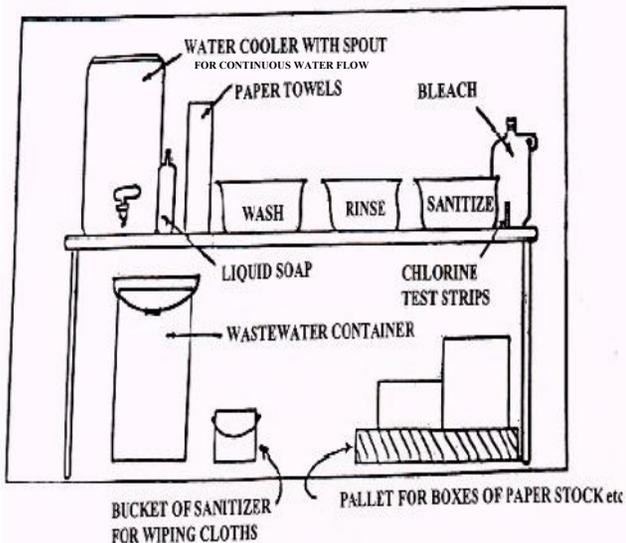


Food Permit and Training Required

Johnson County recently adopted a Food Ordinance as an addition to the Johnson County Code of Health Regulations to be effective July 1, 2010. Food establishments [except non-profits] need to secure a food permit, food safety training certificate and acceptable inspection to operate in Johnson County. Permits and food safety training are available at no charge to food establishments.

Learn more at www.johnsoncountyhealth.org.

Example of Temporary Food Booth Set-up



Additional Services

The Johnson County Environmental Public Health Department serves Johnson County residents and businesses with a multitude of services in addition to food safety education and monitoring. We also complete inspection and consultation of Onsite Wastewater Treatment Systems, lodging establishments, childcare facilities, private drinking water systems and emergency preparedness. We will be glad to supply information we have available concerning any environmental public health concern such as air quality, insect/ animal diseases and other environmental related hazards.

For more information, call, stop or see us online.

Phone: 660-747-6121 ext. 258

723 PCA Rd.

Warrensburg, MO 64093

www.johnsoncountyhealth.org



Additional Resources

Missouri Department Of Health and Senior Services and Missouri Food Code
www.dhss.mo.gov

Centers for Disease Control
www.cdc.gov

Conference for Food Protection
www.foodprotect.org

FDA Food Safety Information
www.foodsafety.gov

National Restaurant Association Educational Foundation
www.nraef.org



JOHNSON COUNTY
 COMMUNITY HEALTH SERVICES

Home Health • Public Health • Hospice

Food Safety Guidelines for Johnson County, MO



Johnson County Community Health Services
 Environmental Public Health
 723 PCA Rd.
 Warrensburg, MO 64093
 Phone: 660-747-6121 ext. 258

Food Safety Guidelines to Reduce Risk of Foodborne Illness

Foodborne illness could make you and those you care about sick. In fact, even though you can't see the microscopic pathogens that cause food borne illness—or smell, or feel them—they and millions more may have already invaded the food you eat. These guidelines if applied and followed consistently can help you reduce the risk of a foodborne illness. Foodborne illness can strike anyone. Following four simple steps are critically important in reducing the risk of foodborne illness:

CLEAN:

Wash hands and surfaces often

Foodborne illness can be spread throughout the kitchen and get onto hands, cutting boards, utensils, countertops and food.



To fight foodborne pathogens, always:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food, using the bathroom, changing diapers, smoking, eating or drinking, handling pets and before putting on gloves.
- Wash, rinse & sanitize your cutting boards, dishes, utensils and countertops after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, maintain them in a sanitizing solution during hours of operation; hot launder frequently.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Dish washing must be done in a 3-bin set-up separate from hand washing. 1st- remove trash and debris, 2nd- wash with hot soapy water, 3rd- rinse with hot water, 4th- chemically sanitize in warm water, and 5th- allow items to thoroughly air dry.



SEPARATE:

Don't cross-contaminate

Cross-contamination is how foodborne illness can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene—wash hands, cutting boards, dishes, countertops and utensils (hot soapy wash, hot water rinse, chemical sanitize).

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board and knife for fresh produce and a separate utensils for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.
- Store ready-to-eat foods above raw foods and raw foods with the lowest cooking temperatures on top.



COOK:

Cook to proper temperatures

Food is safely cooked when it reaches a high enough internal temperature to kill the foodborne pathogens that cause illness. Cooking foods to the internal temperatures listed below and maintained for at least 15 seconds can reduce the risk of foodborne illness.

- Use a food thermometer to measure the internal temperature of cooked foods. Thermometers should have a range of 0°-220°F and be cleaned between uses.
- Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir and rotate for even cooking. Food is done when the internal temperature reaches the minimum shown below.
- Reheat all hot foods to at least 165°F.
- Serve and hold hot foods at 135°F or higher.

<u>Minimum Internal Cooking Temperatures</u>	
to be held for at least 15 seconds	
Poultry Products:	165°F
Casseroles:	165°F
Egg Dishes:	165°F
Stuffed Meats:	165°F
Ground Beef or Pork:	155°F
Bratwurst:	155°F
Whole Muscle Meats (Beef, Pork & Fish):	145°F

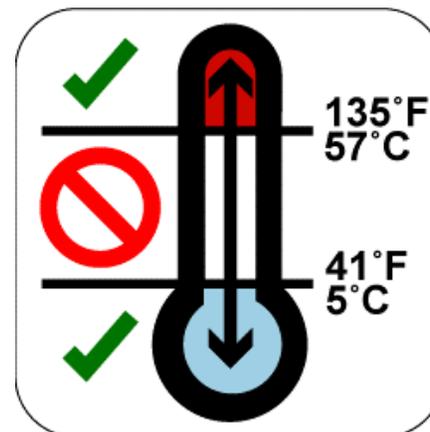


CHILL:

Refrigerate promptly

Refrigerate foods quickly; cold temperatures slow the growth of foodborne illness. Do not over-stuff the refrigerator. Cold air must circulate to help keep a constant refrigerator temperature of 41°F or below. This 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 41°F or below. The freezer temperature should be 0°F or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as possible.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (less than one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in running water less than 70°F, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis or at least within 7 days of original preparation if refrigeration temperature is maintained at 41°F or below.
- Label foods stored in the refrigerator with content and date to be discarded or used by. When in doubt throw it out.
- Serve and hold cold foods at 41°F or below.



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