



EXCHANGE STAFF VETERINARIAN

Veterinary, Preventative Medicine and Public Health Newsletter

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Spring is Rapidly Approaching! Now that spring is almost here we can expect to see an increase in the demand for yard and garden care products as well as an increase in patronage visits to our outdoor food concessions. As always, we need to remain diligent in protecting not only the health and safety of our customers, but also our environment.

Lawn and Garden Care Products: Storage and display of lawn and garden care products can be a critical issue if not handled properly since many of these products are hazardous materials. Product spills or broken bags if not addressed immediately, can wash into storm drains and cause major environmental damage, including contamination of our drinking water supply. Follow the below guidelines to avoid any health or environmental issues:



Display **Bagged Fertilizer** on sales floor in full pallets where possible. Pallets can be placed outside in uncovered areas if wrapped to avoid exposure to weather elements. Cover pallets with poly sheeting and store in

areas where there is no standing water or the potential for standing water to prevent water from pooling on the bags. Fertilizer bags stored outside unprotected will become brittle making the bags more prone to breakage and spills.

Never store **Lawn & Garden Chemicals** in unprotected, uncovered areas. Pallets should be stored inside in a controlled temperature environment since they are highly subject to damage due to weather conditions. A great number of chemicals are rendered ineffective once frozen and most are prone to leakage when subjected to extreme heat. **Do Not** display or store any chemicals above or adjacent to fertilizer materials.

Inspect all pallets daily for broken, leaking or deteriorated bags. Leaks should be repaired, if practical, and product sold at a reduced cost. Any spillage from broken bags should be dealt with immediately and according to Environmental Guidance Procedures to avoid environmental contamination.

CO2 tanks & Food Defense: There are numerous measures we can implement to protect our foods from deliberate contamination. While we often think of deliberate contamination occurring from criminals and terrorists, we should not dismiss the possibility that



the perpetrator could actually be a disgruntled employee or customer. An area that has been frequently identified during routine higher headquarters' vulnerability assessments as a shortcoming is our failure to adequately prevent access to our CO2 tanks. For the sake of time and effort, our employees frequently compromise on instituting necessary protective measures to prevent contamination. To mitigate the risks of deliberate contamination, the following practices should be implemented:

- limit access to authorized individuals only
- secure tanks in an enclosed, locked area
- lock portal inlets
- at no time allow suppliers to have access to keys
- supervise the supplier during the filling process

Customer Complaints: All customer complaints related to a potential food safety or food defense issue should be reported to your local preventive medicine, public health or veterinary food inspector. What may appear to be an isolated incident to our Exchange



personnel may in actuality be a systemic problem. Also if needed, they have the capability of submitting samples for chemical and microbiological testing.

Waxing and Retin-A: Retin-A (also known as Altinac, Avita, Renova and Retin-A Micro) is a topical form of vitamin A (tretinoin), available by prescription, used by many women to fight acne and reduce the appearance of wrinkles and skin



discolorations. Retin-A works by exfoliating skin and keeping pores clear of oil and debris. Waxing also removes skin cells even when performed properly. Waxing and concurrent Retin-A use can cause bleeding, scabbing and red, raw wounds that may turn into pigmented areas. A customer on Retin-A should never have their face waxed. Hence, it is extremely important to ask potential customers about their use of exfoliating agents prior to waxing. At a minimum, customers should wait at least six weeks after stopping Retin-A before waxing. A test patch should be applied and observed for 24 hours. If no signs of redness or irritation occur, the patient can be safely waxed.

Self-Inspections for Food Facilities: Receiving an unsatisfactory inspection report from your local inspector should be a rare occurrence. Per EOP 25-04, Food Operations, food facility managers are required to perform a daily self-evaluation for sanitation, sanitary practices and sanitary procedures and documenting the inspection on a Form 6500-006, Food Facility Sanitary Checklist (or a modified version of

franchise checklist). Retail food facility (Express) managers will also perform daily facility evaluations on their facility (EOP 40-11 Ch. 26-57). At least once a week, facilities will document their sanitary evaluation (Form 6500-006) and file for review (per FDA Food Code & TB Med 530). All facilities will keep self-evaluation reports on file for at least 1 year.

