



Let us know how we're doing!

Visit our confidential web-based survey at:

<http://www.tulsa-health.org/food-safety/food-service-industry/>

Laws of Leftovers

- Refrigerate or freeze leftovers within 2 hours.
- Place food into shallow pans or slice large portions of meat into smaller pieces.
- During cool down, foods should be left uncovered and stored on the top shelf or a specific cool down rack to limit possible contamination while uncovered.
- Cover food tightly after correctly cooling down.
- Reheat rapidly (within 2 hours) to 165°F before serving.
- Always use a thermometer to check product temperature.
- Never mix leftover foods with fresh foods.
- Use oldest foods first (FIFO-First In, First Out).
- Time Date foods.

Myth Buster

Myth:

Rinsing chicken with water will remove bacteria like Salmonella.

FACT:

Rinsing poultry will not remove bacteria. In fact, it can spread raw juices around your sink, onto your work surfaces, and onto ready-to-eat foods. Bacteria in raw meat and poultry can only be killed when cooked to a safe internal temperature, which for poultry is 165° F maintained for a minimum of 15 seconds, as measured with a food thermometer. Rinsing raw poultry is an unnecessary, messy step and could cause cross-contamination.

*For more information visit www.fightbac.org.

Ways to Prevent Foodborne Illness and the Flu

You can prevent foodborne illness and the flu virus in many of the same ways.

1. First and foremost, is to wash your hands properly. This includes getting your hands wet with warm water, then scrubbing them vigorously with soap for at least 20 seconds. You should pay extra attention to the fingernail area. Rinse your hands and dry with a single use paper towel. Additionally, use the paper towel to turn off the water faucet to prevent recontamination of the hands.
2. Clean and sanitize all work surfaces to reduce the contamination of food through environmental surfaces such as tables and cutting boards.
3. Employees who are sick should not handle food. This includes those experiencing persistent sneezing, coughing, or a runny nose that causes discharges from the eyes, nose or mouth. If you have these symptoms don't work with exposed food, clean equipment, utensils, linens, or unwrapped single-service or single-use articles.



Simply put, hand-washing is the single most effective way to prevent the spread of disease. Hand-washing will not only help prevent the spread of the flu virus but will also help prevent food borne illness.

Getting to Know Your Inspector: Stephen P. Day

Education:

Bachelors of Science, Health and Exercise Science

Years of service:

Since February 2008

Favorite local team:

University of Oklahoma Boomer Sooner!!

Hobbies or favorite pastime:

Seeing live music and golfing

Favorite meal:

Seafood burrito

Favorite movie:

Shawn of the Dead

Favorite style of music:

Rock-n-Roll

What I like most about my job:

Continuing to learn, never being in the same place much more than an hour, meeting new people, and keeping the public as safe as possible



Disclaimer: The inspector featured here is NOT necessarily your inspector. Your inspector will be featured eventually in one of the upcoming newsletters.

Class Schedule Change

The Broken Arrow class time has changed. Starting in January the Friday Broken Arrow classes will be held at 11:00 a.m. and 2 p.m. The classes will still be held at the Broken Arrow Library located at 300 W. Broadway. Temporary permits may still be purchased at the James O. Goodwin Health Center located at 5051 S. 129th East Ave. Please see attached schedule for dates.

Expo Square Confusion

We have received several reports of people going to the Expo Square Security office on the fair grounds trying to attend a food safety class. This is not the correct place. You may attend a food handler class at the Tulsa Health Department's Expo Square Health Center located at 4616 E. 15th Street. The Health Department is located on the Southwest corner of 15th and Yale next to the old Driller's Stadium.

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