

## The Winter Center for Food Protection e-Newsletter

This newsletter is designed to provide updates from the RIDOH Center for Food Protection to the Rhode Island food service community.

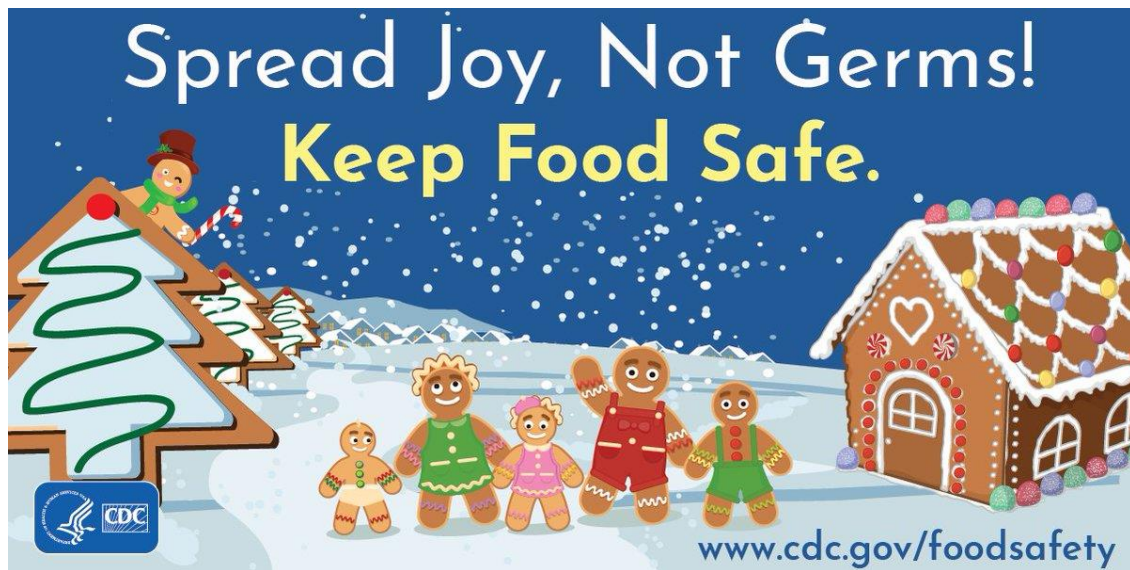


Image courtesy of cdc.gov

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### Reducing Food Waste with the Center for EcoTechnology (CET)

CET has a proven track record of success implementing and strengthening waste reduction programs for businesses and institutions of all sizes. They can assist your business by setting up or improving existing programs to reduce and recover wasted food through food donation and composting.

Their Rhode Island-specific [Wasted Food Solutions website \[health.us2.listmanage.com\]](http://health.us2.listmanage.com) gives businesses, service providers, and policymakers the resources they need to address one of our biggest challenges: wasted food. These efforts and others are in partnership with Rhode Island Department of Environmental Management, Rhode Island Department of Health, Rhode Island Resource Recovery Corporation, and the Director of Food Strategy to reduce wasted food through the Relish Rhody plan.

CET provides free, direct assistance to businesses and service providers. To learn more or to request assistance, contact CET today at 888-813-8552 or e-mail [wastedfood@cetonline.org](mailto:wastedfood@cetonline.org).

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## Food Safety Tips During a Power Outage

New England is no stranger to strong blizzards. This winter, follow these four tips to keep your establishment and your home food-safe during a power outage.

### 1. Maintain safe temperatures.

- Keep a thermometer in your refrigerator and freezer.
- Check to ensure that the freezer temperature is at or below **0°F** and the refrigerator is at or below **41°F**. Keep the **refrigerator and freezer doors closed** as much as possible to maintain the cold temperature.
- The **refrigerator** will keep food **cold and safe to eat for about 4 hours** if it is unopened.
- A **full freezer** will keep the temperature for approximately **48 hours (24 hours if it is half-full)** if the door remains closed.

### 2. Plan Ahead.

- If you think there will be a prolonged power outage, **buy dry or blocked ice** to keep the refrigerator as cold as possible.

