



Date: September 17, 2019

To: Patrick H. West, City Manager *T.M.W.*

From: Kelly Colopy, Director of Health and Human Services *KC*

For: Mayor and Members of the City Council

Subject: **Health Department Celebrates National Food Safety Education Month**

September is National Food Safety Education Month (NFSEM). Food safety is a core public health issue. According to the Centers for Disease Control (CDC), 48 million people get sick from food every year creating an economic burden of \$15.5 billion nationwide.

National Food Safety Month (NFSM), held annually in September, was created in 1994 by the National Restaurant Association to heighten awareness about the importance of food safety education. The NFSM campaign is dedicated to providing food safety education across the nation to keep food safe and help prevent foodborne illness. The National Restaurant Association announced this year's theme "Controlling Risk: The Elements of a Food Safety Management System."

The Health and Human Services Department (Health Department) Environmental Health Bureau joins in the celebration by providing education and outreach to residents and businesses here in Long Beach. This provides us the opportunity to raise awareness about steps our food facilities can take to prevent food poisoning.

Following four simple steps at home: (Clean, Separate, Cook, and Chill) can help protect you and your loved ones from food poisoning.





CLEAN: Wash your hands and food-preparation surfaces often. Germs can survive in many places around your kitchen, including your hands, utensils, and cutting boards. Rinse fresh fruits and vegetables under running water.



SEPARATE: Don't cross-contaminate. Even after you've cleaned your hands and surfaces thoroughly, raw meat, poultry, seafood, and eggs can still spread germs to ready-to-eat foods unless you keep them separate.



COOK: Cook to the right external temperature. Use a food thermometer to ensure foods are cooked to a safe internal temperature:

- 145°F for whole beef, veal, and lamb, and fresh pork and ham (allowing the meat to cool for 3 minutes before carving or consuming), and for fish.
- 160°F for ground beef, veal, pork and lamb, and for egg dishes.
- 165°F for all poultry, including ground chicken and ground turkey, and stuffing, leftovers and casseroles.



CHILL: Keep your refrigerator below 40°F and refrigerate foods promptly. Germs can grow in many foods within 2 hours unless you refrigerate them. (During the summer heat, cut that time down to 1 hour.)

In recognition of NFSEM, the Health Department is reaching out to the City's food facility operators for a "meet and greet" and power breakfast, scheduled for September 18, 2019 from 9:00 a.m. to 11:00 a.m. at the Grand on Willow Street.

This is the second annual NFSEM "meet and greet" for Long Beach food facility operators. Last year's event was at Rancho Los Alamitos and was attended by 80 food facility operators. This year's event will host approximately 140 attendees. The event will include a continental breakfast for attendees (restaurant owners, managers and employees) and an opportunity to meet their inspectors. In addition, information will be presented on new laws and regulations that may impact their business. There is no cost to attend the event. The agenda will include presentations from Economic Development (business resources assistance), Environmental Services ("Foam Free Long Beach"), and Community Health ("Fresh Air Dining") in addition to updates from the Health Department. For more information call (562) 570-4135 or visit us at www.longbeach.gov/health.

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