



WATERTOWN HEALTH DEPARTMENT



Public Health
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2013 Food Code Update

Training for Retail Food Establishments

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2013 FOOD CODE TRAINING FOR RETAIL FOOD ESTABLISHMENTS

OBJECTIVES

The Goal by the end of this training is that you have the following knowledge



Why Massachusetts adopted the 2013 Model Food Code and its benefits

Understand all changed and New Terminology

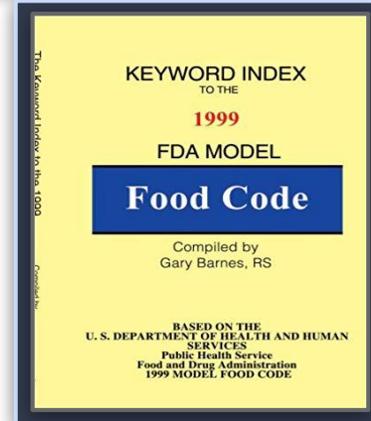
Understand all new procedures you must implement within your Retail Food Establishment

And Most Importantly feel confident and ready to have an excellent inspection during your first New Food Code routine inspection!

The FDA Food Code

On September 12, 2018, the Massachusetts Department of Public Health amended 105 CMR 590.00: State Sanitary Code Chapter X: Minimum Sanitation Standards for Food Establishments to include sections of the 2013 FDA Food Code, with amendments made by FDA in 2015.

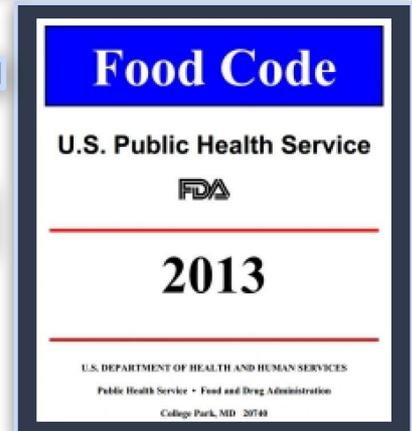
The amendments to 105 CMR 590.000 were published in the Massachusetts register on October 5, 2018 and became effective upon publication.



Old Code 1999



New Code 2013



Purpose of the Food Code

What is the purpose of the FDA Food Code?



The purpose of FDA Food Code is to safeguard public health and provide to consumers food that is safe, unadulterated, and honestly presented.

FDA

**U.S. FOOD & DRUG
ADMINISTRATION**

Risk Based Focus

The updated code is science based and focuses on risk factors of foodborne illness

The goal of Health Officials and Food Establishments is to prevent or limit those risks in all aspects of food operations

The 5 Main Risk Factors are:

1. Food from unapproved sources
2. Inadequate cooking temperatures
3. Improper holding temperatures
4. Contaminated equipment
5. Poor personal hygiene

This presentation is a summary of the major changes and additions to the food code, it does not cover all changes.



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NEW TERMINOLOGY & CHANGED DEFINITIONS

2013 FOOD CODE TRAINING FOR RETAIL FOOD ESTABLISHMENTS

Time/ Temperature Control for Safety Foods “TCS”

Foods that require cold holding or hot holding during storage and display are called what?



1999

Potentially Hazardous Foods “PHF’s”



2013

Time/Temperature Control for Safety Foods
“TCS Foods”
Now includes “cut leafy greens”

