



# EXCHANGE STAFF VETERINARIAN

*Veterinary, Preventive Medicine and Public Health Newsletter*

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### Food & Drug Safety/Defense Team Update:



SMSgt Brian Piotrowski is retiring from the military after 26 years of service. Always a true professional, SMSgt Piotrowski tirelessly championed public health and safety issues at the Exchange and will be missed tremendously by both Exchange associates and his

PH/PM/Vet colleagues. We wish him the best of luck!!

### Nacho/Chili Cheese Sauce Shelf Life Change:

Several months ago a Virtual News message was sent out regarding the shelf life change of opened pouches from 7 days to 5 days. In addition to discarding the product after 5 days, it is important to periodically ensure the unit's thermometer is properly



calibrated and if for any reason a power outage occurs and the product temperature drops below 140°F, to discard the product.

**Cleaning Coffee/Tea Brewers Spray Heads:** An area often neglected when cleaning coffee/tea brewers is the sprayer head. The head should be removed and cleaned daily. To clean the head, remove the funnel. Above the funnel is the spray head. Twist off the spray head and set it aside. Use a spray head cleaning tool to clean and prevent any lime buildup. Insert the short end of the tool in the openings of the spray head. Insert the long end into the spray head fitting and rotate several times to remove minerals. Disassemble the spray head if it contains more than one part to properly wash and sanitize. If the spray head contains a rubber gasket, inspect and replace when loose or torn. Keeping the spray head clean is the start of ensuring a fresh, great tasting cup of coffee.



### Black Henna” or “Pre-Mixed Henna” Temporary Tattoos:

“Black henna” or “pre-mixed henna” tattoos are not authorized services within the Exchange due to the fact that they may contain potentially harmful ingredients that are not approved by the FDA for skin application. “Black henna” gets its color from paraphenylenediamine (PPD), a textile dye approved by the FDA for human use only in hair coloring. PPD and other hair ingredients may cause reactions in certain people. The FDA has received reports of redness, blisters, oozing, and even permanent scarring. Reactions may



occur immediately or make take up to several weeks to occur. Hopefully a FDA approved product will be available soon, but until then, they are not worth the risk to our customers.

### Ready or Not?

How do our customers know if their hot dog, sausage link or tornado has been cooked to the proper temperature? Many stores utilize product discard time indicators (pic 1) to differentiate cooked from non-cooked product. While employees know that items placed in front of the marker are cooked and those placed behind the marker are not, this is not intuitive to the customer. Also, many customers will choose the product in the back believing it to be a fresher product. A more appropriate method is to use an indicator such as the one depicted in the second photo. Customers are more apt to understand that product placed behind these indicators are not ready to eat. Keeping foods safe must always be our top priority.

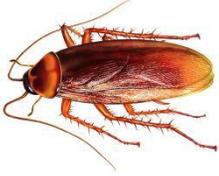


Pic 1



Pic 2

**Cockroach Infestations:** Anyone that has ever had to deal



with cockroaches knows these critters are extremely noisome pests. On earth for more than 300 million years, it's extremely likely they will be around for a few more million years assuming the earth is around

that long.

Cockroaches not only eat what we eat, they are very adept scavengers and can eat just about anything to include glue, grease, soap, wallpaper paste, and hair. Some species can survive as long as 6 weeks without a meal.

During the day they tend to hide out in dark, moist places venturing out at night to forage for food, water and mates. If seen during the day, it's a good sign of an infestation. Their feces resemble coffee grounds or black pepper and the more feces noted, generally the more severe the problem. A strong oily or musty odor might be noticed when populations are high that can affect the flavor of certain foods.

Besides from just being downright gross, cockroaches can be harmful to our health. Roaches are proven transmitters of bacteria, fungi, and viruses. Their feces and skin casts contain a number of allergens to which many people exhibit allergic responses, such as skin rashes, watery eyes and sneezing, congestion of nasal passages, and asthma.

Proper sanitation is the first and most important step in preventing or resolving a roach infestation. Since a little bit of food debris goes a long way in feeding cockroaches, it is critical to cut off their food source to the extent possible.



- Clean all spills and food residue as soon as possible
- Store foods in tightly sealed containers
- Clean garbage and trash receptacles frequently

In addition to following strict sanitation principles, it is also important to eliminate their habitat and migration pathways.

- Store all items off the floor and dispose of all cardboard. Place items instead into sealed plastic or metal containers
- Eliminate all sources of moisture such as leaky faucets, screen drains and overflow pipes
- Fill cracks in walls, floors, etc. with caulk and remove clutter to deprive roaches of their hiding place

Contact your local pest management for their assistance.

**Toxoplasma and Cats:** If you're a cat owner and have been pregnant, there's a good chance you were warned by a friend or perhaps even a health care professional to

find a new home for your cat because of the risk of acquiring toxoplasmosis. Chances are that no one mentioned the importance of properly cooking foods to prevent infection.

Toxoplasma gondii is the parasite that causes the disease known as toxoplasmosis According to the CDC, more than 60 million people in the United States may be infected



with the Toxoplasma parasite yet most people who become infected are not even aware they are infected because they have a healthy immune system which usually keeps the parasite from causing illness. When symptoms

do appear, they often resemble the flu and include fever, muscle aches, fatigue, and swollen lymph nodes. However, those who are immunocompromised and infants from women who became infected while pregnant or shortly before pregnancy, may have serious health problems including damage to the brain, eyes, and other organs. Most infants who become infected while in the womb do not have symptoms at the time of birth but may develop serious symptoms later in life, such as blindness or mental disability. Recovery from congenital toxoplasmosis is rare.

While cats play a role in the transmission, toxoplasmosis can be acquired from eating raw or undercooked meat (especially pork, lamb and venison) and unwashed fruits and vegetables; handling contaminated soil and water (think gardening); and yes, accidental ingestion from cleaning out cat litter boxes.

To prevent infection, cook foods to their recommended temperatures. Peel or thoroughly wash fruits and vegetable before consuming. Wash and sanitize cutting boards, dishes, counters, utensils and hands thoroughly after contact with raw foods. Wear gloves and wash hands thoroughly after gardening to avoid contaminating hands with cat feces. If possible, avoid changing litter boxes but if you must, wear gloves and wash your hands thoroughly afterward. Keeping cats inside and feeding only cooked meats will help decrease their chances of becoming infected.

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#### Useful links (control click to use):

[Worldwide Directory for Sanitarly Approved Food](#)

[Establishments for Armed Forces Procurement](#)

[Staff Vet/Food & Drug Safety Program \(AAFES Associates Only\)](#)

[Staff Vet/Food & Drug Safety Pgm \(Non-AAFES Associates\)](#)