

# CBC Annual Kitchen Inspection

March 2022



# Learning Objectives

- ❑ Provide providers with the knowledge required to conduct a kitchen inspection in accordance with the Food Sanitation Rules
- ❑ Provide education on foodborne disease and vulnerable populations
- ❑ Learn the role and responsibility of the “Person In Charge” (PIC) and conduct interviews to test knowledge
- ❑ Determine compliance in the areas of food preparation and storage, kitchen cleanliness and maintenance, and employee adherence to proper infection control methods

# Purpose of Annual Kitchen Inspections

To prevent the contamination of food and the spread of foodborne illness among a highly susceptible population; and

To minimize the “risk” or likelihood an adverse health effect will occur within a population because of poor infection control practices or unsafe food handling.

# OAR 411-054-0013 (4) Kitchen Inspection

The Department shall annually inspect each facility's kitchen and other places where food is prepared.

- (a) During a year in which the facility is surveyed, the kitchen inspection shall be completed as part of the standard survey.
- (b) During a year in which a facility is not surveyed, the kitchen inspection shall require a separate visit and inspection by the Department.



## The Rule Also States:

Kitchen inspections will be conducted annually by a member of the survey team who has *training and expertise* in food sanitation.

# Kitchen Inspections Will Include

- Interviewing kitchen staff and administration.
- Observing food preparation, meal service, kitchen cleanliness, any needed equipment or surface repair, employee adherence to proper infection control practices, food storage, etc.
- Reviewing relevant records, which may include temperature logs, food handler cards, policies and procedures related to employee infection control guidelines, illness, and risk for spreading foodborne illnesses.





# Broad Scope of Observations

Observations will include

- Meal preparation – from production to service;
- Infection control practices and hygiene of kitchen staff;
- Cleanliness of the kitchen, sanitizing, warewasher, etc.;
- Condition of kitchen equipment, appliances, or needed repairs.

# Foodborne Disease & Special Requirements



# Foodborne Disease and Contamination

- Foodborne diseases are caused by food contamination.
- Contamination of food can occur at any stage of the food production, delivery, and consumption chain process.
- Foodborne diseases can result from several forms of environmental contamination including water, soil or air pollution, as well as *unsafe food storage and processing*.

# Food Contaminant

*Something that should not be in a food and makes it unfit for human consumption.*

