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**This newsletter can be found
on the SafeFood web site.**

Check it out at:

<http://www.ext.colostate.edu/safefood/newsltr/menunews.html>

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SAFE FOOD NEWS

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ENJOY FISH SAFELY DURING PREGNANCY

by
Patricia Kendall, PhD, RD

You are what you eat, and during pregnancy, what you eat can have a large impact on the healthy development of your unborn baby. The best diet during pregnancy includes a balance of healthy meals and snacks, with special emphasis on vegetables and fruits, whole grains, low-fat dairy products and lean nutrient-dense sources of protein and long-chain omega-3 fatty acids.

Fish and seafood are one of our most nutrient dense sources of protein and the best dietary source of long-chain omega-3 fatty acids. The omega-3 fatty acid docosahexaenoic acid (DHA) is especially important for the healthy development of the unborn baby's brain. Unfortunately, it's often consumed at lower than recommended levels by most Americans. Research has shown that consuming optimum levels of DHA during pregnancy has a positive impact on the development of the newborn's visual, motor, cognitive and behavioral skills, and that the impacts may last into childhood and beyond. If this isn't enough reason to include fish in the diet during pregnancy, higher DHA intakes during pregnancy also have been shown to reduce the risk of pre-term labor and help avoid postpartum depression.



Like all good things in the diet, too much is not a good thing. Nor, is eating fish raw or under cooked.

Moderation, variety and cooking are the keys to enjoying the benefits fish has to offer you and your unborn baby.

- **Moderation.** You only need to eat fish two to three times per week to get all the DHA needed to promote a healthy pregnancy. This amount also fits well with the Food and Drug Administration's

recommendation to limit fish consumption to 12 ounces per week to minimize exposure to methyl mercury. The most commonly eaten fish in the U.S., shrimp, canned tuna, salmon, pollock, catfish, tilapia, crab, cod, clams and flatfish, are all considered naturally low in mercury. The only species that the FDA warns against eating because of possible higher mercury levels are swordfish, shark, king mackerel and tilefish. Because white albacore tuna may contain moderate levels of mercury, it's recommended that tuna lovers eat just six ounces of white albacore tuna per week. Moderation also means paying attention to advisories about fish caught in local waters.

- **Variety.** Cold water, oily fish, such as salmon, tuna, herring, mackerel, sardines, anchovies and whitefish, are our best dietary sources of DHA. Shellfish also provide some DHA. If fresh fish seems too high priced, consider canned fish, such as tuna, pink salmon and sardines. Choosing a variety of fish and fish recipes not only adds spice to your life, it also increases your cooking repertoire.
- **Cook and/or reheat.** When it comes to fish and pregnancy, the words to remember are cook and/or reheat. Raw fish often harbor parasites, bacteria and viruses. None of these belong in a pregnant woman's body. Not only can they make you sick, but they can also harm your unborn child, resulting in miscarriage or a baby born with complications. Fish is "cooked" and safe to eat when it flakes with a fork, or reaches 145 degrees Fahrenheit. Cook live oysters in boiling water for three to five minutes after the shells open. Be careful not to put too many oysters in the cooking pot at once, as the ones in the middle may not get fully cooked. Also, discard any oysters that don't open during cooking.

Finally, be sure to reheat to steaming hot or 165°F any refrigerated, smoked seafood before eating. This type of fish is often sold refrigerated in the deli section of the grocery store and may be labeled as lox, nova style, kippered or jerky. The processing done during the cold smoking of fish is not sufficient to destroy the bacteria *Listeria monocytogenes*, which if eaten could be passed to the unborn child and cause miscarriage or other health problems. Canned or shelf-stable forms of smoked seafood are safe to eat

as are any smoked fish used as an ingredient in a meal that has been cooked, like a casserole.

Sources:

Innis SM, Friesen, RW. 2008. Essential n-3 fatty acids in pregnant women and early visual acuity maturation in term infants. *AJCN*. 83:548-57.
FDA/EPA. 2004. What you need to know about mercury in fish and shellfish. Available at: <http://www.cfsan.fda.gov/~dms/admehg3.html>. Accessed 9/3/08.
Hoyle E. 1999. Safe handling of fish. *Clemson Extension Bulletin HGIC 3509*. Available at: <http://hgic.clemson.edu/pdf/hgic3508.pdf>. Accessed 9/3/08.