Cut Leafy Greens

Means greens whose leaves have been cut, shredded, sliced, chopped, or torn

INCLUDES

- Spinach
- Cabbage
- Kale
- Arugula
- Chard
- Spring mix
- Endive
- Escarole



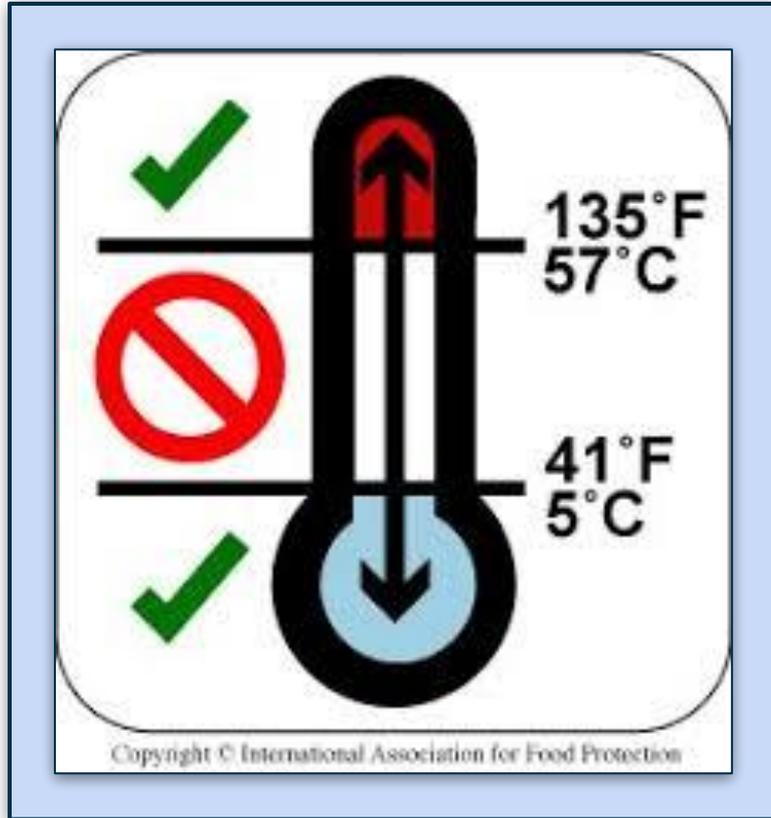
Does NOT Include

- Fresh Herbs such as parsley or cilantro



FDA Guidance for cut leafy greens can be found : [HERE](#)

Temperature Danger Zone



Hot Holding Temperature
135F or Greater



Cold Holding Temperature
41F or Below

New Risk Designations

1999 : Violations

Red Critical
"RC"

Critical
"C"

Non Critical
"NC"



2013 : Items

Priority
"P"

Priority Foundation
"PF"

Core
"C"

2013 Risk Designations

PRIORITY



CORE

		Definition	Example	Time
(P)	Priority Item	Contributes directly to the elimination, prevention or reduction to an acceptable level of hazards associated with foodborne illness or injury.	<u>590.002 FC 2-301.12 Cleaning Procedure</u> Observation: Employees not washing hands properly	Within 72 hours
(Pf)	Priority Foundation Item	Supports, facilitates or enables Priority items. Requires specific actions, equipment or procedures for Managers to control risk factors.	<u>590.006 FC 6-301.11 Handwashing Cleanser, Availability</u> Observation: No soap available at the handwashing sink	Within 10 Days
(C)	Core Item	Relates to general sanitation, operational controls, SOPs, facility structure, equipment design and general maintenance.	<u>590.000; FC 6-301.14 Handwashing Signage</u> Observation: There is no sign indicating that the sink is a hand wash sink only	Within 90 Days



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NEW PROCEDURES & DOCUMENTATION

2013 FOOD CODE TRAINING FOR RETAIL FOOD ESTABLISHMENTS

New Duties for the Person in Charge

Person In Charge: Duties 2-103.11Pf

The Person in Charge or the “PIC” now has the following ADDITIONAL duties :



NEW DUTIES:

- Verify that food deliveries made during non-operating hours are stored safely and at proper temperatures
- Inform employees in a verifiable manner of their responsibility to report all diseases that are transmissible through food (see “Employee Reporting Agreement”)

EXISTING DUTIES:

- Operations are not conducted in a home;
- Unnecessary persons are kept out of food prep, storage or dishwashing areas;
- Persons entering food prep, storage and warewashing areas comply with code;
- Employees are effectively cleaning their hands by monitoring hand washing;
- Employees are visibly observing foods at receiving for risk factors;
- Employees are properly cooking TCS foods and using a calibrated thermometer;
- Employees are using proper cooling methods to rapidly cool TCS foods;
- Employees are properly maintaining hot and cold holding temperatures

*All Duties of the PIC can be found : [HERE](#)

New Duties for the Person in Charge

Person In Charge: Duties 2-103.11Pf

The Person in Charge or the "PIC" must demonstrate the following



The PIC must meet the Following Criteria to be Considered a Person In Charge

- Be a Certified Food Protection Manager
- Be certified in Allergen Awareness
- Be at least 18 Years of Age

DEMONSTRATION:

- No Priority Violations shall be observed during routine inspection
- PIC should be able to answer Inspector's questions correctly

IMPORTANT!