Food Contaminant

## Biological Contaminant

**Viruses**   
**Bacteria**   
**Parasites**   
**Insects**   
**Other organisms or microorganisms**

## Physical Contaminant

**Plastic**  
**Steel wool**  
**Glass**  
**Metal**  
**Other foreign objects**



## Chemical Contaminant

**Pesticides**   
**Herbicides**  
**Rodenticides**  
**Arsenic**  
**Mercury**   
**Other toxins**

# Foodborne Disease Outbreaks

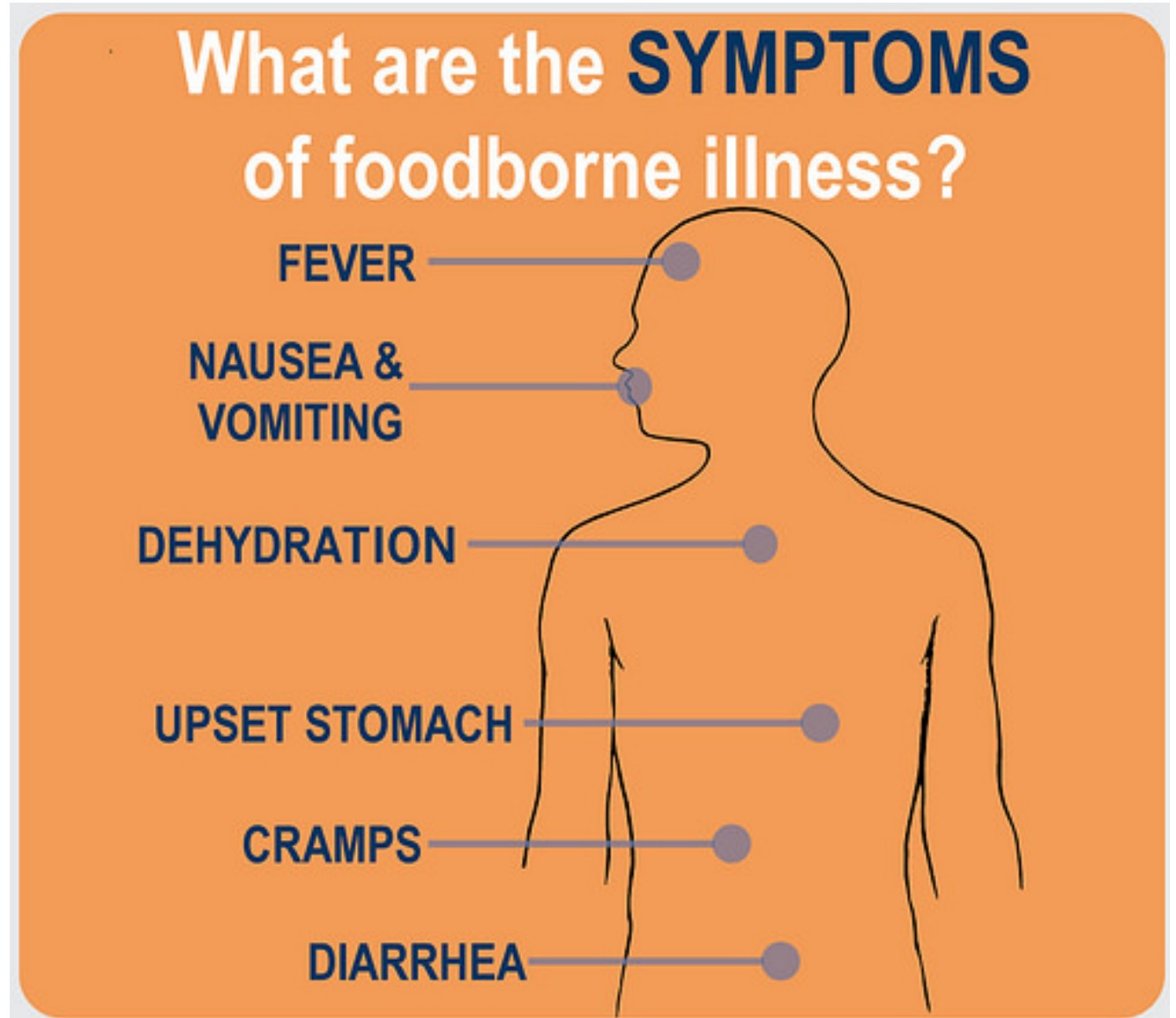
The occurrence of two or more cases of a similar illness resulting from the ingestion of a common food.

Two most common types of foodborne pathogens are:

1. Bacteria: Salmonella, Listeria, E. coli
2. Viruses: Norovirus or hepatitis A



# Symptoms of Foodborne Illness



# Highly Susceptible Populations



Persons who are more likely than the general population to experience foodborne illness because of their susceptibility to becoming ill if they ingest microorganisms or toxins (e.g., immunocompromised, chronic disease and advanced age).

Residents in a CBC community are highly susceptible to foodborne illness.

# Special Requirements

Oregon Food Sanitation rules outline additional safeguards when serving food to highly susceptible populations. These include:

Substituting pasteurized eggs or egg products for raw eggs when preparing:

Cesar salad, hollandaise or Bearnaise sauce, mayonnaise, meringue, eggnog, ice cream and egg fortified beverages.



# Special Requirements

Prohibiting service of certain foods in a “ready to eat form”:

- Raw animal foods like raw fish, raw marinated fish, and steak tartare;
- A partially cooked animal food, rare meat, soft cooked eggs made from unpasteurized eggs; and
- Raw seed sprouts.



# Knowledge and Responsibility of the Person in Charge



# The Person in Charge (PIC)

The PIC is the person responsible for the operation of the kitchen at the time of inspection, and should be able to demonstrate knowledge of:

- How foodborne illnesses are transmitted;
- How to prevent foodborne disease;
- Safe food handling processes; and
- Proper infection control procedures.

# PIC Demonstration & Knowledge

The PIC should be able to describe the relationship between the prevention of foodborne illness and the management and control of the following:

- Maintaining time/temperature of potentially hazardous food;
- Required time temperature/ for cooking potentially hazardous food;
- Required time/temperature for safe storage of potentially hazardous food;

# PIC Demonstration & Knowledge

- Cross Contamination;
- Handwashing, personal hygiene of food employees;
- Cleanliness and condition of the kitchen;
- Hazards of consuming raw or undercooked meat, poultry, eggs and fish;
- The PIC should also be able to describe symptoms associated with diseases transmissible through food.

