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NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE • SUMMER 2005

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**T**his issue of Food Matters addresses:

- On-line Food Protection Course
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- What You Need to Know about Trans Fat

REMINDER:  
THE GOLDEN APPLE QUALITY IMPROVEMENT  
INITIATIVE AND AWARD

The Golden Apple Quality Improvement Initiative is aimed at increasing food safety in New York City's food service establishments. It provides both assistance and incentive to achieve and maintain the highest standards in food safety.

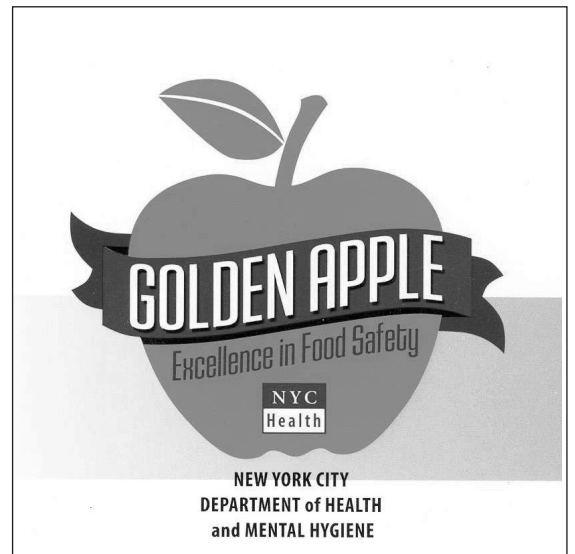
The Golden Apple Award serves as a mark of superior food safety standards. The award consists of a one-year certificate and decal that can be prominently displayed to the public, allowing potential patrons to immediately identify establishments that meet the Department of Health and Mental Hygiene's (DOHMH) highest food safety standards.

Food service establishments qualify for the award by having an exemplary inspection record, completing food protection and quality improvement courses,

and demonstrating a serious commitment to food safety by having a quality improvement system in place.

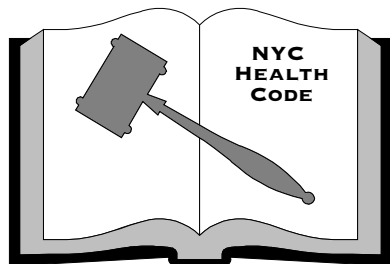
You may request a brochure or register for the Quality

Improvement Food Protection Course by contacting the NYC DOHMH Health Academy, Monday through Friday from 10 AM until 3 PM, at 212-280-9209.



## CHANGES IN THE NYC HEALTH CODE

In response to comments received from the restaurant industry, the Department of Health and Mental Hygiene has made several changes to the inspection rules. The changes are as follows:



1. Missing one or more of the required signs is now considered a general violation. Under the item “Documentation” on the inspection report, all violations are recorded as one general violation scored under Condition Level I.

2. Three critical violations have been modified to be scored as general violations under certain specific conditions:

- *Canned food product observed dented.* Violations for canned food product observed swollen, leaking, severely rusted, and/or severely dented are still critical ones. However those canned food products that are slightly rusted and with dents in the side panels are considered general violations.
- *Milk or milk dated product undated, improperly dated or expired.* It is a general violation when undated or expired milk or milk products are found on the premises; however if these products are sold retail directly to the consumer, the violation is considered “critical.”
- *Food contact surfaces, such as cutting boards, not properly maintained.* A food contact surface that is not washed, rinsed and sanitized after each use, or following any activity when contamination may have occurred, remains a critical violation; however, a cutting board that is discolored, pitted, scratched or that has deep grooves without any embedded foods, will be scored as a general violation.

3. This violation has been changed from critical to general:

- *Thawing procedures improper.* Improper thawing of frozen potentially hazardous foods increases the opportunity for surviving bacteria to grow to harmful numbers and/or produce toxins. However, cooking is generally effective in eliminating pathogens, provided the food is held at appropriate temperatures for the time required by the New York City Health Code.