There must be a PIC on the premises AT ALL times during food operation

*All Duties of the PIC can be found : [HERE](#)

Employee Reporting Agreement

It is the PIC's responsibility to inform employees in a verifiable manner of their responsibility to report all diseases that are transmissible through food.

This can be done by having every employee fill out the "Employee Reporting Agreement". Once filled out a copy should be kept on the premises at all times.

It is good practice to review this every 6 Months



A Copy of the Employee Reporting Agreement can be found : [HERE](#)

Food Employee Reporting Agreement
 Preventing Transmission of Diseases through Food by Infected Food Employees

The purpose of this agreement is to ensure that Food Employees and Conditional Employees notify the Person in Charge when they experience any of the conditions listed so that the Person in charge can take appropriate steps to preclude the transmission of foodborne illness.

I AGREE TO REPORT TO THE PERSON IN CHARGE:

A. SYMPTOMS OF:
 diarrhea, vomiting, jaundice, sore throat with fever, and lesions containing pus on the hand, wrist, or an exposed body part (such as boils and infected wounds, however small.)

B. MEDICAL DIAGNOSIS OF BEING ILL WITH:
 norovirus, shiga toxin-producing *E. coli*, *S. typhi* (typhoid fever), *Shigella* spp., non-typhoidal *Salmonella*, and Hepatitis A, as well as other diseases that may be transmitted through food per 105 CMR 300.000. Contact the Food Protection Program at 617-983-6712 or The Epidemiology Program at 617-983-6800 for additional information.

C. PAST MEDICAL DIAGNOSIS OF DISEASES LISTED ABOVE:
 Have you ever been diagnosed as being ill with one of the diseases listed above? _____
 If you have, what was the date of the diagnosis? _____

D. HIGH-RISK CONDITIONS:

- Exposure to or suspicion of causing any confirmed outbreak of the diseases listed under Part B above.
- A household member has been diagnosed with diseases listed in Part B above.
- A household member attending or working in a setting experiencing a confirmed outbreak of one of the diseases listed in part B above.

I have read (or had explained to me) and understand the requirements concerning my responsibilities under 105 CMR 590.2013 Food Code and this agreement to comply with the reporting requirements specified above involving symptoms, diagnoses, and high-risk conditions specified. I also understand that should I experience one of the above symptoms or high-risk conditions, or should I be diagnosed with one of the above illnesses, I may be asked to change my job or to stop working altogether until such symptoms or illnesses have resolved.

I understand that failure to comply with the terms of this agreement could lead to action by the food establishment or the Food regulatory authority that may jeopardize my employment and may involve legal action against me.

Food Employee or Conditional Food Employee Name (Please Print) _____

Signature of Above-named Individual _____ **Date** _____

Signature of Permit Holder or Representative _____ **Date** _____

This is a model form created by MA Department of Public Health which is offered as a tool for industry to use to aid in compliance with 105 CMR 590.002(E) and the Federal Food Code 2-201.11. The use of this form is voluntary and is not required by state regulation. Revised: October, 2018

Employee Reporting Agreement: Diseases & Symptoms

EMPLOYEES MUST REPORT THESE SYMPTOMS

- Vomiting
- Diarrhea
- Jaundice
- Sore throat with fever
- A lesion containing pus that is open and draining

EMPLOYEES MUST REPORT THESE DIAGNOSES

- Norovirus
- Hepatitis A
- Shigella spp
- Shiga Toxin-Producing Escherichia Coli
- Salmonella
- Several others, see "Guidance Document" handout

Employee Reporting Agreement

Restaurant Managers

Talk to your employees about their symptoms and diagnoses so you can make sure sick workers don't spread foodborne illness

A copy of the CDC infographic "Can Restaurant Managers Talk with Sick Workers?" can be found:

[HERE](#)



Can Restaurant Managers Talk with Sick Workers? 3 Things Restaurant Managers Need To Know

Restaurant managers: Talk to your employees about their symptoms and diagnoses so you can make sure sick workers don't spread foodborne illness.

- Nearly half of restaurant-related outbreaks are caused by sick food workers.
- Managers need to know if their workers are sick so they can decide if they should handle food.