# PIC Interview Questions



The PIC should be able to answer the following questions:

- How do you prevent cross contamination when preparing food?
- What is the required cooking temperature for a beef roast?
- Can you describe the symptoms of someone who might have food poisoning?
- Do you ever serve food that is undercooked?
- How do you train staff on proper handwashing techniques?

# Are you safe?



When is it important to wash your hands?



Is the kitchen, work surfaces and food equipment clean?



How should raw and cooked food be handled and stored?



How would you know how long these foods last?



How can you make sure that microbes do not multiply quickly?



Where should raw meat be kept in a fridge?



# PIC Responsibilities

The PIC is responsible to ensure employees are trained in, and follow:

- Proper infection control.
- Safe food handling procedures.
- Proper sanitization of equipment and surfaces.

# PIC Responsibilities

PIC is responsible to ensure food employees are:

- Washing their hands.
- Properly cooking potentially hazardous food.
- Careful when cooking foods known to cause severe foodborne illness and death.
- Using temperature measuring devices.
- Using proper methods to rapidly cool potentially hazardous food.

# PIC Responsibilities

- Properly sanitizing equipment and utensils.
- Trained in food safety and food allergies, and that
- Staff know they need to report to the PIC any information about their health and activities as they relate to diseases that are transmissible through food.
- The PIC should also ensure only Kitchen staff are allowed in the food prep, storage or warewashing areas.



# Food Preparation & Storage

Key areas of observation



# Observing Food Preparation

“Preparation” means the process whereby food is transformed into a consumable form.

Food prep includes, but is not limited to:

- Slicing or dicing vegetables
- Grating cheese
- Portioning foods
- Blending foods
- Cooking or reheating foods



# Food Preparation

- While food is being prepared, it needs to be protected from cross contamination.
- Raw animal food should be separated during storage, preparation and holding from raw ready-to-eat food including other raw animal food or other raw ready-to-eat food such as fruits, vegetables, and cooked ready to eat food.

# Food Preparation

Methods to ensure raw animal food is kept separated include:

- Using separate equipment for each type.
- Arranging each type of food in equipment so cross contamination of one type with another is prevented.
- Preparing each type of food at different times or in separate areas.
- *ONLY* exception is when raw animal food is combined as ingredients.



# Preparation – Potentially Hazardous Food

Potentially hazardous food needs to be cooked for the appropriate amount of time and at the correct temperature to limit pathogenic microorganism growth or toxin formation.



## Potentially Hazardous Foods Include

- Animal food that is raw or heat-treated.
- Plant food that is heat-treated or consists of raw seed sprouts.
- Cut melons.
- Cut leafy greens.
- Cut tomatoes or mixtures of cut tomatoes that are not modified in a way to prevent pathogenic microorganism growth or toxin formation.
- Garlic-in-oil mixtures that are not modified in a way to prevent pathogenic microorganism growth or toxin formation.

# Food Preparation - Thermometers

Thermometers should be provided to staff preparing food.

Thermometers need to be readily accessible to ensure food reaches and is maintained at the right temperature according to food temperature guidelines.

Thermometers with a small-diameter probe should be available to measure the temperature in thin foods, like meat patties and fish filets.



# ALWAYS COOK MEAT, POULTRY THOROUGHLY



**CHICKEN  
AND  
TURKEY**  
**165°F**



**BEEF, LAMB  
AND PORK**  
**145°F**

*Should be  
cooked  
"medium"  
and allowed  
to rest for at  
least three  
minutes.*



**GROUND  
BEEF, LAMB  
AND PORK**  
**160°F**



**EGGS**  
**160°F**

*If you're  
using raw or  
runny eggs  
for a recipe,  
pasteurized  
eggs are  
generally  
safer.*



**FISH AND  
SHELLFISH**  
**145°F**



#NFSM



# DO YOU KNOW HOW TO SAFELY THAW?

*Brought to you by the Pennsylvania Department of Agriculture, Bureau of Food Safety*



**METHOD ONE:**  
Thaw at refrigeration  
temperature of  
41° or below.



**METHOD TWO:**  
Use cool, running  
water that is 70°  
or below. Should  
occur in less than  
two hours.



**METHOD THREE:**  
Direct to cooking  
from thawing  
or freezer.



**METHOD FOUR:**  
Direct to microwave,  
then continue  
with the cooking  
process.

*Never thaw at room temperature! Thawed portions of potentially harmful foods will support bacterial growth. Prolonged thawing at room temperature can result in*

## Thawing

Freezing food keeps most bacteria from multiplying, but it does not kill them. If food is allowed to enter the temperature danger zone of 41° F – 135° F, bacteria will grow rapidly.

