

FARMERS MARKET FOOD SAFETY CASE FILES
WSFMA | FEBRUARY 2026



I am the broccoli.

Meet Team Food | food.safety@doh.wa.gov



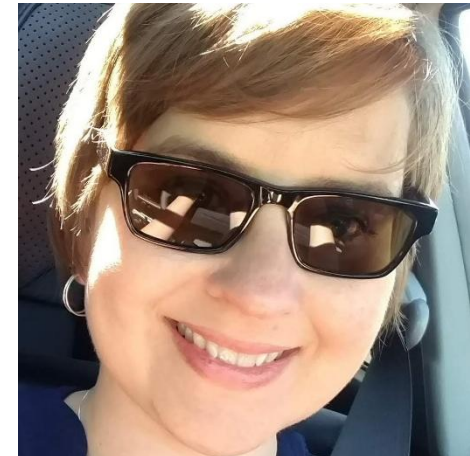
Susan Shelton
Technical Lead



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Public Health Advisor



Meelay Tellier
*Foodborne and Enteric
Disease Epidemiologist*

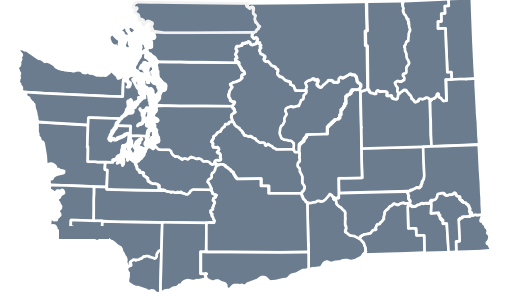


Cyndi Free
Program Specialist

Washington State DOH Food Safety Program

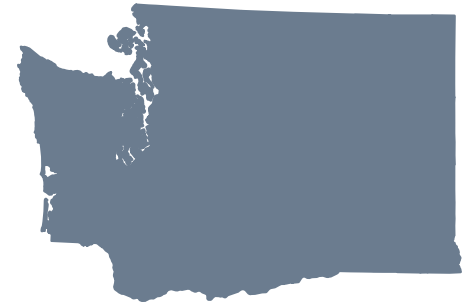
Local Health Jurisdictions – Individual food safety programs

- Inspects retail food establishments, investigates outbreaks, and reports outbreaks to the WA State Department of Health (DOH)



DOH – Washington State Department of Health Food Safety Program

- Develop/interpret code, train, advise, assist, and report outbreaks to the Centers for Disease Control and Prevention (CDC)



Information Available doh.wa.gov/foodrules

CFPM Certified Food Protection Managers

Most food establishments are required to have a Certified Food Protection Manager (CFPM) (WAC 246-215-02107). Anyone you trust to help with your business's food safety can become a CFPM. They need to know your menu, facility, workers, food code, and be able to pass the CFPM test.

Read helpful Active Managerial Control materials at www.doh.wa.gov/foodrules. The CFPM does not need to be on premises but a copy of the CFPM certificate must be on file.

Work with your local health department if you have questions: www.doh.wa.gov/localhealthfoodcontacts.

CFPM is required if your food establishment prepares food, such as:
Don't see your type of business? Ask your local health department if you need a CFPM.

uses raw animal products

washes raw produce

cooks cooked foods

uses specialized processes

serves a highly susceptible population

CFPM role

Train persons in charge

Make sure procedures are developed & followed

Prepare for & respond to food safety issues

How to get certified

Choose an approved test provider

Prepare & study

Practice & take the test

You can take the test in person or online. Find test options online.

- Go to <https://ansi.link/ansi-cfp-directory>
- Pick your exam.

Study before you take your test. Review the food code, including:

- Food safety risks
- Employee health
- Food temperatures
- Cleaning and sanitizing

Some providers offer study materials or practice tests.

- The test will have about 80 questions.

Make sure the certificate has this logo.

Washington State Department of Health | DOH 333-335 November 2023
To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

Toolkit: Allergen Awareness

Food allergy is a serious medical condition that can be life-threatening. Although nearly any food may cause an allergic reaction, nine major food allergens cause the most food allergy reactions in the United States. Food workers must be trained on food allergens as it relates to their job duties such as knowing the major food allergens, the symptoms of an allergic reaction, how to communicate with customers about allergens, and ways to prevent allergens when preparing or serving food.

Note: Use this document to help your establishment maintain Active Managerial Control (AMC). Be sure to work with your local health department for any additional information as needed. (www.doh.wa.gov/localhealthfoodcontacts)

Section 1: Food Establishment Information

Establishment Name	Phone		
Street (Physical Address)	City	ZIP	Email
Contact Name	Title / Position		

Section 2: Menu Evaluation

Evaluate supplies and carefully read package labels to find potential allergens. Select all used in your establishment.