SAFETY OF COLD SMOKED SALMON

by Janice Brown,

CSU Food Science Graduate Student

Approximately 50% of farm reared Atlantic salmon reaches the consumer as a cold-smoked product. Many of us love the taste of smoked salmon and consider it a delicacy. However, not many of us have thought about the delicacy of the processing methods used to produce this product.

In the cold smoking process, fish are held at temperatures ranging from 20 to 30°C/68 to 90°F for less than 24 hours (AFDO, 1991). The "less than" inference can mean anywhere from less than 6 hours to less than 24 hours depending on the temperature of the smoker and the desired product. Under the Hazard Analysis and Critical Control Point (HACCP) program, a critical control point is a point or process at which the organism of concern is eliminated, or a combination of preserving factors can guarantee that growth of the organism does not occur. To insure the safety of cold-smoked salmon, these critical control points have been identified:



- **Receiving raw materials:** salmon can be fresh caught or frozen. To reduce the risk of potential parasite contamination, frozen is recommended, along with correct procedures for thawing.
- **Brining:** a liquid brine solution must be used to produce a final salt content of between 3.5 to 5%. This critical step has specific procedures that must be followed, including the use of fresh brining

solutions to avoid contamination of the fish with salt tolerant microorganisms like *Listeria monocytogenes*. An injection procedure or bath procedure for brining can be used.

- Draining: this step is critical due to potential cross-contamination if drying hooks or draining areas are not kept clean.
- Cold smoking: fish must be of uniform size and shape and arranged to allow for uniform smoke absorption, heat exposure, and dehydration. Smoke can be generated, or a liquid smoke used or a combination of both. Temperatures of smoking should not exceed 90°F (32°C) for more than 20 hours, not exceed 50°F (10°C) for more than 24 hours, or not exceed 120°F (49°C) for more than 6 hours.
- Cooling: cooling to 50°F (10°C) within 3 hours and to 37-38°F (3.0-3.3°C) within 12 hours.
- Packaging: either air packaged or vacuum packaged. Air packaging must contain 2.5% WPS (water phase salt content).
- Storage and shipping: temperatures of 37-38°F (3.0-3.3°C) must be adhered to as any deviation will compromise both the safety and quality of the smoked product.

Like other ready-to-eat meats, the organism of concern for cold smoked salmon is *Listeria monocytogenes*. Listeriosis is a severe but uncommon infection caused by *Listeria monocytogenes* and has been a nationally notifiable disease since 2000. Listeriosis is primarily foodborne and occurs most frequently among persons who are older, pregnant, or immunocompromised. The reduction of *L. monocytogenes* to the lowest possible levels must rely on prerequisite programs adhering strictly to Good Hygienic Practices (GHPs) and Good Manufacturing Practices (GMPs). Focus must be on education of staff, cleaning and sanitation, redesign of equipment, and proper flow and separation in the processing plant. The prevalence of *L. monocytogenes* can be dramatically reduced in a smoke house by strictly adhering to GMPs and targeting spots where the organism had been found to reside with appropriate cleaning and disinfection procedures. Special attention to brining, injection needles and slicing equipment must be a priority. Other methods of preservation that have been found to inhibit *L. monocytogenes* include the following:

- 1) Extended frozen storage; 2) Carbon dioxide; 3) Nitrite;
- 4) Lactate; 5) Sorbate; 6) Bacteriocins; 7) Background microflora; and 8) High Pressure Processing.

Cold smoked salmon is considered safe for healthy, non-immune compromised persons; however, as with other raw or semi-raw meat products, it is risky for pregnant women, the frail elderly and others with compromised immune systems due to disease or medical therapy. Many countries, including the U.S., recommend these groups avoid cold smoked fish. The shelf life of smoked salmon is very short, one to two weeks in the refrigerator and about one month in the freezer. Storage time is another critical factor in the proliferation of *L. monocytogenes*.