Three Things To Know

- 1 The Food Code encourages employee and manager conversations about foodborne illness.**
 - The Food Code is a science-based model code published by the Food and Drug Administration that states can use to develop or update their food safety rules to help prevent illness and outbreaks.
 - It says that employees should tell their managers about possible foodborne illness symptoms and that it is the manager's responsibility to ensure employees are aware of these reporting requirements.
 - Most state and local food codes in the United States are modeled on the FDA Food Code.
- 2 The Health Insurance Portability and Accountability Act of 1996 (HIPAA) does not prevent restaurant managers from asking employees about foodborne illness symptoms and diagnoses.**
 - HIPAA sets privacy standards for protected health information.
 - HIPAA does prevent a health care provider from sharing health information about an employee with that employee's manager but it does not prevent a restaurant manager from asking an employee about their illness symptoms.
- 3 The Americans with Disabilities Act of 1990 (ADA) does not prevent managers from asking employees about foodborne illness symptoms and diagnoses.**
 - ADA seeks to prevent discrimination and ensure equal opportunity for persons with disabilities.
 - Most foodborne illnesses are mild and short-term and are not considered disabilities under ADA.
 - If an employee does not have an ADA disability, the manager can follow the Food Code's guidance without considering the ADA. And in the rare event that an employee does have a foodborne illness that is considered a disability, employers would consider both ADA and the Food Code.

Restaurant managers and employees can work together to prevent the spread of foodborne illnesses.

Where Can I Learn More?

For access to the full article this content is based on and other helpful links, visit www.cdc.gov/nceh/ehs/activities/can-restaurant-managers-talk-with-sick-workers

National Center for Environmental Health
Division of Environmental Health Science and Practice



CS87257A

Importance of Employee Reporting Agreement

Lee Dominick



Lee Dominick was a fit, athletic and health conscious longshoreman in Simi Valley, CA who contracted Norovirus after a meal at a local restaurant was prepared by an ill employee. Lee recovered from a debilitating illness that could have been prevented. This is his story, which includes key steps food employees can take to prevent foodborne illness.

Hand Wash Sink Signage

KEEP HANDS CLEAN - 6-301.11(P) :Post a sign at each hand wash sink used by food employees

How to wash: 2-301.12(P)

1. Rinse hands under running water (100°)
2. Apply soap
3. Rub hands vigorously together for 10-15 seconds
4. Rinse thoroughly
5. Dry Completely



When to Wash: 2-301.14(P)

1. Before food prep or working with clean utensils
2. After touching other body parts
3. After using restroom
4. After coughing, sneezing, smoking, eating
5. After handling soiled equipment
6. As often as necessary to remove soil
7. When switching from raw food to RTE food
8. Whenever contaminated
9. Before donning gloves to initiate a task that involves working with food

Employees Must Wash
Hands Before Returning
To Work



Date Marking Procedures

Date Marking 3-501.17(Pf)

Why is date marking important?



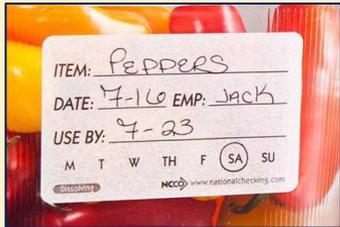
Control the growth of *Listeria monocytogenes*

Which is a bacteria that grow slowly even at refrigerated temperatures. Date marking ensures foods are discarded before the bacteria reproduces to levels that can cause foodborne illness

What needs to be date marked?



Refrigerated, RTE, TCS food held for more than 24 hours



DATE MARKING: HOW TO

- Use by date is no longer than 7 days. Prep day counts as day one
- Mark commercially processed containers with use by date 7 days from when they are opened
- Use by date cannot exceed manufacturer's use by date
- When ingredients are combined, the date marking will be for the earliest ingredient.

Disposition

Disposition : **3-501.18(P)**

Food will be discarded if:

- In a container or package that is not dated;
 - The label exceeds the date to be consumed by date.
- This means if it exceeds the 7 day time frame

*****If your food is not labeled, it will have to be thrown away!*****





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NEW EQUIPMENT & SIGNAGE

2013 FOOD CODE TRAINING FOR RETAIL FOOD ESTABLISHMENTS

Preventing the Spread of Norovirus

New requirements for preventing the spread of Norovirus have been added to the 2013 Food Code because it is highly contagious and can be spread easily. An individual may become infected with norovirus if they ingest, inhale, or absorb even just a few particles

There has been many scenarios where an outbreaks of Norovirus in a Food Establishment has lead to shutting down operations for extended periods of time, this means loss of income for not only owners but employees.