4. The Department has also changed the parameters and the condition levels for the following violation:

- *“Wiping cloths dirty or not stored in sanitizing solution.”* To reflect a more scientific approach, this critical violation will be scored under Condition I, Condition II or Condition III. The correct way to store wiping cloths is in sanitizing solution. However, the sanitizing solution must be sufficiently strong to effectively remove contaminants from the wiping clothes. Additionally, a test kit must be provided to measure the strength of the sanitizing solution. Failure to meet any one of these three criteria will increase the Condition level. For example: Failure to provide the test kit and not having the sanitizing solution at the appropriate level to effectively remove contaminants from the wiping cloths will be cited as Condition level II.

## FOOD PROTECTION COURSE ON THE INTERNET

The NYC Department of Health and Mental Hygiene will soon be offering the Food Protection Course on the Internet. This will be for people who find it difficult to attend the fifteen-hour Food Protection Course at the Department’s Health Academy.

This online course, which is slated to start this summer, will allow students to complete the Food Protection Course at their own pace and at a convenient time. The final exam, however, must be taken at the Health Academy. The course is divided into fifteen sections and includes all the material that is taught in the regular fifteen-hour course. Each section ends with a quiz that must be completed before one is allowed to move to the next section. At the conclusion of the fifteen sections, candidates will be prompted to select one of several examina-

tion dates. A Food Protection Certificate will be mailed to each successful candidate.

The fee for this on-line course is \$105, payable by credit card. This fee includes access to the online course, the final exam and the Food Protection Certificate.

Please check our website for updates at [nyc.gov/health](http://nyc.gov/health)



**KEEP YOUR CLIENTS AND YOUR BUSINESS HEALTHY:  
CLEAR YOUR KITCHEN OF DANGEROUS TRANS FAT**

Trans fat in foods raises “bad” cholesterol (LDL) and lower “good” cholesterol (HDL), increasing the risk of heart disease. Today’s consumers are increasingly looking for a healthy alternative on the menu. Taking trans fat out of your kitchen is one important way to serve your customers and your business.

◆ **What is Trans Fat?**

Trans fat is commonly found in fried and pre-fried foods, baked goods, vegetable shortening, margarine, premixed products (e.g.: pancake mix, salad dressing) and snack foods. These foods are made with vegetable oil that is “partially hydrogenated,” which is the best clue that a product contains trans fat.

◆ **Isn't Vegetable Oil Healthy?**

Yes! Only vegetable oils that have been *hydrogenated* contain trans fat! *Non-hydrogenated* versions of these same vegetable oils (soybean, corn, canola, etc.) do

not contain trans fat. Always check the label and ask your supplier or the manufacturer if the oil is partially hydrogenated and contains trans fat.

◆ **What do the Experts Recommend?**

- The Food and Drug Administration (FDA) recommends that consumers avoid trans fat and ask about the fats and oils used to prepare their foods when eating out.
- The New York City Department of Health and Mental Hygiene recommends that restaurants and other food service establishments eliminate trans fat from the foods they serve.

**WARNING:**  
*You may be cooking with trans fat without knowing it!*

Many commercial vegetable oils used for frying are *partially hydrogenated* and contain trans fat.

Check the ingredients list on all your oils to be sure you are not cooking with trans fat.

If a vegetable oil does not have an ingredients list, ask your supplier if it's hydrogenated!

◆ **Examples of Foods in Restaurants that Commonly Contain Trans Fat**

*Fried and pre-fried foods:* French fries, fried chicken, chicken nuggets, fish fillets, tortilla chips, taco shells and donuts.

*Baked goods:* Hamburger buns, crackers, cookies, pizza dough, cakes, pies, and pastries.

*Premixed ingredients:* Pancake mix, hot chocolate, salad dressing, croutons and breadcrumbs.

Starting in 2006, the FDA is requiring that “Nutrition Facts” or labels on food must list trans fat content. However, foods sold only to restaurants are not required to list trans fat content. Be sure to check the ingredients list on all products.

