



# Voyager

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## 2014-2015

### NENY CASA

#### Officers and Executive Board

President - David Nicholas: NYS Health Department

Vice President - Nichola Miller: Albany County Health Department

Secretary-Treasurer—Marianne Stone: Albany County Health Department

Executive Board Rep. - Erin Sawyer: NYS Dept. of Agriculture & Markets

#### Executive Board Members

Tara Becker: Columbia County Health Department

Marcia Galka: Schenectady County Health Department

Sharon Pretel: NYS Dept. of Agriculture and Markets

Dominick DiCarlo: Schenectady County Health Department

Erin Lockhart: NYS Dept. of Agriculture and Markets

Associate Board Representative: Vacant

## CASA Executive Board Report - Erin Sawyer

I can't believe that we are quickly closing out first CASA meeting was held.

another year. Things are very busy all over, but especially so as the CASA Board prepares for the 2015 Annual Educational and Training Seminar. This 99<sup>th</sup> Annual Educational and Training Seminar will be held in Virginia Beach April 20-23, 2015. The agenda is set and we look forward to presentations on GMO's, Produce Safety, Controlling Allergens at Retail, Industry's perspective on conducting recalls, controlling Listeria at retail, transportation of food, Rapid Response Team success stories, as well as some fun topics such as the history of sanitarians and food safety in the first colony.

The hotel we will be staying at is right on the beach, although I doubt anyone will want to go swimming in April. However, it is close to a number of attractions and the hotel is beautiful.

If you plan on attending, please note the date and visit the CASA website to make reservations for the hotel early. As always, it will be a great meeting and I hope all can attend.

2016 will be a busy year for CASA. We are hosting the 2016 AFDO Conference and this year is also CASA's 100<sup>th</sup> anniversary. The CASA Training Seminar will be held in Philadelphia that year to commemorate where the



Photo credit: [www.hilton.com](http://www.hilton.com)

Thank you to everyone who has filled a position with our Conference. We're always looking to see new faces at our meetings, so I encourage you to attend our meetings locally and to bring a friend and introduce them to CASA as well. Lastly, we are always looking for your input on training ideas. If you have a topic that is related to Public Health that you would like to hear about or if you feel you need training on some aspect of your job, please contact anyone who is on the Eboard.

Thank you so much!

Erin Sawyer

NENY Executive Board Representative

## Quarterly Meeting Announcement

Our next meeting will be held Friday December 12th at the NYS Dept. of Agriculture & Markets, 10B Airline Dr, Albany, NY 12235. Topics will be: "Draft Line Cleaning and Sanitation", Carmine DeCrescente, DeCrescente Distributors, Inc.; "Implementing Visible Light Disinfection Systems in Replacement of General Lighting", Colleen Costello, CEO Vital Vio, Inc. and "IPM Program in New York State", Joellen Lampman, Cornell University.

## FDA Announces Guide to Help Small Businesses

The U.S. Food and Drug Administration has issued a guide for small food businesses to help them comply with new federal requirements for the voluntary use of the term "gluten-free" on food products. The Small Entity Compliance Guide provides a plain-language question and answer overview of FDA's regulatory requirements for use of the term "gluten-free" on food labels.

FDA published the final rule on "gluten-free" labeling in August 2013 so that consumers, particularly those with celiac disease, can depend on the accuracy and reliability of the claim. Celiac disease is an autoimmune digestive disorder that can be managed effectively only by eating a gluten-free diet.

Starting August 5, 2014, the compliance date of the rule, all FDA-regulated food products labeled on or after that date and bearing the gluten-free claim must comply with the rule's requirements.



By Ongjulian (Own work) [CC-BY-SA-3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)], via Wikimedia Commons

FDA is issuing the Small Entity Compliance Guide as required by the Small Business Regulatory Enforcement Fairness Act of 1996. The guide covers the key requirements of the regulation, including food products subject to the rule; the definitions of the terms "gluten" and "gluten-free"; and when FDA considers a food labeled "gluten-free" to be misbranded.

FDA encourages the public to submit comments on the guide. The comment period opens June 26, 2014. Electronic comments should be submitted to <http://www.regulations.gov>. Written comments should be submitted to the Division of Dockets Management (HFA-305), Food and Drug Administration, 5630 Fishers Lane, Room 1061, Rockville, MD 20852. All comments should be identified with the docket

number FDA-2005-N-0404.