# Thawing Potentially Hazardous Food

There are four acceptable methods for thawing food:

- In a refrigerator – maintains food at 41° F or less.
- Under cold running water.
- In a microwave.
- As part of the cooking process.

# Thawing – Under running water

- Completely submerged under running water
- Water temperature must not go above 70° F
- Water velocity strong enough to agitate and float off loose particles
- Thawed portions of ready-to-eat food does not reach a temperature above 41° F for more than 4 hours *including* the time the food is exposed to the running water and the time needed for preparation for cooking.



# Reheating for Hot Holding

- Potentially hazardous food that is cooked, cooled, and reheated for hot holding needs to be reheated so that all parts of the food reach a temperature of at least 165° F for 15 seconds.
- Potentially hazardous food reheated in a microwave oven for hot holding should be reheated so that all parts of the food reach a temperature of at least 165° F and the food is rotated or stirred, covered, and allowed to stand covered for 2 minutes after reheating.

# Reheating for Hot Holding



- Ready-to-eat food taken from a commercially processed, hermetically sealed container, or from an intact package from a food processing plant should be heated to a temperature of at least 135° F for hot holding.
- Reheating food for hot holding should be done rapidly. The time the food is between 41° F and the temperatures specified may not exceed 2 hours.
- Unsliced portions of meat roasts that are cooked may be reheated for hot holding using the oven parameters and minimum time and temperature required.

# Cooling – Potentially Hazardous Food

Cooked potentially hazardous food should be cooled:

- Within 2 hours from 135° F to 70° F; and
- Within a total of 6 hours from 135° F to 41° F or less.
- Potentially hazardous food should be cooled within 4 hours to 41° F or less if prepared from ingredients at ambient (room) temperature, such as reconstituted foods and canned tuna.



# Date Marking – Ready to Eat Food

- Refrigerated, ready-to-eat food prepared and held for more than 24 hours should be clearly marked to indicate the date the food must be consumed and/or discarded when held at a temperature of 41° F or less for a maximum of seven days. The day of preparation counts as Day 1, or
- Must be clearly marked when the original container is opened and if the food is held for more than 24 hours, to indicate the date or day when the food should be consumed or discarded.





# Food Storage

- Food must be stored in a clean, dry location, not exposed to splash, dust or other contamination, at least 6 inches above the floor. Food in containers may be stored less than 6 inches above the floor if on racks.
- Pressurized beverage containers, cased food in waterproof containers (bottles, cans, plastic milk containers) may be stored on a floor that is clean and not exposed to moisture.
- Frozen commercially processed and packaged raw animal food can be stored with or above frozen, commercially processed and packaged, ready-to-eat food.