- Fifty pounds of dry ice should keep an 18 cubic foot, fully stocked freezer cold for 2 days.

### 3. Cook food properly.

- If you plan to eat refrigerated or frozen meat, poultry, fish, or eggs while they are still at safe temperatures, it is important that each item is **thoroughly cooked to a safe minimum internal temperature** to ensure that any foodborne pathogens that may be present are destroyed.

### 4. Throw away unsafe food.

- Get rid of any food that was kept above 41°F for 4 hours or more (or 2 hours if temperatures are above 70°F).

Source: fda.gov



## Featured Food Safety Cartoon

Even Santa follows food safety guidelines! Avoid his naughty list this year by following proper temperatures when dealing with Time and Temperature Control (TCS) foods.



© 2019 StateFoodSafety™  
FOOD SAFETY REMINDER: When dealing with Time and Temperature Control for Safety (TCS) foods, hold them at the proper temperatures to minimize the risk of foodborne illness.

StateFoodSafety  
Food Safety Training & Certification

Cartoon courtesy of statefoodsafety.com

## In the Know: Foodborne Botulism

Botulism is a rare but serious illness caused by a toxin that attacks the body's nerves and causes difficulty breathing, muscle paralysis, and even death. This toxin is made by *Clostridium botulinum* and sometimes *Clostridium butyricum* and *Clostridium baratii* bacteria. These bacteria can be spread by food and sometimes by other means.

**Foodborne botulism** can occur after eating foods that have been contaminated with botulinum toxin. Common sources of foodborne botulism are [homemade foods \[health.us2.list-manage.com\]](https://www.health.us2.list-manage.com) that have been improperly canned, preserved, or fermented. Though uncommon, store-bought foods also can be contaminated with botulinum toxin.

Everyone can reduce their chances of getting botulism by:

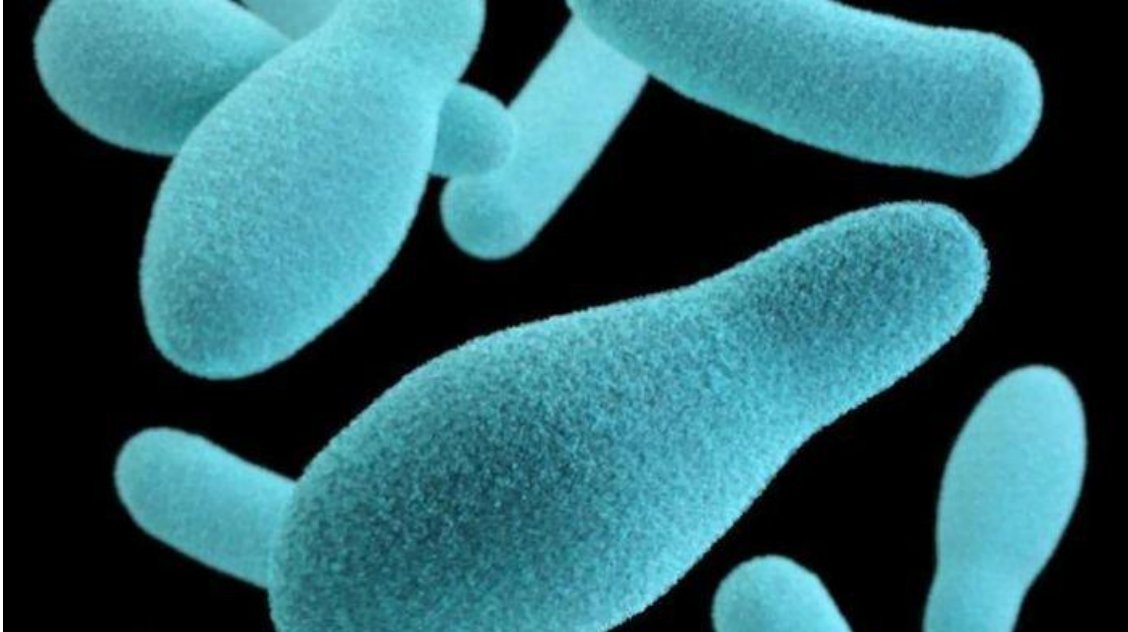
- Refrigerating homemade oils infused with garlic or herbs and throwing away any unused oils after 4 days.
- Keeping baked potatoes in aluminum foil hot (at temperatures above 135°F) until they are served or refrigerating them with the foil loosened.
- Refrigerating any canned or pickled foods after you open them.
- Buying from an approved, licensed facility to ensure proper processing controls.