Originally published June 25 2014

<http://www.fda.gov/Food/NewsEvents/ConstituentUpdates/ucm402573.htm>

### Did You Know?

*Clostridium perfringens* is the second most common bacterial cause of food poisoning. Outbreaks occur most often in November and December. Meat and poultry accounted for 92% of outbreaks with an identified single food source. Refrigerate leftovers at 40°F or below as soon as possible and within two hours of preparation to prevent food poisoning. (WHO)

## Membership Dues

If you have not already paid your annual dues, please forward payment as soon as possible to Marianne Stone, Albany County Health Department PO Box 678, Albany NY or you can pay at our next quarterly meeting. Payment can also be forwarded to Central Atlantic

States Association of Food and Drug Officials, 200 Chestnut Street, Room 900, Philadelphia, PA 19106-2973. Annual dues are: \$15.00 for Regulatory members; \$35.00 for Associate members; and \$10.00 for Retirees and Academic memberships.



## CASA Website

The CASA organization has a newly designed website that has up to date information, on all conference information, meetings, events, newsletters etc. All membership renewals and news updates will be sent via email. If you have not already done so, please register your email address so that you do not miss out on current information at: [www.casafdo.org](http://www.casafdo.org). CASA also has a Facebook page that can be linked to through the CASA website, so be sure to "like" us on Facebook!



## FDA's Proposed Changes to the Nutrition Facts Label

The FDA is proposing to update the Nutrition Facts label found on most food packages in the United States. If adopted, the proposed changes would include the following:

### 1. Greater Understanding of Nutrition Science

- Require information about “added sugars.”
- Update daily values for nutrients like sodium, dietary fiber and Vitamin D.
- Require manufacturers to declare the amount of potassium and Vitamin D on the label, because they are new “nutrients

#### Proposed:

<b>Nutrition Facts</b>	
<b>8 servings per container</b>	
Serving size <span style="float: right;">2/3 cup (55g)</span>	
<b>Amount per 2/3 cup</b>	
<b>Calories 230</b>	
<b>% DV*</b>	
<b>12%</b>	<b>Total Fat</b> 8g
<b>5%</b>	<b>Saturated Fat</b> 1g
	<b>Trans Fat</b> 0g
<b>0%</b>	<b>Cholesterol</b> 0mg
<b>7%</b>	<b>Sodium</b> 160mg
<b>12%</b>	<b>Total Carbs</b> 37g
<b>14%</b>	<b>Dietary Fiber</b> 4g
	<b>Sugars</b> 1g
	<b>Added Sugars</b> 0g
	<b>Protein</b> 3g
<b>10%</b>	<b>Vitamin D</b> 2mcg
<b>20%</b>	<b>Calcium</b> 260mg
<b>45%</b>	<b>Iron</b> 8mg
<b>5%</b>	<b>Potassium</b> 235mg

\* Footnote on Daily Values (DV) and calories reference to be inserted here.

of public health significance.” Calcium and iron would continue to be required, and Vitamins A and C could be included on a voluntary basis.

• While continuing to require “Total Fat,” “Saturated Fat,” and “Trans Fat” on the label, “Calories from Fat” would be removed because research shows the type of fat is more important than the amount.

### 2. Updated Serving Size Requirements and New Labeling Requirements for Certain Package Sizes

- Change the serving size requirements to reflect how people eat and drink today, which has changed

since serving sizes were first established 20 years ago.

- Require that packaged foods, including drinks, that are typically eaten in one sitting be labeled as a single serving and that calorie and nutrient information be declared for the entire package.
- For certain packages that are larger and could be consumed in one sitting or multiple sittings, manufacturers would have to provide “dual column” labels to indicate both “per serving” and “per package” calories and nutrient information.

### 3. Refreshed Design

- Make calories and serving sizes more prominent to emphasize parts of the label that are important in addressing current public health concerns such as obesity, diabetes, and cardiovascular disease.
- Shift the Percent Daily Value to the left of the label, so it would come first.
- Change the footnote to more clearly explain the meaning of the Percent Daily Value.

