

Saint Paul – Ramsey County Public Health, Environmental Health Division

Environmental Health staff conduct food protection activities in both food service and retail food establishments. They also inspect lodging facilities, public swimming pools, manufactured home parks, youth camps, water supplies, and public health nuisances.

Mark Clary, R.S., Supervisor

651-266-1170 • mark.clary@co.ramsey.mn.us
 *Inspection areas: Arden Hills, Falcon Heights, ISD 623, Little Canada, Roseville (east of Hamline) and Ramsey County Facilities

Mike Crider, R.S.

651-266-1171 • mike.crider@co.ramsey.mn.us
 *Inspection areas: Lauderdale and Roseville (west of Hamline)

Hannah Davis, R.S.

651-266-1175 • hannah.davis@co.ramsey.mn.us
 *Inspection areas: Gem Lake, ISD 622, North St. Paul, North Oaks, St. Anthony, Vadnais Heights and White Bear Township

Lori Green, R.S.

651-266-1172 • lori.green@co.ramsey.mn.us
 *Inspection areas: ISD 621, New Brighton, Shoreview and Mounds View

Mindy Stepnick, R.S.

651-266-1174 • mindy.stepnick@co.ramsey.mn.us
 *Inspection areas: ISD 624 and White Bear Lake



Environmental Health Division
 2785 White Bear Ave. N., Suite 350
 Maplewood, MN 55109-1320

PLEASE ROUTE TO FOOD SERVICE DIRECTOR OR KITCHEN MANAGER

PRSR STD
 U.S. Postage
 PAID
 Twin Cities
 MN
 Permit 7407



Environmental Health Division
 2785 White Bear Ave. N., Suite 350
 Maplewood, MN 55109-1320
 Phone: 651-266-1199
 Fax: 651-266-1177
 www.ramseycounty.us
 click on "Licensing & Inspection"

"Name That Violation" Answer
 An establishment cannot store raw animal foods above ready to eat food.

BIZRECYCLING
 LESS TRASH • MORE SAVINGS

Business recycling. Now, there's a money-saving idea.

LESSTRASH.COM | 651.266.1199
 TWITTER.COM/BIZRECYCLINGMN

thought for food provides useful information to managers of food service establishments licensed by Saint Paul – Ramsey County Public Health.

thought for food is published quarterly by Saint Paul – Ramsey County Public Health, Environmental Health Division.

Zack Hansen, Director

Mark Clary, Supervisor
 Community Environmental Health

Comments?

Contact Mindy Stepnick at 651-266-1174 or email mindy.stepnick@co.ramsey.mn.us.

thought for food

For managers of food service establishments licensed by Saint Paul – Ramsey County Public Health

Under the Microscope: Salmonella



Salmonellosis is a bacterial infection of the intestinal tract caused by a bacteria called Salmonella. It is one of the principle causes of foodborne illness worldwide. The Centers for Disease Control and Prevention estimates that approximately 1.2 million illnesses and 450 deaths from Salmonella occur in the United States annually.

Anyone can contract salmonellosis but the risk is highest in young children, the elderly, and the immunocompromised. The bacteria is spread by eating or drinking contaminated food or water, or by direct or indirect contact with fecal material from infected people or animals. Salmonella has evolved to live in the gastrointestinal tract of animals. Birds, reptiles, rodents, frogs, fish, cattle, poultry and snails all carry the bacteria.

Salmonella is widely distributed in our food chain and environment. The bacteria can be found in raw meats, poultry, eggs, unpasteurized milk and dairy products, tomatoes, lettuce and

salad greens, peppers, sprouts, and other produce items. A wide variety of processed foods have also been found to be contaminated with the bacteria. These items include breakfast cereal, peanut butter, ice cream, frozen pot pies, eggs, chocolate, cheeses and fermented meats. Cooked ready-to-eat foods can be contaminated by transfer of the bacteria from raw, uncooked foods, or by transfer of the organism from contaminated equipment.

People who are exposed to the bacteria may experience diarrhea, abdominal pain, fever and occasional vomiting for several days. These symptoms generally appear 18 to 36 hours after exposure and generally last for 2-7 days. Infected people may also spread the bacteria to others through their feces for several weeks or more, even after their symptoms subside.

If a food worker is ill and has been diagnosed with Salmonella, they must report this to the person-in-charge and they must be excluded from working in the establishment and cleared by the local health authority before returning to work.

Salmonellosis can be prevented by following good food handling and handwashing practices. These practices include:

- Always wash fruits and vegetables.