Sources:

- CDC. 2004. MMWR. Summary of notifiable diseases. Available at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5353a1.htm>
- FDA/CFSAN. Processing parameters needed to control pathogens in cold smoked fish: Potential hazards in cold-smoked fish *Listeria monocytogenes*. Available at: <http://www.cfsan.fda.gov/seafood1.html>.
- US FDA. FDA Extends Nationwide Health Alert on Mama's and King Salmon Brands of Smoked Salmon Products – 2005.
- US FDA. Enforcement Report – 2002, 2003, 2004, 2005. <http://www.fda.gov/bbs/topics/enforce/2002/ENF00728.html>.
- AFDO, Association of Food and Drug Officials. 1991 June. Cured, salted and smoked fish establishments good manufacturing practices [model code]. [York (PA)]: Association of Food and Drug Officials. 7p.
- Lakshmanan R, Piggott JR, Paterson A. 2003. Potential applications of high pressure for improvement in salmon quality. Trends in Food Science & Technology. 14:354-363.
- CDC. National Ag Safety Database. Food Storage for Food Safety and Quality. <http://www.cdc.gov/nasd/docs/d000001-d000100/d000066/d000066.html>.

SPOILAGE IN CANNED FOOD PRODUCTS **by Stephanie Hoffman,** **CSU Food Science Graduate Student**

The safety of commercially canned foods is generally not of concern to consumers, but recent national recalls of canned chili products and institutional-size cans of vegetables due to potential contamination with *Clostridium botulinum* is a reminder that store-bought canned goods can be implicated in foodborne illness outbreaks. These were the first recalls of commercially canned foods in the U.S. linked to botulism in 33 years and improper processing that allowed the survival of *C. botulinum*

spores appears to have been the cause. Home canners and commercial manufacturers both rely on time-tested processes to insure the inactivation of this deadly microorganism. Proper cooking temperatures, times and pressure, along with well-maintained equipment are all necessary to prevent the survival of *C. botulinum*.

How can consumers help protect themselves? One important way is to look for signs of spoilage and to immediately discard any canned foods that are suspected of being spoiled.

Here are the terms used in the industry to describe canned foods with signs of spoilage:

- **Soft Swell:** A can that is bulged on both ends, but not so tightly that the ends can't be pushed in somewhat with a thumb press.
- **Hard Swell:** A can that is so tightly bulged on both ends that the ends can't be pressed in. A can with a hard swell will generally "buckle" before it bursts.
- **Flipper:** A can whose end normally looks flat, but "flips out" when struck sharply on one end.
- **Springer:** A can with one end bulged out. With sufficient pressure, this end will flip in, but the other end will flip out.
- **Leaker:** A can with a crack or hole in the container that has caused leakage.

Flipper and **Springer** cans do not always indicate microbial spoilage, but are often an indication of contamination. Soft swells, hard swells and leakers usually do represent microbial spoilage but can sometimes be caused by chemical reactions. As always, do not purchase or consume canned food products that are bulging or have packaging that appears compromised in any way. It's always better to be safe than sorry!

Sources:

CDC, MMWR, July 30, 2007, Botulism Associated with commercially canned chili sauce – Texas and Indiana, July 2007. 56 (Dispatch): 1-3.
FDA/CFSAN. 2001. Chpt. 21A. Examination of Canned Foods. Bacteriological Analytical Manual Online.
<http://www.cfsan.fda.gov/~ebam/bam-21a.html>. Accessed 9/3/2008.
Kendall, P. 2006. Botulism. CSU Extension Fact Sheet 9.305.



HIGHLIGHTS & UPDATES

UPDATE:

SALMONELLA SAINTPAUL OUTBREAK ASSOCIATED WITH PEPPERS AND TOMATOES

What started out on May 22, 2008 with the New Mexico Department of Health notifying CDC about four persons infected infected with the same strain of *Salmonella* Saintpaul grew over the summer months to the largest outbreak of salmonellosis in the past decade. When the CDC finally declared the outbreak over in late August, 1,442 persons in 43 states (17 from Colorado) had been reported to have been infected with the outbreak strain. Of these, 286 persons had been hospitalized and the infection contributed to two deaths.

The outbreak is now being associated with multiple raw produce items, with jalapeno peppers as the major transmission vehicle, followed by Serrano peppers and possibly tomatoes early in the outbreak. The FDA was able to trace back the outbreak strain to produce distributors in Texas who received peppers and tomatoes from Mexico. They were also able to isolate the outbreak strain in samples of Serrano peppers and irrigation water from one of the farms that provided produce to the Texas distributor. In addition, the Colorado Department of Public Health and Environment was able to isolate the outbreak strain from a jalapeno pepper collected from a household of a Coloradan who developed the illness. All of these were important breakthroughs in being able to identify the culprits in the outbreak.



