

Waraaqda Xaqiiqooyinka Xeerka Cuntada #31

Waxa loo baahan yahay in aad ka ogaato Xeerka

WWW.HEALTHOREGON.ORG
/FOODSAFETY

**OAR 333-150-0000,
CUTUBKA 3-501.14**

Qaboojinta.

(A) Cuntada khatarta keeni karta ee la kariyay (xakamaynta wakhtiga/heerkulka ee badqabka cuntada dartiis) waa in la qaboojiyaa:

(1) 2 saacadood gudahood ayada oo laga bilaabay 57°C (135°F) lana gaarsiinayo 21°C (70°F);^P iyo

(2) Guud ahaan 6 saacadood laga bilaabo 57°C (135°F) ilaa 5°C (41°F) ama ka yar.^P

(B) Cuntada khatarta keeni karta (xakamaynta wakhtiga/heerkulka badqabka cuntada dartiis) waa in la qaboojiyay 4 saacadood gudahood lana gaarsiyo 5°C (41°F) ama ka yar haddii lagu diyaariyay waxyaabaha kujira heerkul jawiga markaas jira, sida cuntooyinka dib loo sameeyey iyo tuna-ha gasacadeysan.^P

SABABAH LA XIRIIRA CAAFIMAADKA BULSHADA:

Qaboojinta ammaanka ah waxay u baahan tahay ka saaridda kulaylka cuntada si dhakhso ah si looga hortago koritaanka nooleyaasha cudurka keenaya. Wakhtiga xad-dhaafka ah ee qaboojinta cuntooyinka khatarta keeni karta (xakamaynta wakhtiga/heerkulka badqabka cuntada dartiis) waxaa si joogto ah loo ogaaday in ay kamid tahay waxyaabaha ugu horeeya ee ka qaybqaadanaya cudurka cuntada ka dhasha. Inta lagu jiro qaboojinta tartiibta ah, cuntooyinka khatarta keeni kara (xakamaynta wakhtiga/heerkulka badqabka cuntada dartiis) ayaa waxa ku iman kara koritaanka jeermisyada nooleyaasha ilma-aragtada ah oo kala duwan. Haddii cuntada aan loo qaboojin si waafaqsan shardigaan sharciga ah, jeermisyada ayaa laga yaabaa in ay ku koraan ayaka oo tiro badan ah si ay u sababaan cudurka cuntada ka dhasha.

Haddii talaabada karinta kahor inta aan la qaboojin ay ku habboon tahay wax dib u wasakhaw ahna aysan dhicin, dhammaan nooleyaasha marka laga reebo nooleyaasha duleelada sameeya sida Clostridium perfringens ama Bacillus cereus ayaa loo baahan yahay in la dilo ama laga dhigo kuwo aan shaqaynayn. Si kastaba ha ahaatee, marka la eego xaaladaha fayadhowrka ee ka hoosaysa caadiga, jeermisyada kale sida Salmonella ama Listeria monocytogenes ayaa dib usoo laaban kara. Sidaa darteed, shuruudaha qaboojinta waxaa lagu salaynayaa dabecadaha koritaanka ee noolaha ku badbaadi kara ama noqon kara wasakheeye kaddib karinta si dardar lehna ugu kori kara xaaladaha aan heerkulka sidii loogu tala galay loogu isticmaalin.

Qaboojinta

Qaboojinta aan saxda ahayn waa mid kamid ah sababaha horkacaya cudurka cuntada laga qaado. In cuntada si dhakhso ah loo karkariyo waxay muhiim u tahay in bakteeriyada laga hortago in aysan ku korin cuntada inta ay kujirto aagga khatarta ah (41°F-135°F).

Cuntada waa in la qaboojiyaa laga soo bilaabo 135°F illaa 70°F labada saacadood ee ugu horaysa kadibna laga hoos mariyaa 41°F wadar ahaan lix saacadood laga bilaabo hanaanka qaboojinta.

