

# Tips

The Food Safety Newsletter for Brown, Nicollet, Watonwan and Cottonwood Counties

## In This Issue:

Page 2

### Party Crashers

Page 3

### Let's Talk Turkey

Page 4

### Food Code Update & November Meetings

### INSERTS:

### Certified Food Manager Class Registration Information

### Brown-Nicollet Environmental Health

622 South Front Street St. Peter, MN 56082

Phone 507.934.7089 Fax 507.934.7170

Website: [www.co.nicollet.mn.us](http://www.co.nicollet.mn.us)

## Holiday Food Safety

Along with the holidays come employee parties and pot-luck events. Make sure that your holiday party is a success and that everyone who attends is provided a safe meal by following these food safety tips:

### Safe Food Handling

Always wash your hands before and after handling food. Eliminate cross contamination by serving food on clean plates — not those previously holding raw meat and poultry.

### Cook Thoroughly

If you are cooking foods ahead of time for your party, be sure to cook foods thoroughly to safe minimum internal temperatures. Cooking temperatures for popular holiday food items include: 165°F for poultry and leftovers, 155°F for ground beef and pork, and 145°F for steak.

### Limit Time Food Spends in the Temperature Danger Zone

Keep hot held potentially hazardous food items at 140°F or above and keep cold held potentially hazardous foods at 41°F or below. Food items held in the temperature danger zone or at room temperature should be used or discarded with four hours.

### Employee Health

Last but not least, do not allow employees or attendees who are ill with symptoms of vomiting or diarrhea prepare food items.

# Party Crashers

## Foodborne Bacteria

Bacteria are everywhere but a few types especially like to crash parties. *Staphylococcus aureus*, *Clostridium perfringens* and *Listeria monocytogenes* frequent people's hands and steam tables. Unlike microorganisms that cause food to spoil, harmful or pathogenic bacteria cannot be smelled or tasted. Prevention is safe food handling. If illness occurs, however, contact a health professional and describe the symptoms.

### *Staphylococcus aureus*

*Staphylococcus* ("staph") bacteria are found on our skin, in infected cuts and pimples, and in our noses and throats. They are spread by improper food handling. Prevention includes washing hands and utensils before preparing and handling foods and not letting prepared foods — particularly cooked and cured meats and cheese and meat salads — sit at room temperature more than two hours. Thorough cooking destroys "staph" bacteria but staphylococcal enterotoxin is resistant to heat, refrigeration and freezing.

### *Clostridium perfringens*

"*Perfringens*" is called the "cafeteria germ" because it may be found in foods served in quantity and left for long periods of time on inadequately maintained steam tables or at room temperature. Prevention is to divide large portions of cooked foods such as beef, turkey, gravy, dressing, stews and casseroles into smaller portions for serving and cooling. Keep cooked foods hot or cold, not lukewarm.

### *Listeria monocytogenes*

Because *Listeria* bacteria multiply, although slowly, at refrigeration temperatures, these bacteria can be found in cold foods typically served on buffets. To avoid serving foods containing *Listeria*, follow "keep refrigerated" label directions and carefully observe "sell by" and "use by" dates on processed products, and thoroughly reheat frozen or refrigerated processed meat and poultry products before consumption.



# Let's Talk Turkey

## Plan Ahead

Plan your menu several weeks before the holiday. Shopping early will ease the countdown tension for your Thanksgiving meal. Ask these questions to help plan your meal. Do you want a fresh or frozen turkey? Do you have enough space to store a frozen bird if purchased in advance; if not, when should you purchase a turkey? What size bird do you need to buy?

What Size Turkey to Purchase	
Type of Turkey	Pounds to Buy
Whole bird	1 pound per person
Boneless breast of turkey	1/2 pound per person
Breast of turkey	3/4 pound per person
Prestuffed frozen turkey	1 1/4 pounds per person - keep frozen until ready to cook

## Thawing

### In the refrigerator

Place frozen bird in original wrapper in the refrigerator (40 °F or below). Allow approximately 24 hours per 4 to 5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1-2 days.