Other than being so large, there are several factors which make this outbreak an important event, and one that may change how we look at food production and foodborne illness in the future. First, while raw produce has often been associated with foodborne illness outbreaks in the past, this is the first time jalapeno and Serrano peppers have been implicated. Also, outbreaks associated with *Salmonella* Saintpaul have been quite rare until now. Finally, the patient age demographics are concerning. The outbreak affected persons from less than one to 99 years, with

the highest incidence among persons between the ages of 20 and 29 years, and the median age being 33 years. Was this because “20-somethings” eat more jalapeno and Serrano peppers than older adults, or do we have an unusually virulent pathogen on our hands? Only time will tell.

For information on safe processing of chile peppers, go to CSU’s *Processing Chile Peppers* at http://www.ext.colostate.edu/pubs/foodnut/chili_pepper.pdf

Sources:

- CDC. 2008. Outbreak of *Salmonella* Serotype Saintpaul Infections Associated with Multiple Raw Produce Items - United States, 2008. MMWR 57(34)929-934. Available at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5734a1.htm>
- CDC Investigation of Outbreak of Infections Caused by *Salmonella* Saintpaul. 2008. Available at: <http://www.cdc.gov/salmonella/saintpaul/>
- FDA *Salmonella* Saintpaul Outbreak. 2008. Available at: <http://www.fda.gov/oc/opacom/hottopics/tomatoes.html>

COUNTRY OF ORIGIN LABELING

Country of origin labeling (COOL) has been in effect for fish and shellfish since 2004 and on September 30, 2008, the program will expand to include muscle cuts and ground beef (including veal), lamb, chicken, goat, and pork; perishable agricultural commodities (fresh and frozen fruits and vegetables); macadamia nuts; pecans; ginseng; and peanuts. These commodities must be labeled at retail to indicate their country of origin. The rule, which was included in the 2002 and 2008 Farm Bills, will not apply to commodities produced or packaged before September 30, 2008. Processed products that have undergone a physical or chemical change, like cooking or curing, or that have been combined with other food components, chocolate for example, are excluded from COOL labeling. This rule applies to grocery stores and similar retail businesses but food service establishments, such as restaurants, lunchrooms, cafeterias, food stands, bars, and lounges are exempt from these mandatory labeling requirements.

Source:

- USDA, United States Department of Agriculture Takes Action on Mandatory Country of Origin Labeling, July 29, 2008: <http://www.ams.usda.gov/COOL>.

2007 REPORTED FBIS IN COLORADO

The Colorado Department of Public Health and Environment provides yearly statistics for over 60 diseases, including a number of illnesses usually associated with food. The statistics go back to 1998 and are reported by age group, county and report month.

The numbers of cases of these reportable foodborne illnesses confirmed in Colorado for 2007 were:

- Campylobacter* (817)
- Salmonella* (563)
- STEC (shiga toxin producing *E. coli*) (154)
- Shigellosis (123)
- Listeriosis (11)
- Botulism, Foodborne (4)

Source:

- Colorado Department of Public Health and Environment, Colorado Reportable Disease Statistics, available online at: <http://www.cdph.state.co.us/dc/CODiseaseStatistics/index.html>

IN THE NEWS

THE HEALTHY GROWN LABEL: HEALTHY FOOD AND HEALTHY LAND

Check it out! Eco labeling is a new certification program similar to the organic label, but goes beyond the organic concept by reflecting new land management practices for the entire farm ecosystem, including non-crop lands. Developed in 2006 by a team of Wisconsin scientists, growers and environmentalists with funding from USDA CREES, the protocol for certification uses the “Healthy Grown” label to inform consumers that food has been grown following specific environmental standards and practices to ensure ecosystem health. Additionally, within the broader ecosystem, this program will increase the presence of beneficial insect species, alternative pest control practices and environment biodiversity. The article is available at http://www.csrees.usda.gov/newsroom/impact/2008/ri/06261_healthy_grown.html.

