



# Health Tribune

Thinking about your health in Portage County  
Provided by the Portage County Health Department

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## *Did you know...?*

To assure safe food, PCHD inspects restaurants, bars, festivals, grocery stores, markets and vending machines in all Portage County Townships and the cities of Streetsboro and Aurora.

In 2009, PCHD completed 896 food related inspections.

### **Does your favorite restaurant or grocery store meet the requirements of our inspections?**

#### **Common questions we ask during inspections:**

- Are the employees using proper hair restraints?
- Is the person in charge easily identified?
- Does the equipment maintain food temperature, ventilation, sanitation, and cleanliness?
- Is there prevention of contamination?
- Are the containers properly identified in food display and preparation areas.
- Is the food honestly presented to the public?
- Are there indoor & outdoor trash cans?
- Are there hand washing sinks/cleaner/signage in the work stations and restrooms?
- Are toxic materials properly restricted and stored?

If you have any questions or concerns about a local restaurant or other food related business inspection please call the Portage County Health Department at (330) 296-9919.

To learn more about how the PCHD keeps you safe, please visit [www.portageco.com/healthdepartment](http://www.portageco.com/healthdepartment)

## Questions or Comments? Contact Us!

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<http://www.co.portage.oh.us/healthdepartment.htm>

## June is National Safety Month

### **Four simple steps to keeping food safe from harmful bacteria:**

- Clean:** Wash hands and surfaces often. Rinse fruits and vegetables under running tap water.
- Separate:** Keep raw meats, poultry, seafood and eggs from other foods. Use one cutting board for fresh produce and a separate one for raw meats, poultry, and seafood.
- Chill:** Keep the refrigerator temperature at 40°F or below. The freezer temperature should be 0°F or below.
- Cook:** Use a food thermometer when cooking to assure proper temperatures.

<b>Temperatures for Safe Cooking</b>	
Beef, Veal, Lamb	125-160°F
Ground Beef	160°F
Pork	160°F
Poultry	170°F
Fish	150°F

<http://www.fightbac.org/content/view/6/11/>

### **Food safety for summer fun:**

- Wash hands before and after handling food.
- Marinate food in the refrigerator. Don't use leftover marinade from raw meat or poultry.
- Completely thaw meat and poultry before grilling so it cooks more evenly.
- Use a meat thermometer on grilled foods to check food temperatures (refer to table above).
- Do not put cooked food items on the same plate that held raw food.
- Refrigerate leftovers quickly. Throw away any food left out for more than 2 hours.

[http://www.fsis.usda.gov/fact\\_sheets/Barbecue\\_Food\\_Safety](http://www.fsis.usda.gov/fact_sheets/Barbecue_Food_Safety)