Thawing Time in the Refrigerator	
Size of Turkey	Number of Days
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

## Roasting

**Use a food thermometer to check the internal temperature of the turkey.**

A whole turkey is safe cooked to a minimum internal temperature of 165 °F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 165 °F. The stuffing should reach 165 °F, whether cooked inside the bird or in a separate dish.

Cooking Time — Unstuffed	
Size of Turkey	Hours to Prepare
8 to 12 pounds	2 3/4 to 3 hours
12 to 14 pounds	3 to 3 3/4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours
20 to 24 pounds	4 1/2 to 5 hours

Cooking Time — Stuffed	
Size of Turkey	Hours to Prepare
8 to 12 pounds	3 to 3 1/2 hours
12 to 14 pounds	3 1/2 to 4 hours
14 to 18 pounds	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 3/4 to 5 1/4 hours

# Food Code Update & November Meetings

## THE MN FOOD CODE WILL BE IN EFFECT JANUARY 1, 2019.

As mentioned in the last edition of our newsletter, our staff will be attending a food code revision training on October 23, 2018 to learn how to interpret these changes to better serve you. Our office will take what we learn from this training and bring that information to all of you.

### Mandatory November Meeting Reminder

Each year every licensed food establishment in Brown, Nicollet, Cottonwood or Watonwan County is required to send at least one owner or manager to one of the following Licensing Meetings. Please review the following schedule of meeting times and places and **make plans now to attend one of these meetings**. You will be receiving your Food/Beverage License Application for 2019 at these meetings.

**Tuesday, November 13, 2018**                      **9:00am—10:30am**

Nicollet County Health and Human Services Building  
Lower Level / Minnesota River Room  
622 S. Front Street - St. Peter, Minnesota

**Tuesday, November 13, 2018**                      **1:30pm—3:00pm**

New Ulm Community Center  
600 S. German Street - New Ulm, Minnesota

**Wednesday, November 14, 2018**                      **9:00am—10:30am**

Windom Community Center / Room 105  
1750 Cottonwood Lake Drive - Windom, Minnesota

**Wednesday, November 14, 2018**                      **1:30pm—3:00pm**

Watonwan County Human Services Building / Community Room  
715 2nd Ave. S. - St. James, Minnesota

**NOTE: Schools and those establishments licensed as Limited Food Establishments or Service Kitchens are not required to attend, but are welcome if they would like to participate.**

**You only need to attend one meeting.**

**Contact Leah at our office at 507-934-7089 if you have any questions.**

# Certified Food Manager 6-Hour Class and Exam *Registration Form*

When: **Tuesday, December 4, 2018**

Where: Brown County License Bureau  
1900 N. Franklin Street— Conference Room A  
New Ulm, MN (see map on back )

**Please do not park in parking lot, park on side streets. Thank you!**

Time: 9:00 am until 4:00 pm

Registration Fees: Please circle one...

Within Brown, Nicollet, Cottonwood or Watonwan County (Includes Manual)	<u>\$170.00</u>
Within the 4 County area AND you print your own manual prior to class from our website	<u>\$140.00</u>
Outside the 4 county area	<u>\$195.00</u>
Exam only (must have already attended a 6-hour class)	<u>\$ 75.00</u>

**ATTENDANCE POLICIES.. Payment must be received prior to the meeting, if you sign up for the class and do not show up, payment will not be returned.**  
**\*\*\*\*You must bring a picture ID with you to the meeting\*\*\*\***

Please detach the bottom portion and return with your registration fee no later than:

**Friday, November 23, 2018**

**Save this top portion of the form as a reminder!**

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**6-Hour Certified Food Manager Class—Tuesday, December 4, 2018**

Name \_\_\_\_\_

Establishment \_\_\_\_\_ Phone \_\_\_\_\_

Amount Paid \_\_\_\_\_  
(make checks payable to Brown-Nicollet EH)

