

### 3. **Cooking Temperatures**

Inadequate cooking is a leading cause of foodborne illness. California State law now requires minimum cooking temperatures for the foods listed below:

<b>Food Product</b>	<b>Minimum Cooking Temperature</b>
• Ground, chopped, or flaked and formed meats	155° F/15 seconds or 157° F/10 seconds
• Eggs and food containing eggs	145° F for 15 seconds
• Pork and pork products	155° F for 15 seconds
• Poultry, stuffed fish, stuffed meat/poultry	165° F for 15 seconds

### 4. **Reheating**

Potentially hazardous foods that were previously heated must be reheated rapidly to a minimum internal temperature of at least 165° F. Food should not be reheated more than once.

### 5. **Proper Thawing**

Defrost frozen food properly using one of the following methods:

- In a refrigerator at 41° F or lower,
- In a microwave oven,
- Under cold running water, or
- As part of the cooking process.

Potentially hazardous foods must **NOT** be thawed at room temperature!



## **P**REVENTING CROSS CONTAMINATION

Cross contamination is the transfer of harmful organisms from one food item to another and may occur by:

- Hands that are in contact with raw foods and then put in contact with cooked or ready-to-eat foods without first being washed.
- Using the same utensils, equipment and or cutting boards for cutting and preparing potentially hazardous and “ready to eat” food without properly washing and sanitizing between uses.
- Raw food juices coming into direct contact with cooked or ready-to-eat foods.

**People** are primarily responsible for cross contamination. Avoid poor hygiene and dangerous food handling techniques and always keep equipment properly cleaned, sanitized and maintained.

## **M**OBILE FOOD VEHICLE INSPECTION PROGRAM

Mobile Food Preparation Units (Hot Trucks) and Mobile Food Facilities (Ice Cream Trucks, Produce Trucks, and Carts) are inspected and issued permits by the Mobile Food Vehicle Inspection Program. To schedule a vehicle inspection appointment, please call (562) 570-4193.

## **F**OOD FACILITY PERMITS

All food facilities including restaurants, bars, bakeries, cafeterias, and all types of mobile food vehicles, as described above, are required to have a permit. Please call (562) 570-4193 for more details.

## **P**LAN CHECK PROGRAM

This program reviews plans for all new and remodeled food facilities within the City of Long Beach. The purpose of a plan check is to ensure that food facilities are constructed in accordance with the California Uniform Retail Food Facilities Law (Health & Safety Code) and other applicable requirements.

## **S**ERVICE NUMBERS:

Department of Health & Human Services  
Bureau of Environmental Health  
**(562) 570-4132**

Epidemiology Program  
To report cases of suspected foodborne illness  
**(562) 570-4301**

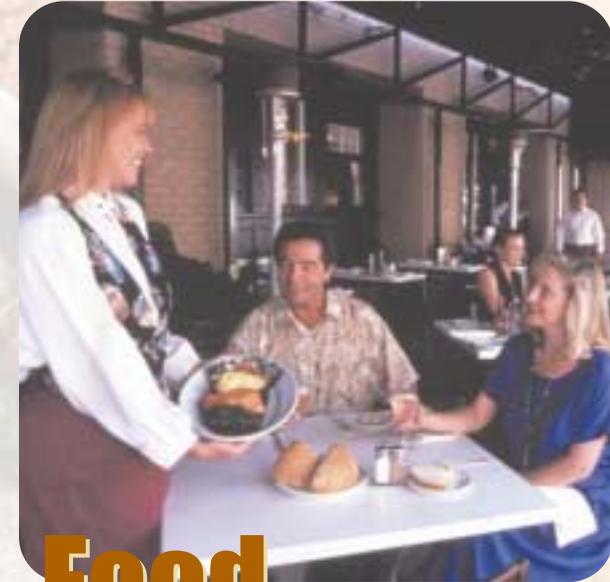
Mobile Food Vehicle Inspection Program  
To schedule an appointment  
for inspection or permits  
**(562) 570-4193**

Permits  
**(562) 570-4193**

Food Handler's Guide  
To receive a copy  
**(562) 570-4193**

Website  
For more information, visit us on the web at  
[www.ci.long-beach.ca.us/health](http://www.ci.long-beach.ca.us/health)

This information is available  
in an alternative format by request  
to Michael Johnson at **(562) 570-4012**.



# Food Facility Inspection Program



Department of Health & Human Services  
BUREAU OF ENVIRONMENTAL HEALTH  
Food Inspection Program  
2525 Grand Avenue  
Long Beach, CA 90815



*Working Together  
to Serve*

Department of Health & Human Services  
BUREAU OF ENVIRONMENTAL HEALTH

**T**he Food Facility Inspection Program is one of seven programs within the Bureau of Environmental Health. Other Environmental Health programs include Water Quality, Residential Housing, Vector Control, Hazardous Materials, Lead Control and Healthy Homes.