MEAT SAFETY: WASHING AWAY *E. COLI* O157:H7

Researchers with the Agricultural Research Service (ARS) have developed a successful hide washing system for beef cattle prior to slaughter. The process has decreased the incidence of pathogenic *E. coli* in ground beef by over 40% in those processing plants that have adopted the technology. The hide-washing system works by using a high-pressure-water wash to remove excess organic matter from the cattle's hides, then spray the hides with an antibacterial compound. The USDA estimates the beef industry is saving millions of dollars each year by having fewer positive samples and thus fewer products to discard. An article on the process is available at <http://www.ars.usda.gov/is/AR/archive/oct06/beef1006.htm>.

BISPHENOL A AND PLASTICS: THE CONTROVERSY OF SAFETY CONTINUES

When it comes to questions about the safety of plastic food and beverage containers, there is no easy answer. Questions about the safety of baby bottles, single-use water bottles, and reusable plastic containers are routinely posed to food safety educators. And that is understandable – these items are used by many consumers on a daily basis. It has been reported that bisphenol A, an industrial chemical used in the manufacture of polycarbonate plastics, was detected in the urine of over 92% of 2,517 study participants.

Fortunately, there are a number of good resources with information on this subject:

- The Johns Hopkins Bloomberg School of Public Health website provides answers to a number of frequently asked questions about bisphenol A and gives a good overview of the issue: http://www.jhsph.edu/publichealthnews/articles/2008/goldman_schwab_bpa.html
- The National Toxicology Program (NTP) released a draft Brief on bisphenol A on April 15, 2008 and the full draft, as well as summaries of the conclusions, are available on The Nutrition Action website: <http://www.cspinet.org/nah/bpa.html>.

Source: Calafat, A., X. Ye, L. Wong, J. Reidy, & L. Neeham. Exposure of the U.S. Population to Bisphenol A and 4-tertiary-Octylphenol: 2003-2004. *En. Health Perspectives* Vol. 116(1), Jan. 2008.

IRRADIATION APPROVED FOR ICEBERG LETTUCE AND FRESH SPINACH

On August 22, 2008, the FDA published a final rule allowing the use of irradiation of certain leafy greens. The specific foods affected by the final rule are loose, fresh iceberg lettuce, fresh spinach, and bagged iceberg lettuce and spinach. Irradiation is the process of treating products with a measure dose of radiation to kill pathogenic microbes such as *Salmonella* and *E. coli*. However, the impact of irradiation on quality, safety, and nutritional content of various food products continues to be a subject of debate.

Other foods currently approved for irradiation are red meat, spices, poultry and molluscan shellfish. The FDA requires that foods that have been irradiated bear the “radura” logo along with the statement “treated with radiation” or “treated by irradiation.” Information on final rule is available at www.fda.gov/consumer.

NEW USDA LISTINGS ON RECALLED PRODUCTS

Until now, consumers had no way to know if meat and poultry products in their home could be those linked to products recalled from the supermarkets. As of this August, the USDA has begun listing retail stores that receive meat and poultry products involved in Class 1 recalls, those which pose the greatest threat to public health, on their website. Knowing the identity and location of retail stores linked to recalled products can help consumers know if they need to be on the lookout for recalled meat and poultry from their local store.

Compiled by FSIS personnel, postings to the FSIS website are shared with state and local public health officials where the retail stores are located. This will improve consumers' ability to identify and discard or return the products they may have purchased by checking the list of stores and locations. To reach the site, go to <http://www.fsis.usda.gov> and click on “FSIS Recalls.”



QUESTIONS YOU ASKED

Can commercial spaghetti sauce jars that look like canning jars (stamped with Atlas or Mason) be reused for canning?

No, a coating is applied to these jars to reduce scratching and scuffing and if the coating is scratched, the jar becomes weaker at this point and can more easily break. This would increase the risk of the jar breaking when used for canning. Also, the lighter weight of these jars could make them unsafe for home canning.

Source: <http://www.classico.com/flavors/faqs.aspx>

If CSA (Community Supported Agriculture) members get together and pickle, water-bath, or pressure can their shares of fresh produce, can jars be distributed to other members?

CSA members canning together are taking part in the process and it is okay for them to take home jars of canned goods, but they should not be distributed to CSA members or anyone else that did not participate.

RESOURCES

FSIS Launches Food Safety Education Video-Casts in American Sign Language

On June 26, 2008, the USDA's Food Safety and Inspection Service (FSIS) issued a news release announcing it has launched a series of video-casts translated into American Sign Language (ASL) designed to inform deaf and hard-of-hearing consumers about foodborne illness and raise the level of awareness of the dangers associated with improper handling and undercooking of food. FSIS is the first agency within the Department of Agriculture to provide this type of service to consumers.

