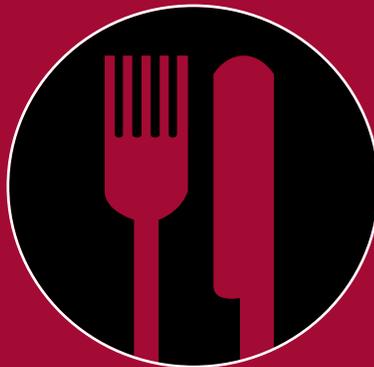




M A T T E R S



No. 12

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE • FALL 2008

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This issue of Food Matters addresses:

- How to reduce salt intake
- Trans fat regulation
- Using grease interceptors
- Getting rid of roaches
- Food allergies

CUT THE SALT!

Most Americans eat more salt (sodium) than they need—almost *twice* the recommended amount. This can be dangerous for your health. Eating a lot of salt can cause heart problems—it increases blood pressure, and can lead to heart attacks and stroke. Heart disease is the Number 1 cause of death in the United States.

A whopping 75% of the salt in our diet comes from processed, packaged and restaurant-prepared foods—not from salt added at the table. Although people can taste the salt on the surface of foods, most salt is hidden in processed food formulations. Although salt serves many functions in the kitchen, there are easy ways you can reduce salt in the foods you serve without compromising quality or taste. Here are two easy ways to serve food with less salt:

♦ **1. Buy foods with less salt (check the sodium content).**

- Look for sodium on Nutrition Facts panels and compare the amount in similar types of food; choose products with the lowest sodium. Different brands of the same products, like bread, can vary widely in salt content. Make checking sodium part of your purchasing decisions.
- Buy more fresh foods instead of packaged ingredients. Many packaged foods, such as canned vegetables and frozen chicken tenders, are full of salt—even before you start cooking!
- Popular pantry staples, such as canned beans and soup broths, can be very high in salt. Ask your supplier today for “low sodium” or “no salt added” versions, or at least pick the one lowest in sodium.

- Wash canned beans in cold water to rinse off extra salt. Even better, use dried beans—they are cheaper and have no added salt!

♦ **2. Use less salt in your kitchen.**

Gradually reduce the amount of salt used while cooking. Try cutting in half the amount of salt in your recipes over a few months.

Certain seasonings contain a lot of salt so use them sparingly—Adobo and other seasoning mixes, soy sauce, teriyaki sauce, garlic salt, onion salt, and monosodium glutamate (MSG).

Get creative with new flavor combinations! Use fresh garlic, ginger, onion, chilies, lemon zest, fresh herbs and dried spices for extra zip with no extra salt.

Let your customers do the salting. Add less salt to your fries and let customers add a shake or two if necessary.

Food industry research shows that consumers are more and more concerned about what is in their food. Get ahead of the curve by reducing the salt in your menu items. It's good for New York City and good for your customers—and that's good for business.

♦ Call 311 to learn more.

NYC TRANS FAT REGULATION NOW FULLY IN EFFECT!

Health Code Amendment 81.08 (the trans fat ban) is now in full effect and mandates restricting artificial trans fat use in *all* restaurant food. As of July 1, 2008, **No foods containing partially hydrogenated vegetable oils, shortenings or margarines with 0.5 grams or more of trans fat per serving may be stored, used or served by food service establishments.** The only exception is food served in the manufacturer's original, sealed packaging, such as a small bag of crackers.

All food service establishments must keep on site all products' original food labels or other documentation

that shows each item has less than 0.5 grams of trans fat per serving. Only fresh, unprocessed products such as raw meats, fish, fruits and vegetables do not require documentation.

If a product does not have an ingredients label, ask your supplier to provide a letter from the manufacturer listing the product's ingredients. If the ingredients list contains the terms "partially hydrogenated oil," "shortening" or "margarine," you must have either a Nutrition Facts panel or other documentation from the manufacturer indicating the amount of trans fat per serving. If the product has 0.5 grams or more trans fat per

serving *or* your supplier cannot provide documentation showing the trans fat content, you can no longer store, use or buy the product.

