



# SERVING UP FOOD SAFETY

From The Food Protection  
Management Program (FPM)  
Texas A&M AgriLife Extension  
Service

## SPRING 2018

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### TFER FAQ

#### Does milk have to be date marked?

Milk is a commercially processed ready to eat time/temperature control for safety (TCS) food and must be date mark at the time the original container is opened.



#### Is a variance necessary for establishments that process deer meat for individuals?

Yes, a variance would be necessary for an establishment that processes deer meat for individual customers. The deer meat can not be sold or served in the establishment.

#### What are the names of some approved sanitizer/detergents?

DSHS does not currently maintain such a list. A list of approved sanitizers can be found in 21 CFR 178.1010 and also can be found on the Environmental Protection Agency (EPA) website: [www.epa.gov](http://www.epa.gov). Sanitizers are regulated as pesticides.

If you want the a copy of the Texas Food Establishments Rules (TFER), go to Chapter 228 2015 TFER: <http://dshs.texas.gov/foodestablishments/laws-rules.aspx>

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## Understanding What May Have Gluten

Many people think of wheat, when they think of gluten but gluten is in other grains as well. When customers ask food employees about foods that may contain gluten, make sure your staff is informed. **Some grains that contain gluten are: wheat (including varieties such as spelt, kamut, farro, and durum), couscous, barley, rye, and triticale, just to name a few.**

But what is extremely important to remember is to read labels. Also understand the difference between allergen and gluten labeling, it can be confusing because wheat is an allergen but it also contains gluten. Your employees might think they know what ingredients are in a food product or what it is made of but they need to be sure. For example vinegar or malt extract can contain gluten because they may derived from one of those sources. Furthermore, some plants are processing gluten-free grains and grains that contain gluten and some packages might say "*Processed on Shared Equipment*" but these statements are not required or regulated by the FDA. If you are or your employee are unsure of what the labeling on the package means, refer to the company's or manufacturer's website or call their customer service helpline.

When information is needed it is best to be cautious and find out the facts. No matter if finding out about gluten or allergies, a person's health or life may depend on it!

For more information go to:

<https://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/allergens/ucm362510.htm>

Source: Food Safety Magazine Dec/Jan 2018 issue

Article by: Julie Prouse

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## E. Coli in Cut Leafy Greens

According to previous CDC estimates, each year roughly 1 in 6 Americans or 48 million people get sick, 128,000 are hospitalized, and 3,000 deaths occur from foodborne illness

### What is E.coli?

E. Coli (*Escherichia coli*) is a bacterium that is often found in the intestines of warm blooded animals or people. Some types of E. Coli are harmless while others can make a person very sick. E. Coli can make a toxin called Shiga. This toxin is very harmful often causing abdominal cramps, vomiting, fever, and bloody diarrhea. It is also the leading cause of acute kidney failure in children.

### Why are cut leafy greens often associated with E.Coli outbreaks?

A report done by the CDC estimated that about 1 in 5 illnesses were linked to leafy greens. Leafy greens are grown on the ground, subject to potentially contaminated waters, animal waste, pathogens in the soil etc. Also workers hygiene could play a role in the transmission of harmful pathogens as well as contamination later in the food chain in the kitchen or at a restaurant.

### How to protect yourself and customers.

To help prevent E. coli or any other foodborne infection, it is recommended to wash your hands thoroughly before and after preparing and eating food. Additionally, clean and sanitize counters, wash cutting boards and utensils after they touch raw meat to avoid contaminating other foods. Finally, avoid preparing food when you are sick, particularly if you are sick with fever, diarrhea, vomiting, or have other symptoms associated with foodborne illness.

If you are concerned that you might have an E. coli infection or any foodborne illness, please seek medical care.



Source: <https://www.cdc.gov/foodborneburden/attribution/index.html>

Article by: Rebecca Dittmar

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### Upcoming Food Protection Management Course

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