- Avoid eating raw eggs or undercooked foods containing raw eggs. Raw eggs may be unrecognized in some foods such as homemade hollandaise sauce, Caesar salad dressing, tiramisu, homemade ice cream, cookie dough and frosting.
- Eat thoroughly cooked meats, and check these foods with a thermometer. For example, chicken should be cooked to an internal temperature of 165° F.
- Eliminate cross-contamination from raw foods to cooked foods by washing hands, utensils, cutting boards and counter surfaces, and storing below ready-to-eat foods.
- Wash hands before and after preparing food, and ensure children wash hands after handling animals, especially reptiles.

thought for food

fall/winter 2015 topics

Samonella	cover
Ask a Sanitarian	page 2
Name That Violation	page 2
Salmonella Outbreaks	page 3
Food Manager Certification Classes	page 3

Ask a Sanitarian...

Q: What are the requirements for washing produce? Are produce washes necessary to use?

A: Before eating or preparing fresh fruits and vegetables, wash produce under cold running water to remove any lingering dirt. This reduces bacteria that may be present. If there is a firm surface, husk, or peel such as on apples, lemons, limes, avocados, melons or potatoes, the surface can be scrubbed with a brush. An approved produce wash may also be used, at the proper concentration, to further reduce the potential bacterial load. There are several brands of produce washes on the market today. These products usually include cleaning agents like phosphates, baking soda, citric acid or citrus oils. Some of these products may help remove additional dirt, pesticides and bacteria from fruits and vegetables. However, there is no conclusive research yet on the effectiveness of produce washes. At this time they are not required by the health department.

If you do decide to use a produce wash, carefully follow the directions listed on the product label, and make sure you are using it for its intended purpose. Never wash fruits and vegetables with detergents, bleach, or other sanitizers not intended for consumption.

When preparing fruits and vegetables, cut away any damaged or bruised areas because bacteria that can cause illness can thrive in those places. Immediately refrigerate any fresh-cut items such as salad or fruit for best quality and food safety.



If you have a question you would like to ask a sanitarian, please send an email to: mindy.stepnick@co.ramsey.mn.us

Name That Violation

(see bottom of page 4 for answer)



Look at the picture above. Can you tell what this food establishment is doing wrong according to health codes? The answer can be found in the bottom left corner of page 4.

Sign Up for Going Green Today

Ramsey County strives to create a healthy, safe environment for all people to live, work and play. Find out what we are doing to go green inside and out! Sign up for our Going Green Today e-newsletter, which is sent to your inbox every other month.

Visit www.ramseycounty.us and click on the envelope next to Connect with Ramsey County. From the subscription page, select Going Green Today under Health & Environment.

Notable Salmonella Outbreaks Associated With Produce in Minnesota

There are many different food items identified in Salmonella outbreaks. From tomatoes to melons, occurrence of this disease can be associated with many products. The following are examples of recent outbreaks associated with produce in the United States in the last ten years:

Example 1

On September 4, 2015 a produce company out of San Diego, California issued a recall of cucumbers sold under their "Limited Edition" brand label. Cucumbers were sold between August 1, 2015 and September 3, 2015. Initial surveillance reported 285 persons infected with Salmonella Poona from 27 states, including Minnesota. Specific medical information was available for 160 cases, 53 of which were hospitalized. One death was reported.

Example 2

During routine surveillance practices at the Minnesota Department of Health (MDH), epidemiology staff identified two Salmonella Newport cases on August 4, 2010. Each case was interviewed, resulting in the identification of three more infected individuals through specimen testing at the MDH lab. An outbreak investigation was initiated on August 6, 2010. In total 7 cases were identified with blueberries as the outbreak vehicle. All individuals reported purchasing the food in question at a grocery store in Minnesota. On August 20, 2010, MDH received point of sale from the grocery store and determined the blueberries were purchased on July 13, 2010 or July 14, 2015. Trace back procedures conducted by the Food and Drug Administration determined the product that was contaminated at a producer facility in Michigan.

Example 3

While not related to Minnesota specifically, the Food and Drug Administration (FDA) initiated an outbreak investigation of Salmonella Enteritidis related to bean sprouts on November 21, 2014. When the investigation began, the FDA was notified of 63 cases from 10 states. Illness onset dates ranged from September 30, 2014 through November 8, 2014. Medical histories were collected from 42 of the cases through routine interviews. Eleven of these cases were hospitalized and no deaths were reported.



Food Manager Certification



Food Manager Certification

Full Day Class • 8:00 a.m. to 6:00 p.m.

This class is for uncertified food managers. Call 651-266-1199 for a registration form.

2016 Certification Course Dates

Jan. 13	Feb. 10	March 16	April 13
May 18	June 15	Aug. 17	Sept. 14
Oct. 12	Nov. 9		

Food Manager Recertification

Four Hour Class • 12:00 p.m. to 4:00 p.m.

This class is for food managers who were previously certified and need to be recertified. Call 651-266-1199 for a registration form.

2016 Recertification Course Date

Feb. 11	June 16	Oct. 11
---------	---------	---------

Food Manager Certification Exam Retests

Exam re-tests are given at the end of each Food Manager Certification class.

To request a re-test application, call 651-266-1199 and leave a message.