Symptoms of botulism may include: double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, difficulty breathing, a thick-feeling tongue, dry mouth, or muscle weakness.

In foodborne botulism, symptoms generally begin 18 to 36 hours after eating contaminated food. However, symptoms can begin as soon as 6 hours after or up

to 10 days later. **If you or someone you know has symptoms of botulism, see your doctor or go to the emergency room immediately.**

Source: [cdc.gov](https://www.cdc.gov)



# Stay Food-Safe During Super Bowl LIV!



## Keep it clean

Before you eat or handle food, wash your hands, food prep tools and surfaces.



## Cook to the right temperature

Use a food thermometer to check that foods are cooked to the right temperature:  
165°F for chicken and  
155°F for ground beef.

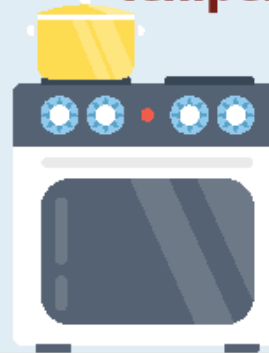


## Watch the clock

Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's 90°F or warmer.



## Serve at the right temperature



Keep hot foods at 135°F or warmer, and cold foods at 41°F or colder.



Rhode Island Department of Health  
Center for Food Protection  
3 Capitol Hill, Room 203, Providence RI 02908



## How to Style Your Recipes to Follow Food Safety Guidelines

The [Safe Recipe Style Guide website \[health.us2.list-manage.com\]](https://health.us2.list-manage.com) designs guidelines for recipe developers and food journalists to incorporate food safety into their favorite recipes. **Food safety tips are in orange.**

Here is a sample recipe that follows food safety guidelines:

### Easy Chicken and Vegetable Stir Fry

#### Ingredients:

- 1 tbs vegetable oil
- 1 lb boneless skinless chicken breast, cut into 1-inch pieces
- 2 garlic cloves, finely chopped
- 2 tsp gingerroot, finely chopped
- 1 medium onion, **scrubbed with clean vegetable brush under running water** and cut into thin wedges
- 1 cup baby carrots, **scrubbed with clean vegetable brush under running water** and cut lengthwise in half
- 1 cup chicken broth soup
- 3 tbs soy sauce
- 2 tsp sugar
- 2 cups broccoli florets **gently rubbed under cold running water**

- 1 cup (3 ounces) fresh mushrooms **gently rubbed under cold running water** and diced
- ½ cup red bell pepper **scrubbed with a clean vegetable brush under running water** and diced
- 2 tsp cornstarch
- 4 cups hot cooked Chinese plain noodles

Directions:

1. **Wash hands with soap and water.** Heat vegetable oil in a skillet over medium-high heat. Add chicken, garlic and gingerroot; stir-fry 2 to 3 minutes or until chicken is brown.

2. **Wash hands with soap and water after handling uncooked chicken. Wash cutting board and knife after touching raw chicken.**

3. Add onion, carrots, 3/4 cup of the broth, the soy sauce, and sugar. Cover and cook over medium heat 5 minutes, stirring twice.

4. Add broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, **until chicken is no longer pink in center and internal temperature reaches 165 °F on food thermometer**, and vegetables are crisp-tender.

5. Mix cornstarch with remaining 1/4 cup broth; stir into chicken mixture. Cook, stirring frequently until sauce is thickened. Serve over noodles or rice.

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## Choosing Approved Suppliers for a Food Establishment

### 1. Ask for approval records

- **Approved suppliers should have records of regulatory permits, licenses, or inspection reports.**
- Ask for evidence that a supplier complies with third-party standards such as [HACCP \[health.us2.list-manage.com\]](https://health.us2.list-manage.com) or HARPC certification.