Remember, the trans fat regulation covers all kinds of food—such as frozen French fries, doughnuts, breads and whipped toppings. Even foods that in the past have not come with a label, such as locally made baked goods, must now have documentation showing they have less than 0.5 grams of trans fat per serving. Some examples of acceptable documentation are available on the **Trans Fat Help Center** Web site at www.notransfatnyc.org, or call 311 or email the Center



(transfatinfo@citytech.cuny.edu) for more information. To avoid an 81.08 violation, make sure that each of your ingredients and *all* foods served have less than 0.5 grams of trans fat per serving. Start checking your labels today!

CATCH THE FATS WITH GREASE INTERCEPTORS

To prevent obstruction of sewer pipes and sewer backups, the City of New York prohibits fats, oils and grease from being discharged into public sewers. Grease interceptors *must* be installed in the waste lines of *every* sink that receives grease and anywhere that grease might be introduced into the drainage/ sewer system. This includes (but is not limited to):

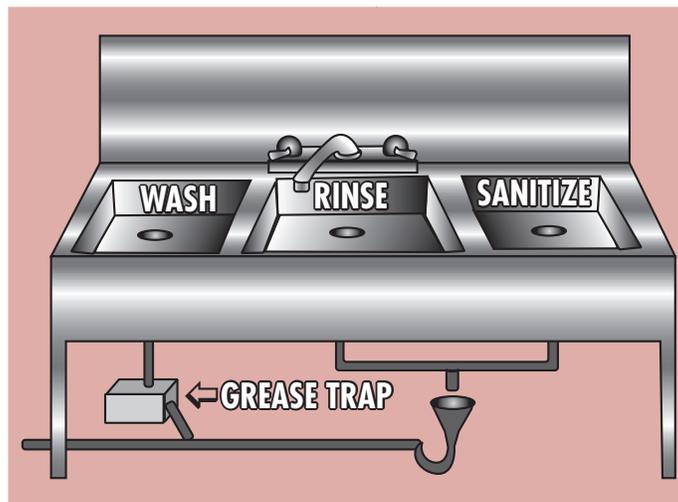
- Lines leading from pot-wash sinks, woks, soup or stock kettles
- Food scrap sinks, scullery sinks, meat, poultry and/or fish preparation sinks
- Floor drains, automatic dishwashers, scraper sinks or similar plumbing fixtures

How Interceptors Work

Interceptors separate fats, oils and grease from wastewater. Greasy wastewater entering the interceptor passes through a vented flow control

fitting that regulates the flow of the water. The wastewater then passes over a series of regulating devices (separator baffles) within the interceptor that separate out the fats, oils

and grease, which float to the top of the interceptor and accumulate until manually removed. The wastewater (now free of fats, oils and grease) continues to flow through the interceptor, into a discharge pipe and then to the city's sewer system.



Interceptor Maintenance

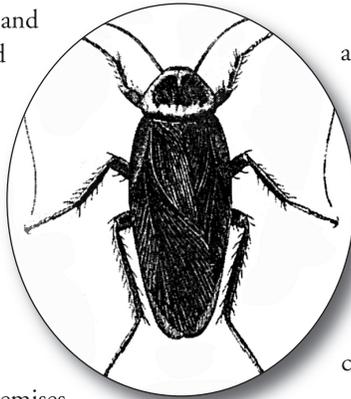
Grease interceptors must be properly installed, maintained and operated to insure that all regulations and requirements are met. This includes routine cleaning and grease removal from the interceptor as needed to insure proper operation.

SAY GOOD RIDDANCE TO ROACHES

Roaches in food establishments are a serious public health problem as they carry disease-causing bacteria on their bodies and deposit them on food through their excreta and body contact. Roaches have also been linked to allergies in humans and many people with asthma are allergic to “roach dust”, which consists of roach body parts and droppings; it is a very strong asthma “trigger.”

How to Control Roaches

It is hard to prevent roaches from coming into an establishment, especially if they are from an adjoining building or are brought in with packages delivered to the premises. To be rid of them, eliminate hiding and breeding places within the food establishment, and also exterminate them.