# Kitchen Cleanliness & Maintenance



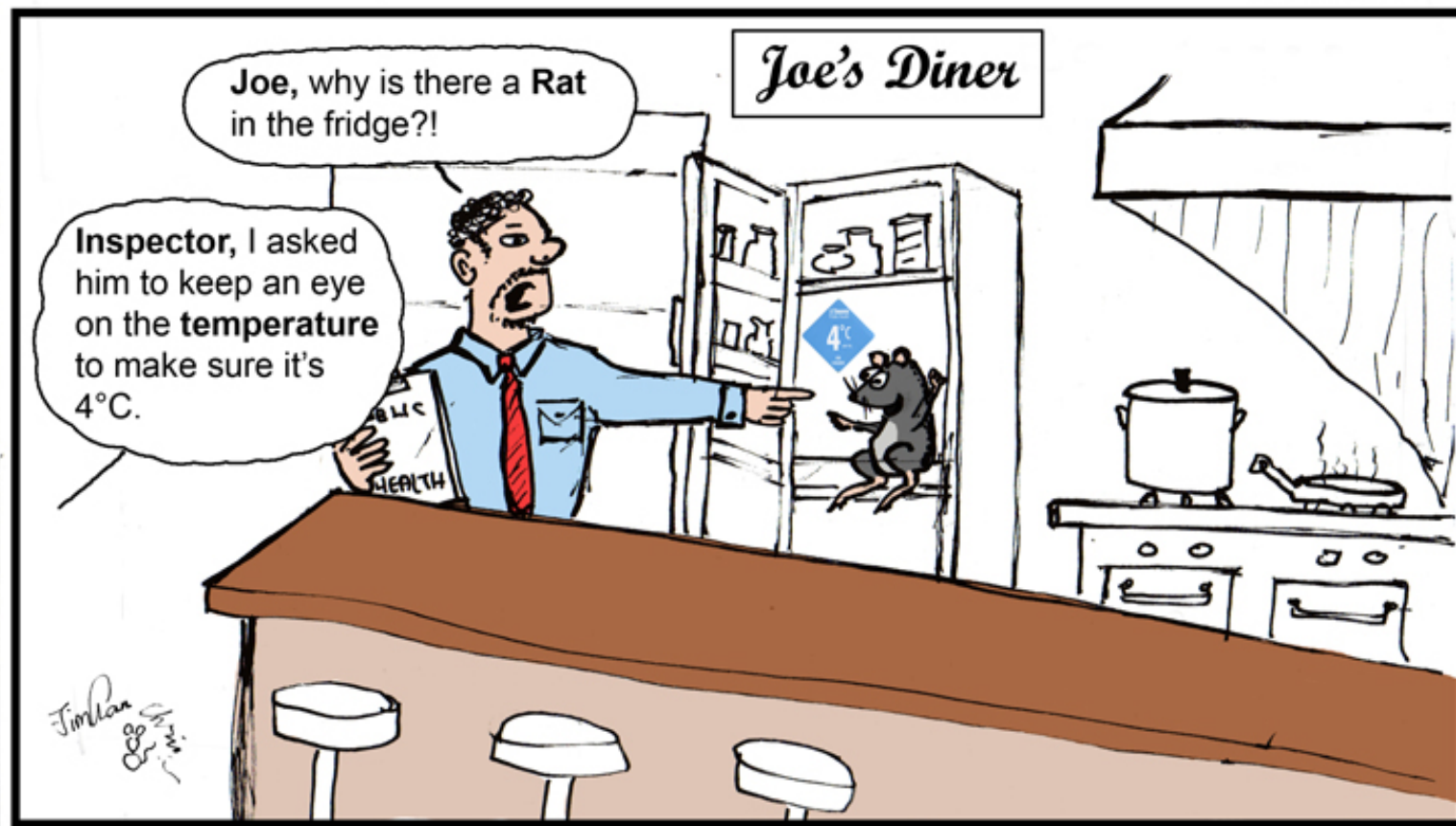
# Touring the Kitchen

Areas to observe should include:

- All refrigerators and freezers.
- The dry storage area.
- Food prep and work areas.
- Cleaning and chemical storage, janitor closet.
- Warewasher, three compartment sink, and clean dish storage areas.
- Floors, ceilings, doors, food carts, and all other kitchen equipment.

# Health Inspector's Notebook

Jim Chan - Story + Art  
Chris Chan - Layout  
chanchris.com



# Cold Storage & Frozen Food

- Is there a built in or stand-alone thermometer placed in the warmest area near the door and high up?
- Is food in the freezer frozen?
- Is there good air circulation, especially for fresh produce?
- Are shelves and floors clean and free of spills?
- Are open food containers and leftovers covered, labeled and dated?



# Dry Storage Area

- Are food cans dented or swollen?
- Is the storage area free of dust, dirt, rust, rodent droppings?
- Are containers sealed and covered?
- Are open containers or bags of food properly sealed and labeled after opening?



# Food & Nonfood Contact Surfaces



- Multiuse food-contact surfaces should be smooth, free of breaks, open seams, cracks, chips, or pits, and finished to have smooth welds and joints.
- Nonfood-contact surfaces should be free of unnecessary ledges and crevices, designed and constructed to allow easy cleaning.
- Surfaces subject to scratching and scoring should be resurfaced if they can no longer be effectively cleaned and sanitized or discarded if they are not capable of being resurfaced.



