



Promoting physical and mental health and facilitating the prevention of disease, injury, and disability for all St. Joseph County residents

Fall/Winter 2009

Permit Renewal Issue

Food News and Review

2010 Food Permit Renewal Time is Here

It is once again time to renew your St. Joseph County Health Department Food Service and Food Store permits.

Food Permits must be renewed by January 31, 2010 and are available at the Health



Be sure to bring your application and total gross sales amounts for 2009 food and beverage (including alcohol).

Department beginning on Monday, January 4th through the end of the month except for Monday, January 18th when the office will be closed for Martin Luther King Day. Bring your application and 2009 total gross sales amounts for food and beverage (including alcohol).

If your establishment is located in **New Carlisle**, permits will be available on January 7th from 9:00am-12:00pm at Ambrosia Banquet Hall, 32981 Marvel Lane.

Lakeville, North Liberty, & Walkerton permits will be available in Lakeville on January 12th from 9:00am-12:00pm at Cheri's Coffee Cafe, 909

N. Michigan (US 31), Lakeville.

Permits for **Mishawaka, Osceola or Wyatt** can be picked up at our Mishawaka office located at 219 Lincolnway West in Mishawaka on January 13th from 8:00am-3:00pm.

Granger permits will be at the Fire Department at the corner of Bittersweet and Anderson Roads on January 14th from 8:30am-12:30pm.

An owner or manager must come in to complete the application and payment may be made by Master Card or Visa, Money Orders, Business Check, Cashier's Check or Cash. Permits will be at off site pick up locations on days indicated above—not in SB.

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Food Handler Certification Updates

Take a look at your certified food handler documents to check if it is time to recertify, or if you choose, to select a different person to become certified. As required by Title 410 IAC 7-22, Certification of Food Handler Requirements, a certified food handler must re-certify every five years and must not let their certification expire. If the certification is due to expire you must take the certification exam from ServSafe, Prometric (formerly Experior) or National Registry of Food Safety Professionals (NRFSP). Numerous companies offer the exam and you can choose to take a course with the exam or just take the exam. Be aware exams are based on updated FDA food code requirements. Updates have been made in 2005 and just last month, in November 2009.

Food News and Review is a bi-annual publication of the St. Joseph County Health Department 9th Floor County/City Building 227 W. Jefferson Blvd. South Bend, IN 46601 574-235-9721 Fax 574-235-9497

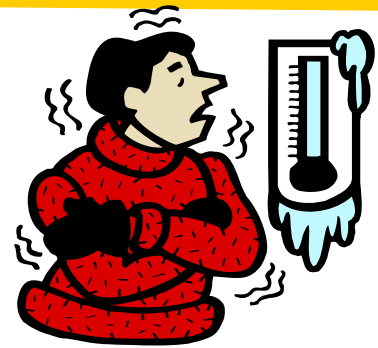
Cooling Potentially Hazardous Foods

There is an old adage "If you don't have time to do it right, do you have time to do it over?" In the present economy maybe the saying should be "If you don't have time to do it right, do you have the time or the money to do it over? This is a good question to ask when cooling a large quantity of a product. Improper cooling is one of the most common violations cited, and also one of the most common causes of food borne illness.

Most food borne illnesses occur because food is held at improper temperatures above 41 and below 135 degrees Fahrenheit. Bacteria will multiply the fastest in the temperature range of 70 – 120 degrees. Sections 189 and 190 of Title 410 IAC 7-24 list the requirements for cooling products. Cooked potentially hazardous foods must chill from 135 to 70 degrees in two hours and then from 70 to 41 degrees in four hours. The key here is

to monitor the temperatures by using a properly calibrated thermometer. Food employees must monitor the internal temperature of the product, and be ready to change the method of cooling if the product is not cooled within these time frames.

Some helpful cooling methods which can be used include cutting a roast or rack of ribs into smaller pieces and spreading food out on shallow metal sheet pans which cool foods faster than plastic. Liquid foods or sauces should be stirred frequently and using cooling equipment such as ice wands will help speed up the cooling process as will adjusting recipes to use ice in place of water. Ice baths for containers of food are commonly used, but be sure the product is adequately submerged in ice water. Wait to cover pans until cooled to allow the steam to evaporate and avoid stacking pans together until



Sometimes it's good to be cold

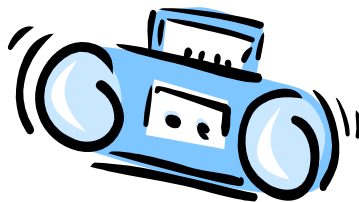
the products are completely cooled. Lastly, do not allow food to cool at room temperature.

