

Personnel Changes:

LTC Wendy Mey has retired and is enjoying life back in her native state of Minnesota. Enjoy the snow Wendy! LTC Mike Hansen has taken her place as the Staff Veterinarian and is settling in to his new assignment. Additionally, SMSgt Jeriann Sigley will be retiring in September. Her replacement, SMSgt Sonja Berry, will arrive here on Friday, August 16th. Please welcome her to the team.

Keeping Foods Safe in the Summer – The Myth Concerning the Safety of Mayonnaise:

We’ve all heard the stories of summer picnics and food borne related illnesses caused by the potato or egg salad often inappropriately blamed on the mayonnaise. If you have ever worked in a Burger King® restaurant, chances are that at one time or another, you have been cited for storing mayonnaise at room temperature. In reality, commercially prepared



mayonnaise actually keeps salads, etc., safe because of its acidity level. Refrigeration is recommended after opening to prevent the product from breaking down visually, not bacteriologically. In accordance with the Tri-Service Food Code and TB Med 530, foods are not considered potentially hazardous if their pH (acidity) is less than 4.6 or water activity is less than 0.85. The pH of Burger King’s mayonnaise is below 4.6 making it a safe product to use as directed in accordance with the Burger King® manual.

Role of Preventive Medicine, Public Health & Veterinary Food Inspectors in the Opening of Food Concessions:



The differences between veterinary, preventive medicine and public health inspectors has been discussed in prior newsletters, so this serves as a friendly reminder of who to contact prior to the opening of food concession

operations. While preventive medicine and veterinary inspectors are frequently both called “vets”, they are two distinct specialties falling under two separate chains of command. Preventive Medicine oversees sanitation standards (i.e., proper number of sinks, cooking temperatures, glove use); while veterinary services has responsibility of ensuring foods are purchased from approved food sources. Prior to the opening of any food concession on an Army installation, including food trucks and caterers, the facility must be inspected and approved

by both preventive medicine and veterinary services inspection personnel. Medical personnel should be given as much notice as possible but NLT 14 days prior to opening.

To prevent the delay of a facility from opening due to unapproved food sources, contact veterinary services (public health if on an Air Force base) prior to awarding a contract to ensure the contractor is able and willing to procure from authorized sources. If any food is being prepared off the installation before being served in the concessionaire’s facility on post, the off-post facility must request an audit through the Army Public Health Center. For more details on this process please contact our office.

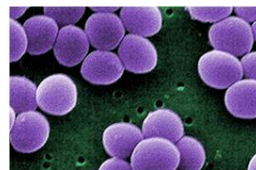
Barbicide® Concentration:



In order to be effective, yet safe, Barbicide® concentrate must be prepared in accordance with the label’s instructions. Eyeballing for the appropriate color is not an appropriate method of preparation. If using Barbicide®, the most commonly used

barber/beauty shop instrument disinfectant, mix two ounces (1/4 cup) of concentrate to 32 ounces (4 cups) of cold water. If using Barbicide® Plus concentrate, mix 1 ounce (2 tablespoons) of concentrate with 128 ounces (one gallon) of cold water. Proper contact time is just as important as proper concentration. Contact time is the length of time an item must stay moist with a disinfectant to be effective. For Barbicide® and Barbicide® Plus, ten minutes of moist contact time is required to be effective. Barbicide® also has a product that comes in a wipe form, which has a substantially shorter contact time requirement of only two minutes (three minutes for effectiveness against tuberculosis). If using the solution, it should be changed whenever it becomes contaminated or diluted incorrectly but at a minimum daily. Containers should be labeled with the date of preparation for verification purposes.

Bacteria Trivia:



Most people with gastrointestinal signs equate their illness to the last meal they consumed. However, the reality is that the offending food culprit could have been consumed days, weeks or even months earlier. One of the few exceptions

when gastrointestinal signs are seen within a few hours after exposure is Staphylococcal food poisoning caused by eating foods contaminated with toxins produced by the bacterium *Staphylococcus aureus*. The most common way for foods to be contaminated with Staph is through contact with food workers who carry the bacteria in their nasal passages or on their skin or through contaminated milk and cheeses. As the bacteria multiplies in food, it produces toxins that can cause illness. The toxins are resistant to heat and cannot be destroyed by cooking. Foods at highest risk of contamination with *Staphylococcus aureus* and subsequent toxin production are those that are made by hand and require no cooking. Symptoms usually appear within one to six hours, but it's possible for symptoms to appear in as little as 30 minutes after consumption. Nausea, vomiting, stomach cramps, and diarrhea are common complaints. The illness is usually mild and most patients recover after one to three days.

The best way to prevent Staph food poisoning is to:

- ✓ Wash hands with soap and water before handling and preparing food
- ✓ Abstain from preparing food if you have a nose or eye infection or improperly covered wound or skin infection on your hands and wrists
- ✓ Store foods at the proper temperatures (hot foods over 135°F and cold foods at 41°F or below)
- ✓ Prevent cross-contamination between raw and prepared products
- ✓ Keep contact surfaces clean and sanitized

Bagged Ice Operations:



Many of our Exchange locations manufacture and bag their own ice. Always remember that ice is a FOOD and can become contaminated like any other food item. Here are some tips for keeping ice safe for consumption:

- ❖ Clean and sanitize the ice maker, storage freezers, and utensils (scoop and bucket, etc) every 30 days
 - Use soap and water like doing dishes at home
 - Rinse the soap off before sanitizing
 - Sanitize with 100 ppm chlorine solution
 - Discard the first batch of ice after sanitizing
 - **Document that the cleaning was performed**
- ❖ Associate training:
 - Only properly trained and certified Associates may bag ice
 - **Training must be documented**
- ❖ Security:
 - Access to the ice maker must be controlled

- Supplies and equipment (bags and utensils) must be stored in a secure location
- Prevent both unintentional and intentional contamination
- ❖ Maintenance:
 - Check door seals
 - Look for mold growth, including the ceiling
 - Change water and air filters at least every 6 months

Would you buy this ice if you knew it was made like this??



The Exchange Food Safety & Defense Internet Portal

Looking for past newsletters on food safety, food defense and barber/beauty/spa sanitation? Previous editions can be found by accessing either of the Staff Vet/Food & Drug Safety links at the end of this newsletter. Associates are also able to consult the site for quick access to commonly required Air Force and Department of the Army regulations, references, Exchange policies, and guidance.

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Useful links (control-click to use links):

- [Worldwide Directory for Sanitarily Approved Food Establishments for Armed Forces Procurement](#)
- [Staff Vet/Food & Drug Safety Program \(AAFES Associates Only\)](#)
- [Veterinary and Public Health Newsletters: Staff Vet/Food & Drug Safety Program \(Non-AAFES Associates\)](#)