It is Management's responsibility to protect their employees and customers,
what are the 4 best way to accomplish this in your food establishment?



No bare hand contact with RTE food



Ensure employees understand reporting illness, and proper exclusions and restrictions



Ensure proper hand washing frequency and methods



Ensure proper cleaning and sanitizing methods and frequency

Preventing the Spread of Norovirus : Written Procedures

CLEAN-UP OF VOMIT AND DIARRHEAL EVENTS - 2-501.11 (PF)

Vomit and Diarrheal Clean-up Written Procedure

Step - by - Step

1. After you purchase your spill kit, fill out this form with the specifications and sanitizer type specific to the spill kit you purchased.
2. Go over the written procedures with all Food Employees, and train them to properly use the spill kit and its contents in a Vomit or Diarrheal Event
3. Keep a copy of the written procedures in an accessible place for Food Employees & Health Officer



**VOMIT AND DIARRHEA CLEAN-UP PROCEDURE
FOR**

(Name of Establishment)

(Address)

WHY DO WE HAVE THIS PROCEDURE?
Vomiting and diarrhea can be symptoms of several very contagious diseases and it is the responsibility of food service management to protect both employees and customers from transmission of these diseases. The most important ways of accomplishing this task are:

- 1) ensure that employees understand the importance of frequent handwashing and that they know where and how to wash their hands;
- 2) ensure that employees understand their responsibility to report all disease symptoms, such as vomiting, diarrhea, jaundice, fever and sore throat, diagnosis of diseases; and exposure to others who are sick to the Person in Charge;
- 3) ensure that employees are trained and do not handle food that is ready to eat with their bare hands;
- 4) ensure that employees understand the importance of following all regular cleaning and sanitizing procedures on a daily basis and special cleaning and sanitizing procedures such as this one.

New employees will be trained in all of the above-mentioned procedures within the first week of hiring. Reminder trainings will be done for all food service staff on an **ANNUAL** basis.

VOMIT/DIARRHEA CLEAN-UP KIT
A vomit/diarrhea clean-up kit is stored in a labeled bin in _____

(Describe location of supplies and extra supplies)

Contents of Clean-up Kit:
1) Personal Protective Equipment (PPE)
disposable gloves, nitrile or non-latex
face and eye shields (clean and sanitize after use)
disposable shoe covers
disposable aprons
masks
hair covers



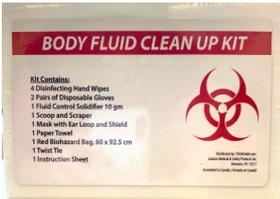
A copy of this form can be found: [HERE](#)

Preventing the Spread of Norovirus : Spill Kit

Every Food Establishment must have a Vomit and Diarrheal Spill Kit on the premises fully stocked with approved materials AT ALL TIMES

CONTENTS OF CLEAN UP KIT

- Disposable gloves
- Face and eye shield
- Shoe covers
- Apron
- Mask
- Hair Cover
- Paper Towels
- Absorbent material
- Disposable dust pan
- Large trash bag
- Caution tape
- Bucket
- Wiping clothes
- Bucket Sanitizer (EPA Approved)

<p>ECOLAB Biohazard Response Spill Kit</p>	<p>PURELL Body Fluid Spill Kit</p>	<p>Body Fluid Clean-up Kit</p>
		
<p>ecolab.com</p>	<p>Oshakits.com</p>	<p>Can be Purchased at restaurant Depot</p>

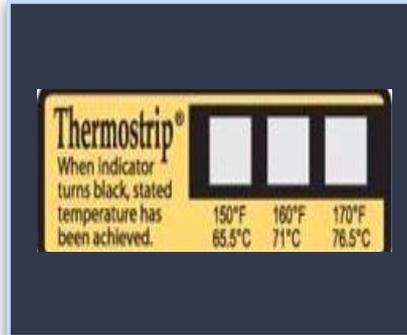
[Purrell Spill Kit Clean Up Video](#)

Mechanical Dishwashing Requirements

4-703.11(B):

Temperature Measuring Devices, Manual and Mechanical Warewashing

If your establishment has a hot water mechanical ware washing operation you must purchase an irreversible registering temperature indicator



Mechanical Dishwashing Requirements can be found: [HERE](#)

Inspection Report Signage

Establishments are required to post a conspicuous sign which tells customers that a copy of last inspection report is available upon request.