◆ **Spot the Hidden Trans Fat in Your Kitchen**






Check the ingredients list on *all* packaging for the words “partially hydrogenated” and avoid these products! Here’s a sample ingredient list

Ingredients: Liquid Corn Oil, **Partially Hydrogenated Soybean Oil**, Whey, Salt, Vegetable Mono And Diglycerides And Soy Lecithin (Emulsifiers), Sodium Benzoate (To Preserve Freshness), Vitamin A Palmitate, Colored With Beta Carotene (Source Of Vitamin A), Artificial Flavor, Vitamin D3.

◆ **How to Clear Your Kitchen of Trans Fat:**

1. Change the Oil. Switch to a cooking oil that is not hydrogenated and avoid shortening or hard vegetable oil.
2. Instead of stick margarine or butter, use soft tub margarines without trans fat.
3. Buy prepared foods with no trans fat! Ask your food suppliers for baked products, pre-fried and packaged foods that are made without partially hydrogenated vegetable oil.

**Not All Fats Are Created Equal**

Type of Fat	GOOD FATS lower the risk of heart disease		BAD FATS increase the risk of heart disease	
	Monounsaturated	Polyunsaturated	Saturated	Trans
				 
Main Source	<ul style="list-style-type: none"> <li>• Olive, canola, peanut oil</li> <li>• Olives</li> <li>• Cashews, almonds, peanuts, and most other nuts</li> <li>• Avocados</li> </ul>	<ul style="list-style-type: none"> <li>• Corn, soybean, safflower, sunflower, cottonseed oils</li> <li>• Fish and seafood</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk, butter, cheese, and ice cream</li> <li>• Lard and suet</li> <li>• Meat (beef, pork, bacon, sausage, and deli meats have the most)</li> <li>• Chicken and other poultry have less, especially with skin removed)</li> <li>• Chocolate and cocoa butter</li> <li>• Palm oil</li> <li>• Coconut products including milk, and oil</li> </ul>	<ul style="list-style-type: none"> <li>• Partially hydrogenated vegetable oil</li> <li>• Most margarine* and shortening*</li> <li>• Many deep-fried foods*</li> <li>• Many fast foods*</li> <li>• Most baked goods*</li> </ul> <p>(* Items you can also find without trans fats)</p>

## INSPECTION OF FOOD SERVICE ESTABLISHMENTS

One of the many conditions under which a food service establishment in New York City is allowed to operate is that they must be inspected by the Department of Health and Mental Hygiene.

Inspectors are authorized by the Health Commissioner to perform these inspections.

Under the law, inspectors must be allowed onto your premises to conduct an inspection

or other investigation at any time your establishment is in operation, whether or not it is open to the public.

The Department has inspectors working during the daytime, in the evenings and even during weekends. These men and women need your cooperation in conducting thorough inspections and must be allowed to perform their duties without any interference.

The Department has the authority to suspend or even cancel the permit of any establishment where an inspector is prevented from doing his or her duties.

### HOW MUCH DO YOU KNOW?



1. Chicken, poultry, stuffed meats and stuffing containing meat must be cooked to a minimum internal temperature of:

- A 140° F for 15 seconds
- B 155° F for 15 seconds
- C 165° F for 15 seconds

2. The 3-step process for cleaning silverware and china is:

- A Sanitize, Wash and Rinse
- B Wash, Rinse and Sanitize
- C Rinse, Wash and Sanitize

3. A piece of metal found in a food item is an example of a:

- A Physical hazard
- B Chemical hazard
- C Bacteriological hazard

4. It is good practice to make up cold salads with ingredients that were previously chilled:

- A True
- B False

5. Any refrigerated food that will be served hot, must be reheated rapidly to:

- A 145° F
- B 155° F
- C 165° F

Answers to How Much Do You Know:

1. C; 2. B; 3. A; 4. A; 5. C



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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HEALTH ACADEMY  
160 WEST 100 STREET, RM. 109  
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