### 2. Conduct supplier audits

- During an audit, **you can observe the supplier's manufacturing practices first hand and ask questions as necessary.**
- To effectively audit a supplier, you need to know what you're looking for, and you need to invest the time and travel costs to visit the supplier.

### 3. Make a list of product-specific requirements

- Consider any legal requirements that are specific to foods that your establishment offers.
- Does the supplier meet those requirements? For example, does a milk supplier pasteurize their products?

### 4. After choosing a supplier:

- Inspect each food delivery you receive for signs of contamination. These signs may include damaged packages or frozen foods that have started to thaw. Refuse any deliveries with signs of contamination.
- **You should be familiar with your supplier's return policy before working with them.**

- If you notice consistent problems with a supplier's deliveries, it may be time to contact or audit the supplier.

Source: [statefoodsafety.com](http://statefoodsafety.com)

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**Have a Food-Safe and Happy Holiday!**

# YOUR MAP TO A FOOD-SAFE HOLIDAY

Follow some simple food safety advice to keep you and your guests feeling festive this winter.

## PROPER PREPPING

Just as you have a procedure for storing your holiday gifts when you get home, you should have a system for storing your food.

Make sure your fridge is set at or below **40 °F**. Chill perishable groceries within two hours of shopping.

Store raw meats in a container or dish to prevent juices from leaking and set below ready-to-eat foods.

Wash your hands for **20 SECONDS** with warm water and soap!

Be sure to separate raw meat from ready-to-eat foods and dishes.

**Don't forget:** You need two thermometers.



One for the fridge to ensure food is stored at 40 °F.



One for food, particularly meat, to ensure it's cooked to the right temperature.

## WELCOME TO Roastville

Always use a food thermometer to check that different holiday meats have been cooked to the right internal temperature.

- GROUND BEEF 160 °F
- DUCK 165 °F
- TURKEY 165 °F
- GOOSE 165 °F
- VEAL\* 145 °F
- PORK\* 145 °F
- LAMB\* 145 °F
- STEAK\* 145 °F

**YIELD**

\*Don't forget resting time! Beef, veal, lamb, and pork should rest for **3 MINUTES** before carving or consuming.

## HITTING THE ROAD

If you're bringing a dish to a get-together with coworkers, family or friends this holiday season, make sure you are transporting food safely.

40 °F

140 °F

## DANGER ZONE



Perishable food kept in the Danger Zone (between 40 - 140 °F) for longer than 2 hours should be thrown out.

140 °F + 40 °F = 2 hours

### KEEP COLD FOOD COLD

When transporting cold dishes, place items in a cooler with ice or gel packs to keep food at or below

**40 °F**

### KEEP HOT FOOD HOT

Keep hot foods at or above

**140 °F**

by wrapping dishes in insulation bags or towels and newspaper.

### EXCEPTIONS

to Danger Zone include ready-to-eat items like



For more food safety tips, go to [FoodSafety.gov](http://FoodSafety.gov)

Infographic courtesy of cdc.gov

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**Note:** Rhode Island follows the FDA Model Food Code. Some of the info-graphics used in the e-newsletters come from the United States Department of Agriculture (USDA) Food Safety Inspection Service (FSIS). In some cases, USDA temperature requirements differ from the FDA Model Food Code. For example, the FDA considers the minimal cooking temperature for ground beef to be 155° F while the USDA considers it to be 160° F. In addition, USDA's acceptable cold and hot-holding temperatures are 40° F and 140° F, respectively (versus FDA's temperatures of 41° F and 135° F. Currently, both agencies are assessing plans to reconcile these differences.

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### **Questions or Feedback?**

If you have any questions or feedback about the Center for Food Protection's Newsletter, please complete our survey:

[https://docs.google.com/forms/d/12VZpcBYxbT\\_rswEUpwpWnoJcyrA4hmfjGpstUXjmnRw/edit](https://docs.google.com/forms/d/12VZpcBYxbT_rswEUpwpWnoJcyrA4hmfjGpstUXjmnRw/edit) [health.us2.list-manage.com]