“Per the food code, a copy of the most recent establishment inspection report is available upon request”

This red sign MUST be posted next to your Food Permit

Copies of this sign can be found on the Watertown Health Department Website and in printed waterproof form at the Health Department

A Copy of the Most Recent Inspection Report is Available: 8-304.11(K)





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MISCELLANEOUS

2013 FOOD CODE TRAINING FOR RETAIL FOOD ESTABLISHMENTS

Pest Control

6-501.111 Controlling Pests

“The premises shall be maintained FREE of insects, rodents and other pests.” 6-501.111



Pest Control : Dumpster Maintenance





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QUIZ TIME!

2013 FOOD CODE TRAINING FOR RETAIL FOOD ESTABLISHMENTS

QUIZ

1.

Violations are now known as what?

Priority, Priority Foundation, Core

Priority
"P"

Priority Foundation
"PF"

Core
"C"

QUIZ

2.

What are the 3 qualifications must be met to be considered a “PIC”?

1. Be a Certified Food Protection Manager
2. Be certified in Allergen Awareness
3. Be at least 18 Years of Age

QUIZ

3.

How long can you store prepared food in your establishment before discarding it?

7 DAYS

QUIZ

4.

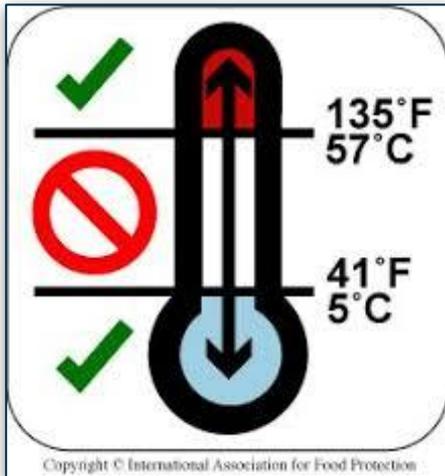
Employees are required to report the following diagnoses, name at least 3?

- Norovirus
- Hepatitis A
- Shigella spp
- Shiga Toxin-Producing Escherichia Coli
- Salmonella

QUIZ

5.

What is the temperature danger zone range?



The temperature danger zone provides the optimal conditions that allow bacteria to grow. It ranges from **41°F - 135°F.**

QUIZ

6.

- Before starting work...
- Before putting on gloves...
- After handling or preparing raw food ...
- After cleaning duties ...
- After using the toilet...
- After eating drinking or smoking...
- After handling money...

**WASH YOUR
HANDS!!**

QUIZ

7.

What is the substitute for proper hand washing?

What?? - there is no substitute for proper hand washing.

- Hand washing is vital in preventing contamination of food by food handlers.
- Harmful bacteria such as E. coli and Staphylococcus Aureus and viruses like norovirus present on the hands of food workers are removed by proper hand washing techniques.

QUIZ

8.

What does TCS stand for and what is the newest food item to be added as a TCS food?

Time Temperature Control For Safety
Cut Leafy Greens



QUIZ

9..

When checking an internal temperature in a food product, where should you place the probe?

In the Center of the product

QUIZ

10.

What type of device must you now have if your establishment has a high temperature mechanical warewashing machine?

Irreversible Temperature Measuring Indicator



QUIZ

11.

What symptoms must employees report? Name at least 3.

- Vomiting
- Diarrhea
- Jaundice
- Sore throat with fever
- A lesion containing pus that is open and draining



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Questions?

Thank you for coming!

2013 FOOD CODE TRAINING FOR RETAIL FOOD ESTABLISHMENTS

References

- <https://www.fda.gov/food/fda-food-code/food-code-2013>
- <https://mhoa.com/training-session-presentations/>
- <https://www.mass.gov/lists/retail-food>
- <https://www.cdc.gov/foodsafety/index.html>