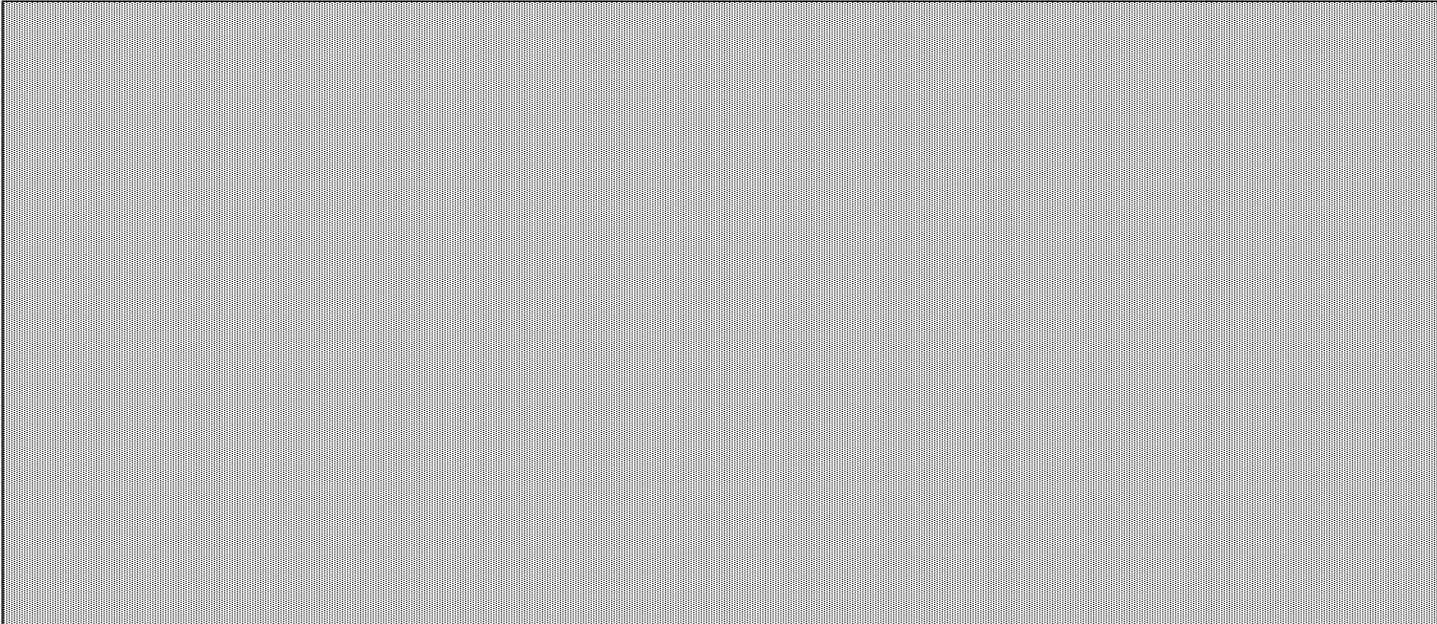
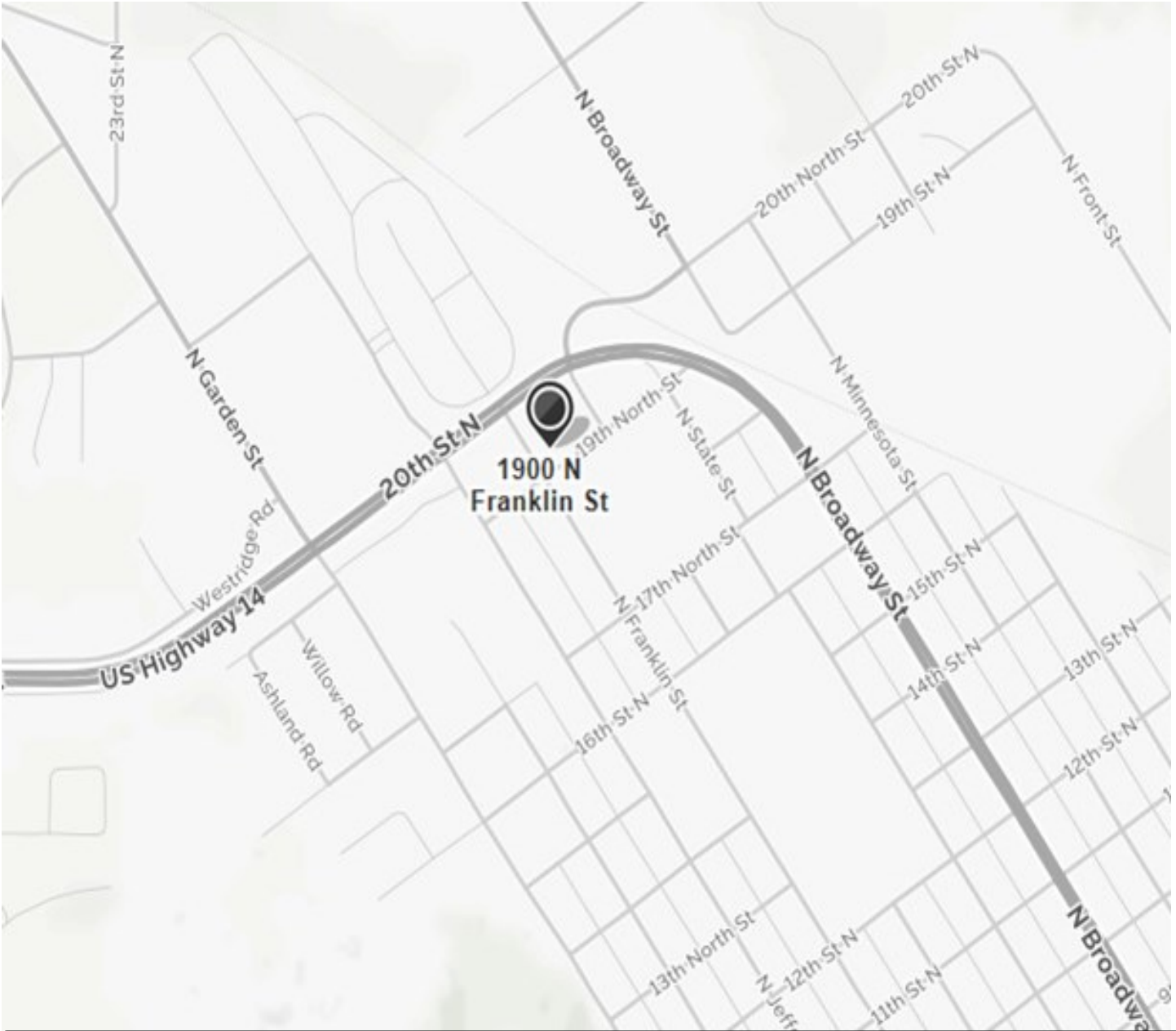
Return with fee to: Brown-Nicollet  
Environmental Health  
622 S. Front St.  
Saint Peter, MN 56082  
Phone: 507-934-7089

