – an active pest problem is a cause for closure by EMD. Use only approved pest control for food facilities.

No one likes to be surprised by movement of a rodent or insect when they open a drawer or closet. You can prevent pests by being vigilant and taking immediate action every time a problem is noted.



## FREE! New Educational Tools Available

EMD is excited to announce two new training tools for you!

The “20 Seconds Could Save A Life” storyboard, seen on the insert page, can be posted on your bulletin board or used in training. The storyboard is from the Oregon Department of Human Services Foodborne Illness Prevention Program and reflects a true story. EMD has printed this tool on water and rip-resistant paper.

EMD also has a new sticker titled, “Cool Food Fast for Food Safety!” featuring requirements and tips on quick cooling of hot foods. The sticker is in both English and Spanish.

EMD continues to have additional materials available, from handwash signs, temperature reminder stickers, classes, self-inspection checklists, and Compliance Assistance Bulletins (CABs) available, let us know your needs and we will step in to help!

## Notes from John Rogers, Division Chief

*Dear Business Owners:*

*At the Environmental Management Department, we realize that these are difficult economic times. We are doing what we can to get our jobs done as efficiently as possible. You may see your inspector at your facility first thing in the morning as they often report directly to the field to save on driving time and mileage. You will also note that our inspectors are using computer tablets. This will make your report much easier to read and understand and help them complete the report more quickly.*

*Our Green, Yellow and Red placard system is working great for Sacramento County. Residents and visitors continue to say how much they enjoy seeing the placards. It makes them feel good about being able to make informed decisions when dining. Over 15,000 inspections are now being completed each year and over 90% of those receive Green/Pass placards! You are doing a tremendous job and we appreciate your efforts in making food safety a priority.*

*If you would like more information on how to get more involved or receive more information through our listserve, let us know!*

*Sincerely,*

*John Rogers, MPH, REHS  
Division Chief*

**LISTSERVE IS HERE! Interested in receiving updates via your e-mail or phone?**

**Join our EMD Listserve at:**

**[www.emd.saccounty.net/EH/EMDFoodProtect.htm](http://www.emd.saccounty.net/EH/EMDFoodProtect.htm)**

# Prevent the Spread of Bacteria and Flu Viruses!

Cover your cough!  
Sneeze in your sleeve!



...and then, always wash  
your hands!



Download and print a copy of this sign at [www.EMD.SacCounty.net](http://www.EMD.SacCounty.net),  
or, call (916) 875-8440 for an 8 ½ x 11 poster.

## WELCOME TO THE ENVIRONMENTAL MANAGEMENT FOOD SAFETY NEWSLETTER

Sacramento County Environmental Management Department  
Environmental Health Division  
10590 Armstrong Ave, Suite B  
Mather, CA 95655



Environmental Health Specialists are available in person or by phone (916) 875-8440 from 8am to 5pm.