The Food Inspection Program enforces state and local food safety regulations in over 2,000 City of Long Beach food facilities. The goal of the food program is to ensure that food sold and served is safe, properly labeled and produced under sanitary conditions. A key component of the program includes the education of food handlers and food operators.

**Food facilities inspected include:**

- Restaurants
- Markets
- Bakeries
- School cafeterias
- Mobile food preparation vehicles
- Food salvagers
- Food processors
- Hospital cafeterias
- Bars
- Commissaries
- Food warehouses
- Packaged food trucks
- Food carts

**I NSPECTION PROCESS**

The Food Inspection Program has a target frequency of three routine inspections per year for all food facilities, with an optimal goal of four per year. During routine inspections, inspectors stress the prevention of foodborne illness and education. Inspectors also emphasize the following areas during inspections:

- Food temperature control
- Employee practices (including personal hygiene and safe food handling practices)
- Proper sanitation and the education of the operator
- Verification that at least one person per facility has been certified in safe food handling practices.

**I NSPECTION SUMMARY REPORT**

Effective January 1999, the City of Long Beach adopted the Inspection Summary Report (ISR), a locally designed system, to inform the public

about health inspection results at restaurants and other food facilities.

After each routine inspection, a summary of the inspection findings or ISR, is posted at all city food facilities in a location clearly visible to the public. Each violation found during an inspection is assigned to a category, which is marked on the ISR. Violation categories are as follows:

- Food Handling
- Food Temperature
- Food Storage
- Food Source & Labeling
- Water Supply & Temperature
- Utensil Washing & Sanitizing
- Employee Practices
- Equipment Sanitation
- Equipment Maintenance
- Facility Sanitation
- Facility Maintenance
- Restrooms
- Pest Control
- Waste Management

Every facility requiring corrective action receives a reinspection. Upon reinspection, if all violations are corrected, a transparent sticker stating, "corrective action completed," is placed diagonally across the categories listed on the ISR.

The original *Inspection Summary Report*, with the corrective sticker, remains posted until the next routine inspection.



A Food Handler's Guide, covering basic food safety and sanitation, is available to all Long Beach food facility operators in both English and Spanish from the Bureau of Environmental Health. Copies are available by calling (562) 570-4193.

**F OODBORNE ILLNESS INVESTIGATIONS**

Foodborne illnesses are diseases that are carried or transmitted to human beings by food. Bacteria cause the greatest number of foodborne illnesses. Some of the most frequently reported food poisonings result from Salmonella, Staphylococcus and Clostridium bacteria. All of these bacteria are capable of causing illness and discomfort in the infected individual. Some of the major symptoms include vomiting, diarrhea, weakness, dehydration, fever and chills. In rare instances, foodborne illnesses can even result in death. Individuals at highest risk include the very young, the elderly, and people in poor health or with specific medical conditions, such as diabetes or impaired immunity.



The Food Program, Public Health Laboratory and Epidemiology Programs are responsible for investigating all reports of suspected foodborne illness within the City of Long Beach. When a report is received, an Environmental Health Specialist conducts an inspection of the food facility referenced, focusing on the following areas:

- Food sources
- Food processing techniques
- Food handling
- Storage practices
- Employee practices

**Any outbreak of foodborne illness is a serious matter!**

Please contact the Epidemiology program to report any cases of suspected foodborne illness in the City of Long Beach. Please refer to the service numbers on the back of this brochure.

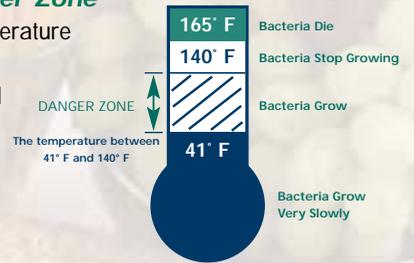
**P REVENTING FOODBORNE ILLNESS**

Practicing good personal hygiene is one of the best ways to keep disease-causing agents from getting into food. Good personal hygiene includes proper handwashing to protect yourself and others. Hands should be washed thoroughly with soap and warm water, and dried with disposable paper towels or air-dried.

Temperature control is another way of preventing foodborne illness. Temperature control is accomplished by taking into consideration the following:

**1. The Danger Zone**

is the temperature range at which food bacteria grow and multiply rapidly in potentially hazardous foods (meat, fish, poultry, dairy products, eggs, cooked vegetables, and grains). This occurs between the temperatures of 41° F and 140° F.



To avoid the danger zone, potentially hazardous foods should be kept:

- **Cold** – at or below 41° F, or
- **Hot** – at or above 140° F.

**2. Cooling Techniques**

Heated food should be cooled rapidly using one of the following methods:

- Separating the food into smaller or thinner portions;
- Placing the food into shallow containers;
- Inserting the container of food to be cooled into an ice water bath and stirring frequently.

**A Quick Reminder:** Food may be loosely covered or uncovered to allow the food to cool faster; provided the food is protected from contamination.