To read this new release in its entirety, go to: http://www.fsis.usda.gov/News_&_Events/NR_062608_01/index.asp.

To view the sign videos directly, go to: http://www.fsis.usda.gov/News_&_Events/SignFSIS/index.asp.

Food Allergy Awareness and Training for Restaurant Employees

In recognition of the National Food Safety Education Month this September, restaurant and foodservice professionals are urged to participate using this year's theme "**Take Action to Prevent an Allergic Reaction.**" A series of 5 downloadable training posters to teach concepts to food workers include these topics: the six most common allergens, communicating with the customer, preventing allergic reaction, symptoms of allergic reactions and what to do when a mistake happens. For additional information, visit The National Restaurant Association Educational Foundation (NRAEF) Web site at: <http://www.servsafe.com/nfsem/>.

R-U- Sick-2? Foodborne Illness Reporting Site

Michigan State University, with support from Michigan Department of Community Health, Michigan Department of Agriculture, and the National Food Safety & Toxicology Center, hosts a website accessible via ReportFoodPoisoning.com or, the more descriptive link, <https://rusick2.msu.edu/>. A victim of foodborne illness can log on and report details of their illness, such as symptoms, date of onset, recent non-food exposures, and a four-day food history. This information can be used by health departments to identify outbreaks and possibly prevent others from getting sick. There is no cost and it is set up to help you recall recently consumed food items. Consent is required before data is shared with local health departments. If you would like to test this website, go to <https://rusick2.msu.edu/>, click "Begin new Report Here" and enter "Testing Only" as your home state and city of residence.

Tips for Traveling Abroad

A new fact sheet is available on the FDA Consumer Health Information webpage to help consumers stay healthy when traveling abroad. Topics covered include everything from medications, altitude considerations, and mosquito-borne diseases to safely choosing foods and beverages. To download, go to http://www.fda.gov/consumer/updates/travel_health062308.pdf. Persons also interested in receiving regular consumer updates can sign up for free email subscriptions at www.fda.gov/consumer/consumerenews.html.

New Consumer Food Safety Video Clips

The IFIC Foundation has created a series of 5 minute videos to help consumers know when food has gone bad and is no longer safe to eat. The videos feature Christine Bruhn, PhD, Director, Center for Food Safety Research at the University of California, Davis, CA. In the videos, Dr. Bruhn provides practical and visual information to help determine when foods such as bread, dairy products, leftovers, and even pantry items have gone bad. By following the recommended consumer guidelines as well as remembering to wash, cook, separate, and chill, consumers will have the tools to help reduce the risk of all unwanted foodborne illness. To view the clips, go to <http://www.ific.org/videos/askanexpert/bruhn.cfm>.

COMING EVENTS

SAVE THE DATE!

The annual Rocky Mountain Food Safety Conference will be held a second year at the Wildlife Experience in Parker, Colo., on May 5 and 6, 2009. Registration information will be posted as it becomes available at www.rmfoodsafety.org. Stay tuned for more information in the next *SafeFood News*.

SERVSAFE® TRAININGS

Northern Region

<i>Date</i>	<i>Location</i>	<i>Intended Audience</i>	<i>Fee</i>
10/01/08 8-530p	Sterling, CO	Mgrs Certification Training (< 30 days prior)	\$85 \$100
11/12/08 130-6p	Sterling, CO	Food Handler Training (<2 weeks prior)	\$25 \$40

Contact: Joy Akey (970) 332-4151

Western Region

<i>Date</i>	<i>Location</i>	<i>Intended Audience</i>	<i>Fee</i>
10/22/08 8 – 530p	Eagle County	Mgrs Certification Training	\$105 - \$115

Contact: Glenda Wentworth (970) 328-8632

ADDITIONAL FOOD HANDLER TRAININGS

Larimer County Food Safety Works Program – Food Handler Training Fee: \$25

Contact Edie McSherry, (970) 498-6008, at the Larimer County Extension office for dates and locations of English and Spanish food handler trainings.

Jefferson County - Excellence in Food Safety training course. *Phone:* 303-271-5765; *Email:* copp@jeffco.us.

This newsletter was prepared by Food Science & Human Nutrition Extension Specialists:

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