Bacteria Trivia of the Quarter: Listeriosis, is a serious infection usually caused by eating food contaminated with the bacterium *Listeria monocytogenes (Lm)*. In healthy people, a person ill with listeriosis usually exhibits fever and muscle aches, sometimes preceded



by other gastrointestinal symptoms. Symptoms usually appear from within a few hours to 2 or 3 days. A more serious, invasive form of the illness resulting in sepsis and meningitis can be seen in people with compromised immune systems to include the elderly. With the invasive form, the incubation period can range from 3 days to 3 months. Pregnant women, who are disproportionately infected with *Lm*, may experience fever, or other non-specific like symptoms similar to the flu, however, if infected during pregnancy, miscarriage, stillbirth, premature delivery or life-threatening infection of the newborn may occur.

Lm can be found in a variety of foods, such as raw or unpasteurized milk; smoked fish and other seafood; meats, including deli meats and hot dogs; cheeses (especially soft cheeses), and raw fruits and vegetables.

Lm is an extremely hardy organism. This bacterium can multiply slowly at 0°C (32°F), defeating one of our primary traditional food safety defense measures--refrigeration. The risk from *Lm* in foods is increased substantially when foods are stored in refrigerators that are too warm (>41°F) or when foods are stored for extended periods, especially foods that have passed their "best use" or "expiration date".

Temperature Measuring Devices (TMD): To keep foods safe and to prevent spoilage, it is imperative that foods are maintained at the proper temperature. Each cooler/freezer unit should contain an easily visible temperature measuring device located at the warmest part of the unit. Check temperatures of each walk-in box and storage at the beginning and end of each shift and at four-hour intervals and record using Form 6500-019, Temperature Chart. **Word of advice** – have extra TMDs on hand at all times! A frequent inspection finding is missing TMDs from storage units. If you're checking temperatures as required, there should be no excuse for not having a TMD in the storage unit. All temperature discrepancies should be brought to the attention of the person-in-charge immediately. Contact your local inspector if product has reached the temperature danger zone (>41°F) immediately. Some foods are salvageable depending on the type of food and the amount of time in the danger zone.



Leftovers and Food Concessions: Most of our Limited Time Event (LTE) food concessions are "Mom and Pop" type operations however this does not mean

they can follow "Mom and Pop" type rules particularly when it comes to leftovers. Leftovers prepared and held at proper temperatures may be kept and offered for reserve if sold within 24 hours but they must be properly labeled to include a date to reflect the item is a "leftover and to be used within 24 hours". If the item is a potentially hazardous food meant to be served hot, it must be reheated so that all parts of the food reach a temperature of at least 165 °F which means they must have a TMD to verify. If using a microwave, the food must be stirred, covered, and allowed to stand covered for 2 minutes after reheating prior to serving. Hot leftovers that have been refrigerated and then reheated, can only be offered once for sale and must be consumed within 4 hours or less from the time of reheating. After 4 hours, the item must be discarded.

Foods that have been creamed or have received extensive handling (gravies, stuffings, creamed meats), may not be reserved nor may leftovers be frozen or mixed with fresh ingredients.

Dietary Supplements: A question frequently posed by our customers is whether or not the dietary supplements and/or the OTC medication they are taking can cause a positive drug test. While uncommon, there are supplements and drugs that on initial screening will give a positive result during a routine military urinalysis screening but with subsequent screening, tests will be negative. To allay customers' concerns, it is mandatory that all retail stores and concession nutrition centers display the appropriate cautionary signage.

Dietary Supplement Precautionary Notice

- Follow all dietary supplement label instructions and warnings, including recommended serving sizes and frequencies.
- Do not take more of the supplement than the label directs.
- Some ingredients may cause medical problems. Always consult with your health care provider prior to taking supplements.
- Stop taking supplement and consult your health care provider if you experience unusual symptoms.
- Drink plenty of water with creatine products to prevent dehydration.
- False positive results may be caused by some dietary supplements. Consult with your health care provider or your organization before use.

The Exchange Food Safety & Defense Internet Portal: Interested in past newsletters on food safety, food defense and barber/beauty/spa sanitation? Previous editions can be found by accessing the following link Staff Vet/Food & Drug Safety Program on the Exchange Intranet under the Sales Division: Staff Newsletters. It provides quick access to commonly required AF and DA regulations, references, Exchange policies, and guidance. For those outside of the Exchange, this information can be accessed at [Food and Drug Safety: Veterinary and Public Health Newsletters](#).



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Useful links (control click to use):

[Worldwide Directory for Sanitarily Approved Food](#)

[Establishments for Armed Forces Procurement](#)

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