# Warewashing Machine

- Look for a readable manufacturers data plate on the warewasher indicating temperatures required for washing, rinsing, and sanitizing, and the pressure required for freshwater sanitizing rinse unless the machine is designed to use only a pumped sanitizing rinse; and
- A temperature-measuring device indicating the water temperature in each wash and rinse tank.

# Three Compartment Sink



CBC facilities that have 16 or more residents are required to have a three-compartment sink.

Staff should be able to describe what each section of the sink is used for, what solution or sanitizer is needed, if any, in each compartment, and be able to demonstrate how sanitizing testing strips are used to test the sanitizing solution.



# CORRECT DISHWASHING PROCEDURE

## The Three Sink Method

### First Sink

### Second Sink

### Third Sink

Scrape and Pre-rinse

#### **WASH**

- Use Warm Water and Detergent

#### **RINSE**

- Clean Water
- Temperature of Water NOT LOWER THAN 43°C (110°F)

#### **SANITIZE**

For at least 45 seconds using:

- Hot Water at least 77°C (170°F)  
OR
- A Solution NOT LESS THAN 24°C (75°F) of ONE of these:

100 PPM  
CHLORINE

200 PPM  
QUARTERNARY  
AMMONIUM

25 PPM  
IODINE

Air Dry and Storage

# Observe Other Areas of the Kitchen

- Kitchen Surfaces including floors, walls, and ceiling surfaces should be smooth, durable, and easily cleanable.
- Heating, ventilating, and air conditioning systems should be designed and installed so that make-up air intake and exhaust vents do not cause contamination of food, food-contact surfaces, equipment, or utensils.
- All equipment should be maintained and be in good condition.



Kitchens that did not pass inspection



# Common Floor Issues



Ceilings Can  
Also Be a  
Problem

# Handwashing, Hygiene, Hair Restraints and Gloves

# FOOD SAFETY WARNING

WASH HANDS  
**ONLY**  
IN THIS  
SINK



## Handwashing

- Kitchen staff should not wash their hands in a sink used for food preparation.
- A sign or poster notifying employees to wash their hands should be posted and clearly visible at all handwashing sinks used by food employees.
- Handwashing sinks should have soap, a dispenser with disposable towels and a garbage can next to it.

# Double Handwashing



All kitchen staff should wash their hands twice after:

- Defecating.
- Contacting or handling waste containing fecal matter, body fluids or body discharges.
- Before beginning or returning to work

The first handwashing should be done in the bathroom and again at the handwashing sink in the food preparation area.



# When to Wash

- Before, during and after food preparation.
- After touching bare human body parts.
- Using the bathroom.
- Coughing, sneezing, using tobacco, eating, drinking.
- Handling soiled equipment or utensils.
- When switching between working with raw food and working with ready-to-eat-food.
- Before donning gloves for working with food.
- After engaging in other activities that contaminate the hands.

**SPREAD  
THE LOVE  
NOT THE GERMS**



**PLEASE WASH YOUR HANDS**

# Hygiene, Hair Restraints and More

- Except for a plain ring, employees may not wear jewelry on their arms or hands while preparing food.
- Clean clothing or aprons should be worn to prevent contamination of food and equipment.
- Hair restraints must be worn to prevent the contamination of food or food contact surfaces.
- Eating, drinking or tobacco use should be in designated areas only to prevent food contamination.

# Discharge - Eyes, Nose, Mouth



Any employee experiencing persistent sneezing, coughing, or runny nose that causes discharge from the eyes, nose, or mouth may not work with exposed food, clean equipment, utensils or single-use-articles.

# Gloves – Use and Limitations



- Single use gloves are allowed, but only for one task, such as working with ready-to-eat food or with raw animal food.
- Gloves must be thrown away when damaged or soiled, or when moving to a new task.
- Slash-resistant gloves may be used to protect hands during cutting operations, but only with food that will subsequently be cooked, and must be changed if soiled or moving to a new task.
- The use of latex gloves is prohibited.

# Kitchen Inspection Resources

Kitchen Inspection resources are as follows:

- OAR 411-054-0030 – Residential Care & Assisted Living Facilities (C240)
- OAR 333-150-0000 – Food Sanitation Rules
- CBC Annual Kitchen Inspection Procedure
- CBC Annual Kitchen Inspection form

Questions?