Just using any of the methods listed is not a guarantee for proper cooling. When using an appropriate cooling method, periodically check the internal temperature of a product in the center or thickest section of the food and in several other locations. If you have found that a food was improperly cooled, the safest way to correct the situation is to throw out the product. Routinely cooling foods correctly will save time, money and help prevent a food borne illness.

Operational Excellence The following establishments received at least one perfect routine inspection from May through October 2009.

Congratulations to all!

Allie's American Grill, American Legion #50, Antonio's Place, Arby's #1390, Army & Navy, Auntie Anne's, Baker's Dozen Bakeshop, Bamber Superette, Bargain Corner, Beiger Manison, Bellmart BP(1607 E. Mckinley), Bellmart (3505 Bremen Hwy.), Between the Buns (Granger), Big Kmart #4152, Black Cat Lanes, Bob Evan's #42, Bob's Country Store, Bonefish Grill, Bonnie Doon (4th St.), Broederkring (BK) Club, Burger King #3722, Burger King #7055, Candlewood Suites, Carol's Downtown, Carriage House, Catering by Billie, Centerplate, Cheri's Coffee Café, Chick Fil A (S. Michigan), Chicory Café, Chuck's Tavern, City Limits, Cold Stone Creamery, Common Grounds Convenience, Congo Café, Corner Cup Café, Cosimo & Susie's Bit of Italy, Courtyard by Marriott, Crock Pot Café, Crumstown Conservation Club, Culver's of South Bend, CVS Pharmacy #6473, CVS Pharmacy #8631, D C Meats, Dana's Coffee Mug, Dari Fair, Dari Q, Dave's Pub & Company, Del Taco #1058, Double T's, Down to Earth, Elbel Club House, Eleven Forty Café, Elia's Restaurant, Elks Lodge (Western), F.O.P. #91, Family and Children's Center, Fannie Mae



Rock on!
Keep up the great work!

(Continued on page 3)

Continued Operational Excellence

(Continued from page 2)

Candies, Faulkners B & K Dive Inn, Fiddler's Hearth, Girasol Carryout, Gordies, Granite City Food & Brewery, Great Harvest, Hampton Inn and Suites, Holy Family Church-Parish Center, Hoosier Tap and Grille, Hope Ministries, Innis Free Bed and Breakfast, Ivy Court Inn and Suites, Jaworski's Market, Jeannies, Jimmy's Pizza, K & D Catering, KFC (S. Michigan), KFC (S.B. Ave.), KFC (Portage), King Gyros of Dixieway North, King Gyros of Lincolnway West, King Gyro's of South Bend, Kosher Food Service, Kroger's #J-889's Bakery & Deli, Kroger's #J-901's Bakery & Deli, La Rosita, Lacopo's Pizzeria, Lakeville Subway #32299, LaSalle Center-Real Services, Life Treatment Center, Lilly's Subway, Lincolnway Café, Macadoo's Family Restaurant, Martin's Super Market #25's AFC Sushi, Deli & Bakery, Martin's Supermarket #12 food store, Maury's Pub, Max and Erma's, McClure Oil #50, Meijer #120's Bakery & Deli, Meijer #128's Food Store & Baker's Fare Unit 4, Memories Pizza, Midway Tavern, Milo's Pizza, Milton Adult Day Services, Newton Center, Nutrition Works, Oh Mamma's Italian Deli, Oliver Inn Bed and Breakfast, Orange Julius/Dairy Queen, Oscar Nemeth, P & G Family Restaurant, Palacio Tropical, Papa Joe's, Papa John's Pizza #585, Parcell's Baked Good's, Pedal Car Café, Pizza Di Roma, Pizza Hut #411040, Pizza Hut #715002, Pop Shop, Pop Style, Quizno's Subs #319, Quiznos Subs #11119, Ralph's Bakery, Regional Kitchen for Independent Living, Residence Inn by Marriott, Ritter's Frozen Custard, Royal Café, Ruth's Chris Steakhouse, Saigon Market, Sam's Club Bakery & Snack Bar, Samuel Mancino's (LWE), Scoobie's, Sean O'Casey's, Seattle's Best Coffee @ Borders, Seven Eleven #20517, Seven Eleven #32578, Seven Eleven #32424, Siam Thai Restaurant, South Bend Maennechor, Speedway #5487, Speedway #5153, Speedway #6620, St. Joe Young Men's Society, St. Joseph County Juvenile Center, St. Paul Bethel Church, St. Paul's Retirement Community (Bistro), Starbucks Coffee #11355, Steak N Shake #576, Stone's Old Fashioned Donuts, Straight Down, Strikes and Spares, Studebaker Pro Shop, Subway of South Bend #10, Subway (Hickory Rd.), Subway of Mishawaka #3, Subway (Walkerton), Subway of South Bend #1, Sufficient Grounds, Summer Song Inc. Main Cooler, Super 8 Motel-South Bend, Super Target (University Dr.) Grocery, Food Avenue & Bakery, Sweet Street, Taco Bell #21186, Taco Bell #2721, Tanglewood Trace, Target Starbucks (Ireland Rd.), The Coffee Spot Café, The Diner, The Downtown Soup Kitchen, The Dunham Inn, The Inn on Historic West Washington, The Philadelphia Corporation, The Pitt Stop, The Village At Arborwood, The Woodward, The Yum Yum Shoppe, Thyme of Grace, Tienda Santa Rosa, Truman's, V.F.W. Post 1954, Varsity Club of America, Village Pantry #639, Wal Mart #2678 Deli and Bakery, Walgreen's #11544, Wendy's #566, Wendy's #562, Wendy's #561, West End Bakery, Windsor Park Vintage Café, With a Wing and a Prayer, Woodway Fresh Fish & Seafood, World Gym Fitness Center, Yummy Pizza, YWCA of St. Joseph County, Z.B. Falcons