Eliminate Cracks and Hiding Places. Fill all cracks and holes in the floors, walls and ceilings with cement, plaster, putty or plastic wood. Seams in fixtures and equipment should receive the same treatment.

Eliminate Breeding Places. All potential breeding areas—such as rubbish, debris and stagnant water—should be eliminated. Keep garbage in tightly covered metal cans and clean cans after emptying them. Sanitation and good housekeeping are very important factors in roach control. The food establishment and equipment should be completely cleaned each night before closing, not only for good sanitation, but to remove all grease, food encrustation and food particles on which the insects can feed.

Don't Use Pesticides! Keep establishments pest-free using the methods described in the sections above and with the aid of glue traps and baited traps. *The use of chemical pesticides of any kind in a food establishment is best done by a Licensed Pest Management Professional.*

HOW MUCH DO YOU KNOW?

1. When food becomes contaminated by pesticides it is called a:

- A Biological hazard
- B Physical hazard
- C Chemical hazard
- D Pest hazard

2. Which of the following is true about trans fat in food?

- A It raises HDL (good cholesterol)
- B It lowers LDL (bad cholesterol)
- C It raises LDL (bad cholesterol)
- D All of the above

3. Ground lamb must be cooked to a minimum temperature of:

- A 155°F
- B 145°F
- C 158°F
- D 165°F

4. Which of the following is not a principle of HACCP?

- A Determining Critical Control Points
- B Taking Corrective Actions
- C Record keeping
- D Setting up Control Points

5. Which of the following foods can be handled with bare hands?

- A Pizza dough
- B Turkey sandwich
- C Sushi
- D Green salad

Answers to How Much Do You Know: VS 'DF 'CE 'CZ 'IC

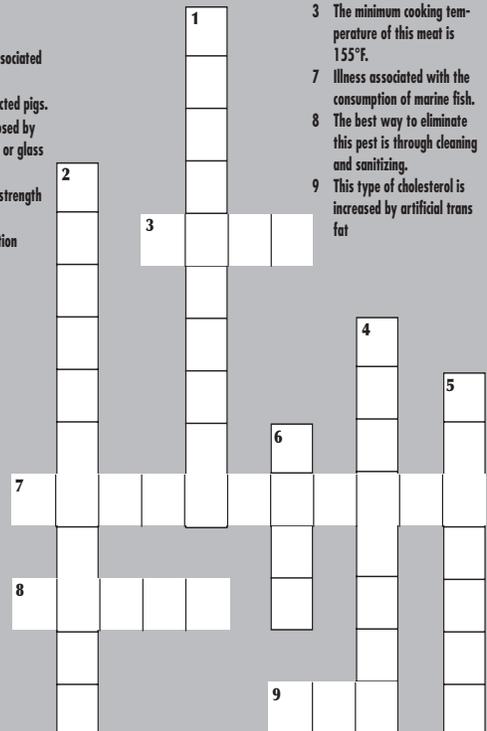
CROSSWORD PUZZLE

DOWN

- 1 Bacteria commonly associated with raw chicken.
- 2 Parasite found in infected pigs.
- 4 The type of hazard posed by the presence of metal or glass in food product.
- 5 Used to measure the strength of chemical sanitizers
- 6 Method of stock rotation

ACROSS

- 3 The minimum cooking temperature of this meat is 155°F.
- 7 Illness associated with the consumption of marine fish.
- 8 The best way to eliminate this pest is through cleaning and sanitizing.
- 9 This type of cholesterol is increased by artificial trans fat



Answers to Crossword Puzzle on Page 4.