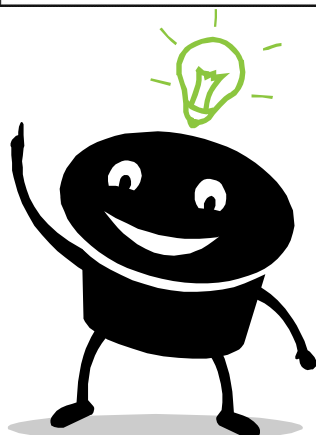
<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm#Summary>

#### Current:

<b>Nutrition Facts</b>	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 230	Calories from Fat 72
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



## Associate Member Sought for NENY CASA E-Board

The NENY CASA Executive Board would like to include an Associate member from Industry on the Executive Board. If you or any of your colleagues may be interested, please contact one of the Board members listed on the newsletter cover page.

### Tell us your ideas!

If you have any ideas or topics that you would like to hear about or suggestions for speakers, please let one of our officers or e-board members know. As always, all ideas are appreciated.

## Turkey Basics: Safely Thaw, Prepare, Stuff, and Cook

When preparing a turkey, be aware of the four main safety issues: thawing, preparing, stuffing, and cooking to the adequate temperature.

### Safe Thawing

Thawing turkeys must be kept at a safe temperature. The "danger zone" is between 40 and 140°F — the temperature range where foodborne bacteria multiply rapidly. While frozen, a turkey is safe indefinitely, but as soon as it begins to thaw, bacteria that may have been present before freezing can begin to grow again, if it is in the "danger zone."

There are three safe ways to thaw food: in the refrigerator, in cold water, and in a microwave oven.

### Safe Preparation

Bacteria present on raw poultry can contaminate your hands, utensils, and work surfaces as you prepare the turkey. If these areas are not cleaned thoroughly before working with other foods, bacteria from the raw poultry can then be transferred to other foods. After working with raw poultry, always wash your



hands, utensils, and work surfaces before they touch other foods.

### Safe Stuffing

For optimal safety and uniform doneness, cook the stuffing outside the turkey in a casserole dish. However, if you place stuffing inside the turkey, do so just before cooking, and use a food thermometer. Make sure the center of the stuffing reaches a safe minimum internal temperature of 165°F. Bacteria can survive in stuffing that has not reached 165°F, possibly resulting in foodborne illness.

### Safe Cooking

Set the oven temperature no lower than 325°F and be sure the turkey is completely thawed. Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2-1/2 inches deep. Check the internal temperature at the center of the stuffing and meaty portion of the breast, thigh, and wing joint using a food thermometer. Cooking times will vary. The food thermometer must reach a safe minimum internal temperature of 165°F. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

<http://www.cdc.gov/features/turkeytime/>

## Personnel Changes

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Congratulations to **Dawn Breault**, formerly of Rensselaer County Department of Health and **Margaret Kehn**, formerly of Albany County Department of Health, as both have accepted new positions with the NYS Department of Health.

Dawn describes her new position: I started working for the New York State Department of Health (NYSDOH), Bureau of Environmental Health and Food Protection on September 18, 2014 as a Senior Sanitarian. I work in the Body Art Program, which includes piercing and tattooing. As you may know, NYSDOH is working on state-wide regulations that will effect body artists and body art establishments. Currently there are a number of counties across the state that have their own codes or regulations related to body art. My current focus is on developing guidance documents to assist body artists, body art establishment operators, and inspectors once the regulations are in place. Having worked for the Rensselaer County Department of Health for close to 12 years as a field inspector has not only given me a great perspective on the importance of having a statewide regulation, but also helps with writing the associated guidance documents. Body art has been around for thousands of years and is ever growing in popularity. It's not going away anytime soon.

Margaret is now a Senior Sanitarian in the Capital District Region's Division of Hospitals and Diagnostic and Treatment Centers serving as part of a hospital survey team focusing on Hospital Environment and Life Safety. She gives a big "Hello!" to all of the CASA members.

At the Schenectady County Department of Health, **Marcia Galka** has been promoted to Sanitarian; **Dominick DiCarlo** has been promoted to Senior Sanitarian and **Jack Frame** has accepted the position of Director of Environmental Health, after the retirement of Andy Sufliita.

Congratulations to all!