SCHOOLS: Battell School, Bittersweet School, Brown Intermediate School, Christ the King School, Clay High School, Clay Intermediate School, Coquillard Primary School, Darden Primary School, Edison Intermediate School, Eggleston Primary School, Elm Road School, Elsie Rogers School, Emmons School, Granger Christian School, Greene Intermediate School, Holy Cross School, Hums School, Jackson Intermediate School, Jefferson Intermediate School, John Glenn High School, Kennedy Primary Academy, Lafayette School, LaSalle School (Mishawaka), Liberty Elementary, Madison Township School, Marian High School, Marquette Primary School, Moran School, Muessel Primary School, North Liberty Elementary School, Nuner Primary School, Olive Township Elementary School, Paul H. Schumucker Middle School, Perley Primary School, St. Joseph School, St. Monica School, Studebaker School, Swanson Primary School, Tarkington Traditional School, Twin Branch School, Walkerton Elementary School, Colleges and Universities: Holy Cross College Dining Services, St. Mary's College's Club House and Spes Unica Café, University of Notre Dame's Butcher & Bake Shop, Café Commons, Decio Commons, Golf Course, Huddle Burger King, Huddle Convenience Store, Huddle Starbucks, Sbarros, Subway, and Waddick's.



"Ability is what gives you the opportunity; belief is what gets you there"

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Website:

www.stjosephcountyindiana.com/departments/sjchd/food_services.htm

Addressee Mailing label

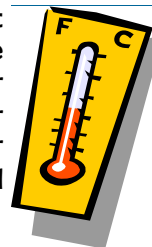
We're on the web: www.stjosephcountyindiana.com/departments/sjchd/food_services.htm

After 10 years (in April 2010), It's Official: 41° F

Ten years ago this coming April, Indiana's previous food code explained that potentially hazardous food in cold holding must be held at 41°F or less OR if the refrigeration currently in place is not capable of maintaining the food at 41°F, then potentially hazardous food could be held at up to 45°F (as was allowed prior to the year

2000) so long as the equipment is replaced or upgraded within ten years. In 2004, Indiana's updated rule, Title 410 IAC 7-24 explains the same requirements, but clarified an official date of April 29, 2010 as the deadline to upgrade or replace refrigeration equipment to maintain food at 41°F or less. If you already follow a 41°F cold holding rule, that's

great, but otherwise be sure to check any older equipment for consistent 41°F or less food temperatures.



April 29, 2010 is the deadline to upgrade or replace refrigeration to maintain food at 41°F or less.



Is that spiral light bulb shatter resistant?

Many establishments are switching their lighting to more energy efficient Compact Fluorescent Light Bulbs (CFL), but if these light bulbs are used over exposed food; clean equipment, utensils, and linens; or unwrapped single-service and single-use articles they must have a shatter resistant shield. Look at the packaging or ask your supplier to verify the bulb you wish to use is shielded or shatter resistant.