

Food Service Quarterly Newsletter

April - June 2008



The LMAS District Health Department is proud to present this quarter's newsletter. Inside you will find information on license renewal reminder, restaurant pollution prevention, food allergies, and a quiz on the concepts of contamination, food allergens, and foodborne illness. We hope that you find the following information beneficial.





REMINDER: Food Service License Applications Due

Annual food service establishment licenses expire on April 30, 2008. Your license renewal applications are due by **May 1, 2008**. Any license renewal application that is postmarked past April 30, 2008 will be assessed a **\$150 late fee**. If you have not received your license renewal application yet contact the Mackinac County office (phone: 906-643-1100; fax: 906-643-0239; 749 Hombach St., St. Ignace, MI 49781).



Keeping Michigan Clean!

The State of Michigan has the longest freshwater shoreline in the world. A person in Michigan is never more than 85 miles from open Great Lakes water and is never more than 6 miles from a natural water source. Natural resources play a large role in Michigan's economy. It is important that everyone play their part in protecting these resources. Food Service establishments can save money and protect the environment by reducing waste and practicing pollution prevention. Any waste or pollution created by your facility cuts into profits, reduces operation efficiency, may involve worker safety issues, and could require regulatory involvement. Good cleaning practices in a restaurant are essential in preventing pollution. The following is a list of ways that your restaurant can help prevent pollution and keep Michigan clean:

- ❑ **DO** pour wash water into utility sinks or designated floor drains.
- ❑ **DON'T** pour wash waters in parking lots, side yards, storm drains, or gutters.
- ❑ **DO** wipe grease away from pots, pans, and other dishware prior to dishwashing and dispose of the grease in the trash.
- ❑ **DON'T** allow grease and food waste to pollute sewers!
- ❑ **DO** keep dumpster lids closed and the surrounding areas clean.
- ❑ **DON'T** allow trash and debris to build up around dumpsters and storm drains.
- ❑ **DO** clean floor mats, exhaust filters, and hoods in utility sinks or designated areas that connect to the sanitary sewer.
- ❑ **DON'T** wash them in parking lots, sidewalks, streets, or gutters.
- ❑ **DO** recycle all grease and oil. Inspect and clean grease traps and interceptors regularly to prevent clogs, spills, and overflows.

- ❑ **DON'T** pour grease or oil into sinks, parking lots, drains, or out back doors.
- ❑ **DO** keep a maintenance log that lists the frequency and volumes of cleanings.
- ❑ **DON'T** neglect cleaning and maintenance!

Remember that participating in a pollution prevention program can create an improved public image for your business.

Information provided by the Michigan Department of Environmental Quality. For more information about Best Management Practices, visit the Restaurant Pollution Prevention website

<http://www.michigan.gov/deqp2outreach>.



What You Need to Know About Food Allergies

Major food allergens account for 90% or more of all food allergies, and include:

- ❑ Milk
- ❑ Eggs
- ❑ Peanuts
- ❑ Tree nuts (such as almonds, pecans, or walnuts)
- ❑ Fish (such as bass, flounder, or cod)
- ❑ Shellfish (such as crab, lobster, or shrimp)
- ❑ Soy
- ❑ Wheat

The most common signs and symptoms of a true food allergy include:

- ❑ Tingling in the mouth
- ❑ Hives, itching, or eczema
- ❑ Swelling of the lips, face, tongue, and throat, or other parts of the body
- ❑ Wheezing, nasal congestion, or trouble breathing
- ❑ Abdominal pain, diarrhea, nausea, or vomiting
- ❑ Dizziness, light headedness, or fainting

Symptoms vary with type of food allergy.

Source: www.mayoclinic.com



Quiz

Check to see how much you know about the concepts of contamination, food allergens, and foodborne illness.

1. **True or False:** Fish that has been properly cooked will be safe to eat.
2. **True or False:** Cooking can destroy the toxins in toxic wild mushrooms.
3. **True or False:** Copper utensils and equipment can cause an illness when used to prepare acidic food.
4. **True or False:** Cleaning products may be stored with packages of food.
5. **True or False:** A person who is allergic to food may experience tightening in the throat.

Answers:
1. false 2. false 3. true
4. false 5. true