Waa kuwaan qaababka ugu wanaagsan ee si dhakhso ah cuntada loogu qaboojiyo:

- Ku ridista cuntada bir-daawooyin go-dan
- U kala saaridda cuntada qaybo yaryar ama dhuudhuuban (sida: hilibka shiilan ee balaaran)
- Isticmaalka qalabka aadka wax u qaboojiya sida qalabka barafka
- Ku walaqididda cuntada weel lagu riday weel ay biyo baraf ah kujiraan oo miiska ama qasabaddaada diyaarinta cuntada yaala
- Ayada oo la isticmaalayo weelasha (sida mid bir ah halkii mid caag ah la isticmaali lahaa) kaasoo fududaynaya gudbinta kulaylka
- Ku darista barafka si uu qayb kamid ah ugu noqdo (sida: digir la shiilan, mar-aq)

Cuntada la qaboojinayo waa in aan la daboolin ama daboolka dhinac laga saaraa lagana ilaaliyaa wasakhda kor ka imaanaysa. Qaybta kore ee qaboojiyaha weyn waxa ay noqon kartaa goob cuntada in lagu qaboojiyo ku wanaagsan. Xaqiiji in aad weelasha meel dhigto ayada oo meel bannaani u dhexayso marfishka korkiisa oo ha isdulsaarsaarin, taasoo kulaylka ku hayn karta gudaha.

Waa muhiim in la cabiro heerkulada cuntada aad qaboojinayso iyo wakhtiga ay qaadanayso si aad u ogaato in qaabkaaga wax qaboojintu shaqaynayno.

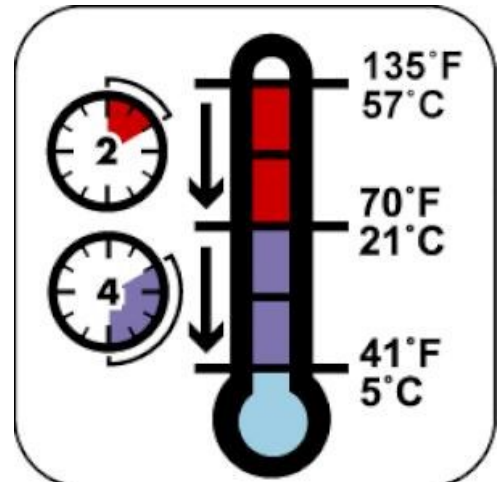
Ka taxaddar cuntooyinka ka samaysan waxyaabaha ah heerkulka caadiga ah, sida tuna-ha la gasacadeeyay, pico de gallo cusub, iyo saladka baradhada. Cuntooyinkan waxay u

baahan yihiin in la dhigo islamarkiiba qaboojiyaha weyn (lama dhigayo qaybta sare ee diyaarinta) kaddib marka la diyaariyo sidii si sax loogu qaboojin lahaa heerkul ka hooseeya 41°F 4 saacadood gudahood

Ku qaboojinta Qaybaha Cuntada ee Wareega

Qaybaha cuntada ee wareega waxaa laga yaabaa in aysan qaboojin cuntooyinka khatarta keenaya (PHF) in ay waafaqsan yihiin mid kamid ah xaaladaha soo socda maahane:

- Cuntada waxaa lagu qaboojinayaa maqaaxi ku taalla saldhig milatari ama xabsi oo shati haysata;
- Qalab wax lagu qaboojiyo oo ganacsi in la siiyay qaybta; ama
- Hanaan qaboojin oo qoraal ah loo diyaariyay si hormaris ah kaasoo uu diyaariyay qofka ku shaqaynaya ayna aqbashay wakaaladda maamulku kahor inta aan cunto qaboojin laga samayn qaybta. Qofka u xilsaaran waa in uu ilaaliyaa diiwaanada qaboojinta uuna diiwaangaliyaa cabirada heerkulka si loo qoro in cuntada si sax ah loo qaboojiyay. Diiwaanada qaboojinta waa in lagu ilaaliyaa goobta ilaa 90 maalmood ayna diyaar ahaadaan si dib u eegis loogu sameeyo inta lagu jiro kormeerada
- Qaybaha cuntooyinka guurguura ee shatiga la siiyay kahor Febraayo 1, 2020 waa in ay buuxiyaan shuruuddaan ugu danbayn Luulyo 1, 2020.



Copyright © International Association for Food Protection

