

# Sanitation Solutions

## Bad Bug!

### *Bacillus cereus*

Bacterium that produces two types of toxins when allowed to grow to high levels. Depending on the type of toxin, you may experience vomiting or diarrhea.



**Source:** Meat products, stews, pasta, cooked vegetables & rice dishes.

#### Onset of symptoms

**Watery diarrhea, cramps:**  
10-16 hrs

**Nausea, vomiting:** 30 min-  
6 hrs

**Duration:** 24-48 hours

**Prevention:** Control time and temperature. Cook, hold and cool food correctly.

## Safe Handling of Raw Produce

Summer is the time for fresh produce; from your garden, the supermarket or the local roadside stand. No matter where you get it, there are some steps you can take to prevent foodborne illness which may result from consuming fresh produce that has been contaminated by harmful microorganisms from the soil or production environment.

Purchase produce that **isn't bruised or damaged**. When selecting fresh cut produce choose only items that are refrigerated or packed in ice.

Most fresh fruits and vegetables should be **stored at 40° F or below**. For more information on storage guidelines, see the Virginia Cooperative Extension publication at <http://pubs.ext.vt.edu/348/348-960/348-960.html>. All produce that is purchased **pre-cut or peeled should be refrigerated** to maintain both quality and safety.

**Cut away damaged or bruised areas** on fresh fruits and vegetables before preparing and/or eating. Throw away produce that looks rotten.

Wash fruits and vegetables under running water just before eating, cutting or cooking. Do not use soap, detergent or commercial produce washes. **Scrub firm produce**, such as melons and cucumbers, with a clean produce brush. To further reduce the risk of foodborne illness, **dry produce** with a clean cloth towel or paper towel.

And finally, keep fruits and vegetables that will be eaten raw **separate from other foods** such as raw meat, poultry or seafood - and from kitchen utensils used for those products.



## Virginia Food Code Updates



**MYTH:** If you get a foodborne illness, it is the last food you ate that made you sick.

**FACT: YES and NO.** Most symptoms don't occur until hours or days later. For example, when infected with *Salmonella*, an individual will not develop symptoms until 8-72 hours after the contaminated food was eaten.

For more myths go to <http://www.fightbac.org/>

With the adoption of the 2009 Virginia Food Code, there are a number of changes which may affect the way you do business.

The definition of a "major food allergen" is now more consistent with the Food Allergen Labeling and Consumer Protection Act of 2004. The person in charge of a food establishment will also need to demonstrate knowledge about the major food allergens.

The definition of potentially hazardous food (also known as time/temperature control for safety) has been amended to reflect foods that could allow pathogenic microorganism growth or toxin formation. Leafy greens are now included in this list of foods.



Mechanically tenderized meat is now a part of the list of foods that must be cooked to an internal temperature of 155°F for 15 seconds.

The new food code is also recommending that undercooked food be prohibited from being offered on children's menus. This includes undercooked meat, poultry, seafood, or eggs.

### Upcoming 2010 ServSafe® Course Schedule Contact Your Local Extension Office to Register

**Albemarle County** Extension Office  
July 26 and August 2, 9:00 AM – 5:00 PM (Albemarle County Office Bdg on 5th)  
(note: one day classes for those previously ServSafe certified  
call Archer Campbell at the Health Dept (434)972-6256)

**Caroline County – Ladysmith Branch Library** (call Stafford office)  
June 22, 24, 25, 10 AM - 4:00 PM

**Loudoun County** Extension Office  
June 16, 7:45 AM – 5:00 PM, exam at 4:00 PM (**8-hour class**)  
September 14, 7:45 AM - 5:00 PM, exam at 4:00 PM (**8-hour class**)

**Orange County** Extension Office call (540)672-1361  
May 6 and 13, 9:00 AM – 5:00 PM

**Prince William County** Extension Office  
June 22 and 29, 8:30 AM – 4:30 PM, Classes & Exam

**Stafford County** Extension Office  
August 10 and 17, 9:00 AM—4:00 PM

Local VCE Offices  
**ALBEMARLE**

434-872-4580

**FAIRFAX**

703-324-5369

**FAUQUIER**

SERVING CULPEPER,  
ORANGE, MADISON &  
RAPPHANNOCK

540-341-7950

**LOUDOUN**

703-777-0373

**PRINCE WILLIAM**

703-792-4764

**STAFFORD**

SERVING CAROLINE,  
KING GEORGE &  
SPOTSYLVANIA

540-658-8000

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