PROTECT YOUR CUSTOMERS FROM FOOD ALLERGIES

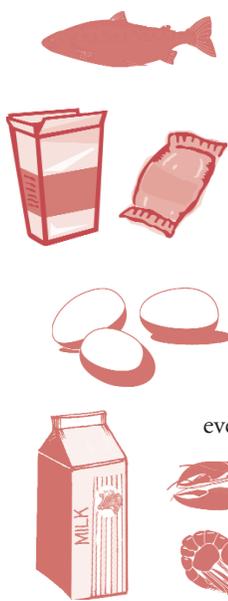
Food allergies are adverse reactions to a food or ingredient; about 11 million Americans are affected. Most food allergies are mild, but some may be dangerous, and cause severe reactions and may be life-threatening. Symptoms can range from itching, wheezing, hives, swelling of the face and eyes to loss of consciousness.

Food allergies can't be cured; the only way to avoid serious health problems is to avoid foods that cause the reactions, or immediately recognize and manage reactions if they happen.

People can be allergic to any food, but eight foods (or proteins from these eight foods) account for 90% of all food allergic reactions.

They are fish, peanuts, wheat, soy, tree nuts (cashew nuts, walnuts, pine nuts, etc.), eggs, milk, and shell fish. An easy way to remember these allergens is the sentence: Food Problems Will Send The EMS.

Food establishments literally have people's lives in their hands since even the smallest amount of



the wrong food can trigger a life-threatening reaction. Heat does not destroy the effect and removing the food from a meal (for example, picking out the nuts from a food before serving it) does *not* make that meal safe.

In a busy food establishment, servers might get distracted and forget important information, but clear communication between the customer and the server, and between the server and the chef, is vital to keeping customers safe.

Here are a few basic tips that can help save a life:

- ◆ Consider displaying a notice to employees regarding allergy awareness and policies.
- ◆ Have a notice on the menus and menu boards encouraging customers to notify servers about food allergies.
- ◆ *Never guess*—if you don't know whether a dish contains a particular ingredient, check. If you're still not sure, tell the customer.
- ◆ Keep an up-to-date list of all the ingredients in every dish you serve, including packaged or ready-made foods. Inform every staff member of any changes.
- ◆ Avoid cross-contamination by storing ingredients carefully. Clean all equipment, utensils and work surfaces with hot, soapy water, and wash your hands thoroughly before preparing dishes for food-allergic diners. Never cook with oils that have been used to cook other foods.
- ◆ Keep the food-allergic customer's meal separate from other dishes before serving.
- ◆ If a customer has a severe reaction, call 911 *immediately*.



If you have questions or comments regarding this newsletter, please call the Health Academy. Important telephone numbers are listed below.

General Information ☎ 311

ADMINISTRATIVE TRIBUNAL

66 John Street, 11th floor, NY, NY 10038

☎ (212) 361-1000

BUREAU OF FOOD SAFETY & COMMUNITY SANITATION

253 Broadway, 12th floor, Box CN59A, NY, NY 10007

☎ (212) 676-1600

CITYWIDE LICENSING CENTER

42 Broadway, 5th floor, NY, NY 10004

☎ (212) 487-4436

HEALTH ACADEMY

160 West 100th Street, NY, NY 10025

☎ (212) 280-9211

INSPECTOR GENERAL

80 Maiden Lane, NY, NY 10005

☎ (212) 825-2141

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ONLINE CLASSES IN SPANISH & CHINESE NOW AVAILABLE

After a successful debut of the English Food Protection Classes online, we are now offering Spanish and Chinese Classes online too.. These online courses are designed for busy individuals who would like to take this course from anywhere as long as they have access to a computer with an internet connection. Once students register for the course, they can access the lessons online. Upon completion of the course, students can choose a date and a time to take the final exam, which is administered at the Health Academy.

NEW YORK CITY DEPARTMENT OF HEALTH and MENTAL HYGIENE
NEW YORK CITY
food
Food Protection Course
Curso sobre Protección de Alimentos
食物保護課程
Lesson 1: Regulations and Inspections of the New York City Department of Health and Mental Hygiene
Lesson 2: Introduction to Food Safety
Lesson 3: Storing Food

Answers to Crossword Puzzle :

- | | |
|----------------|----------------|
| 1. Salmonella | 3. Pork |
| 2. Trichinella | 7. Anisakiasis |
| 4. Physical | 8. Flies |
| 5. TestKit | 9. LDL |
| 6. FIFO | |