Have you held a CFM license within the past 3 years?

Yes    No

If yes, please verify on the Minnesota Department of Health website or with our office to see if a new certification is necessary before submitting your registration.





# Certified Food Manager 4-Hour Renewal Class Registration Form

When: **Friday, December 7, 2018**

Where: Brown County License Bureau  
1900 N. Franklin Street — Conference Room A  
New Ulm, MN (see map on back )

**Please do not park in parking lot, park on side streets. Thank you!**

Time: 9:00 am until 1:00 pm

Fee: \$ 75.00

Please detach the bottom portion and return with your registration fee no later than: **Friday, November 30, 2018**

**ATTENDANCE POLICIES.. Payment must be received prior to the meeting, if you sign up for the class and do not show up, payment will not be returned.**  
**\*\*\*\*You must bring a picture ID with you to the meeting\*\*\*\***

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**Please save this top portion of the form as a reminder!**

4-Hour Certified Food Manager Renewal Class—Friday, December 7, 2018

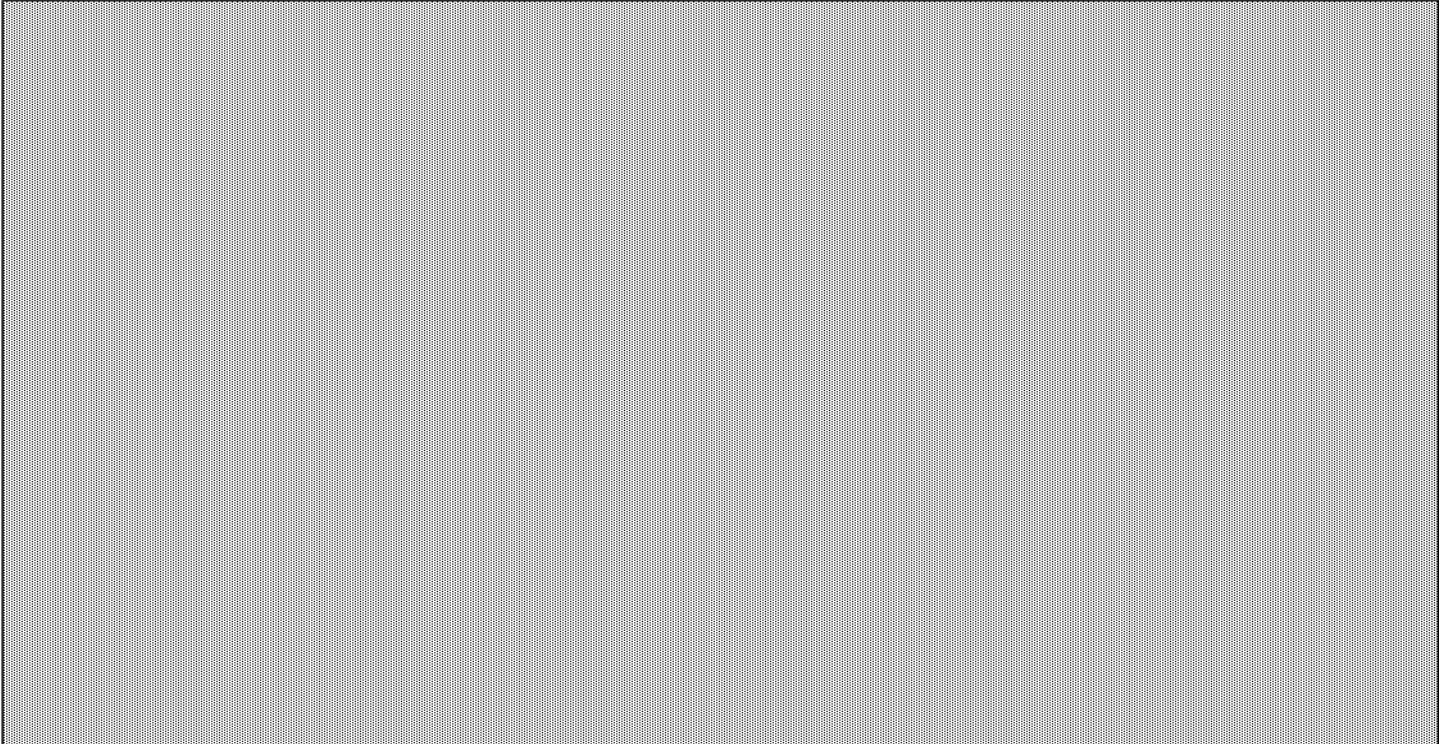
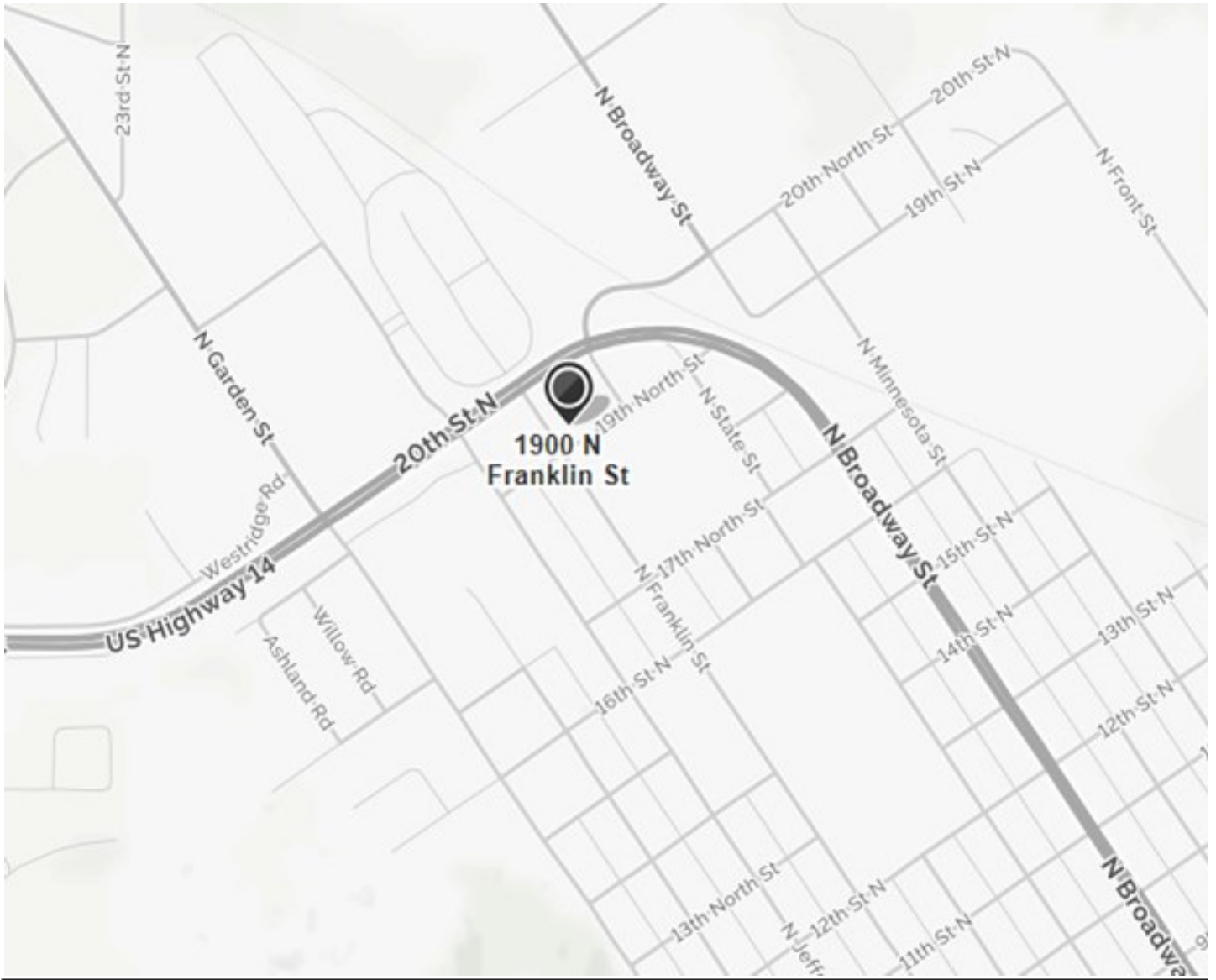
Name \_\_\_\_\_

Establishment \_\_\_\_\_

Phone \_\_\_\_\_

Amount Paid \_\_\_\_\_ (make checks payable to Brown-Nicollet CHS)

Return with fee to: Brown-Nicollet CHS  
622 S. Front St. - Saint Peter, MN 56082  
Phone: 507-934-7089





**Brown-Nicollet Environmental Health**  
622 South Front Street  
St. Peter, MN 56082

**URGENT INFORMATION**  
**Certified Food Manager Training**  
**Registration Forms**



**[Facebook.com/Brown.Nicollet.Environmental.Health](https://www.facebook.com/Brown.Nicollet.Environmental.Health)**