

THE CENTRAL KITCHEN



A publication of the Central Michigan District Health Department

Offering Healthy Choices

Are you considering menu changes in the near future? How about offering a healthier menu selection to your customers?

Increasingly, consumers



are making dining decisions based on the health benefits of what they eat. It would be wise to try to accommodate them.

The Central Michigan District Health Department

(CMDHD) may be able to help. Grant money has been awarded to CMDHD for the purpose of increasing the number of residents who have access to healthy dining options. We are looking for 60 restaurants to work with us to develop lower calorie offerings while including nutritional labeling on their menus. Funding is available to assist with the costs associated with this project. If you are interested in participating, contact Melissa Steiner, CMDHD Health Educator at (989) 366-9166 ext. 8642 or by email at msteiner@cmdhd.org.



Another Reason for Healthy Choices . . .

A report from the Hudson Institute finds that sales were up 5.5% between 2006 and 2011 at restaurants that increased their healthy menu choices and down by 5.5% at those that didn't. It holds true for both fast-food and sit-down restaurants. (Source: *Wall Street Journal*)

Inspection Report Summaries are Now Viewable On-Line

In order to serve our communities better, restaurant inspection reports for our entire six-county district are now available for **public view** on the health department's website. To view the reports go to www.cmdhd.org and click on "Restaurant Inspections."



Post It! Employee Reminders

An easy way to encourage constant food safety awareness among food workers is to display educational information in strategic locations within the food service establishment. CMDHD has a limited supply of free posters and stickers which could prove very helpful to both you and your employees. For example: A Food Employee Foodborne Illness Guideline poster in the employee break room would remind employees of the requirement not to report to work when ill. A Food Allergy Awareness poster in the wait staff area would remind servers of what allergens are most common and the seriousness of a patron's allergic reaction if that were to occur. Other helpful information could be displayed in the kitchen area regarding proper Dishwashing, Hand Washing, Food Storage Temperatures, Cooking Temperatures, or Two Stage Cooling.



What About Emergencies?

Another document you should have on hand is titled: **Emergency Action Plans for Retail Food**

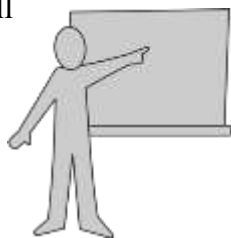
Establishments. This resource will guide you in dealing with an imminent health hazard involving the interruption of electrical service, water service, contaminated water supply, fire, flood, or sewage back-up. It is also available from our web site at



www.cmdhd.org Ask your food inspector or call the health department if you would like to receive any of these resources or to see what else is available.

Useful Information & Reminders:

- Please be sure to provide CMDHD with your **email address** in the space provided on the Food License Application. In the near future it may be possible for you to receive inspection reports via email, saving everyone time and money.
- Restaurants with individual water well supplies (Type II wells) must have their wells sampled according to their assigned schedule (usually annually) in order to maintain their Food License. Make sure you meet the deadlines! **CMDHD is available to contract** with you for prompt and timely water sampling. Call us if you are interested.
- **ServSafe®** instruction is offered at various times and locations throughout our six-county district. Options include: full class instruction with exam, recertification (exam only), and exam proctoring for those who choose on-line instruction. Schedules and applications are under "Safe Food" at www.cmdhd.org
- Make sure the proper **thermometers** are on hand in your establishment (i.e. for hot and cold foods, thick and thin foods, etc.). Be sure they are calibrated periodically and that all food handlers are trained to use them. If you have thin foods, such as thin meat patties, you must have a thermometer designed to measure temperatures of thin foods. FC 4-302.12 (B)



Key Changes to the Food Law

By now most Food Service Establishments (FSE) should be aware of the changes to the Michigan Food Law which became effective on October 1, 2012.



The most confusing change may be **Violation Marking**. Violations previously categorized as Critical or Non-Critical are now marked Priority, Priority Foundation, or Core.

- **Priority** items are measurable actions that directly eliminate or reduce foodborne illness hazards (e.g., hand washing).
- **Priority Foundation** items are specific actions to support priority items (e.g., soap at the hand sink is necessary for effective hand washing).
- **Core** items usually relate to general sanitation or facility maintenance.

Other changes most likely to impact the FSEs in our jurisdiction are . . .

MORE CHANGES!

- **Service Sinks** - Toilets and urinals may not be used as a service sink for disposal of mop water and similar liquid waste. FC 5-203.13 (B). A dedicated service sink is required.
- **Consumer Advisory** - Undercooked comminuted meat (e.g., hamburgers) may no longer be offered on a children's menu.
- **Mechanically Tenderized Meat** – Must be cooked to 155° F for 15 seconds to be considered fully cooked. FC 3-401.11 (A) (2) (e.g., steaks not labeled whole intact muscle). If not fully cooked a consumer advisory is required.
- **Cut Tomatoes and Cut Leafy Greens** – The definition of temperature controlled for safety foods now includes cut tomatoes and cut leafy greens. These products must be held at or below 41° F.
- **STFU** – Special Transitory Food Units must now employ a certified managerial employee. However, state-wide variances may apply for Low Risk Establishments.