<input type="checkbox"/> Fish such as salmon, cod, halibut, tilapia	<input type="checkbox"/> Soybeans such as edamame, miso, soy sauce, tempeh, tofu
<input type="checkbox"/> Crustacean shellfish such as crab, lobster, shrimp	<input type="checkbox"/> Peanuts such as peanut butter, peanut flour, mixed nuts
<input type="checkbox"/> Eggs such as egg, egg nog, meringue, mayonnaise	<input type="checkbox"/> Wheat such as breads, couscous, pasta, wheat grass
<input type="checkbox"/> Milk such as butter, cheese, cream, ghee, milk	<input type="checkbox"/> Sesame such as sesame seeds, sesame oil, tahini
<input type="checkbox"/> Tree nuts such as almonds, cashews, coconut, hazelnuts, macadamia, pecans, pine nuts, pistachios, walnuts	

Section 3: Symptoms of Food Allergies

All food workers, including servers, need to know what to look for in customers with food allergies. Severe reactions need immediate medical attention, including calling 911.

<ul style="list-style-type: none"> Hives Flush skin Tingling in mouth Face, tongue, or lip swelling 	<ul style="list-style-type: none"> Vomiting or diarrhea Coughing or wheezing Dizziness, confusion, anxiety Swelling of the throat 	<ul style="list-style-type: none"> Abdominal cramps Difficulty breathing Loss of consciousness Other symptoms are possible
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Section 4: Cross-Contact

Food allergens can transfer when foods and surfaces touch. Be sure to always use clean kitchen tools when preparing allergen-friendly foods. Proper cooking does not reduce allergens. If a mistake is made, the food must be remade.

Source of cross-contact	Examples
Hands (even if wearing gloves) and utensils	<ul style="list-style-type: none"> Touching almonds and then handling cheese Using the same spatula to flip a fish patty before a burger patty
Surfaces such as cutting boards, pots, pans	<ul style="list-style-type: none"> Cooking bacon on a grill after cooking eggs on the grill surface Slicing cheese on a board after cutting bread
Steam, splatter, crumbs	<ul style="list-style-type: none"> Steam from cooking shellfish sprays on nearby food Pancake mix with flour spreads onto bacon Milk drips onto vegetables in refrigerator Artificial crab stored in same container with cooked crab
Storage	<ul style="list-style-type: none"> Putting a knife used to spread peanut butter into a jelly jar Soy sauce added to a house-made salad dressing
Condiments	<ul style="list-style-type: none"> Reusing cooking oil to sauté vegetables after sautéing fish Cooking fries in a deep fryer after cooking breaded chicken tenders Picking croutons off a salad Scraping eggs off a plate instead of making a new dish
Cooking liquids and oils	
Mistakes	

Prevent cross-contact. Cleaning with soap and water will remove allergens from surfaces. Wash, rinse, sanitize, and air dry all utensils and food contact surfaces before use. For each allergen-friendly menu item, only use clean:

- hands
- utensils such as spatulas, spoons, knives, and gloves
- surfaces such as cutting boards, pots, pans, baking sheets
- cooking oil and water

AMC Toolkit: Food Allergens
DOH 333-341 January 2024

ALLERGEN AWARENESS FOR FOOD WORKERS

Even a small amount of an allergen can cause a life-threatening reaction. Workers must know the major food allergens, symptoms of an allergic reaction, and how to communicate about allergens used in the establishment.

Know the MAJOR ALLERGENS

These nine foods are the most common allergens, but people can be allergic to others.

Fish

Crustacean Shellfish

Wheat

Eggs

Milk

Peanuts

Tree Nuts

Sesame

Soybeans

Know what to ASK and WHO TO TELL

Talk with customers to understand their food allergy and carefully share the information with the manager or designated kitchen staff.

Know how to prevent CROSS CONTACT

Food allergens can transfer when foods, surfaces, and utensils touch. Allergens do not go away when cooked.

Wash with soap and water - allergens don't wipe off!
Wash hands with soap and water and change gloves before preparing food. Always clean and sanitize surfaces between menu items.

Wash all surfaces to remove allergens:

Wash with warm, soapy water

Rinse with clean water

Sanitize & air dry

Prevent Splatters

Keep cooking steam, flour dust, and crumbs from touching food.

Separate Ingredients

Change cooking liquids and oils to ensure ingredients haven't been mixed with allergens.

Correct Errors

If a mistake is made, remake foods instead of just removing the allergen from the plate.

Offer Substitute

Inform customer if unable to meet their request.

Know the SYMPTOMS of allergic reactions

- Difficulty breathing, cough, wheezing
- Swelling of the tongue, lips, or face
- Dizziness, paleness, or confusion
- Itchy nose, mouth, or face
- Nausea, vomiting, diarrhea

Know what to do for ANAPHYLAXIS (life-threatening allergic reaction)

Immediately Call 911

- Request ambulance with epinephrine
- Have the individual take their medications such as epinephrine, antihistamines, or inhaler

Washington State Department of Health | DOH 333-337 December 2023, English. To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.

Dogs Welcome OUTDOORS

Per Washington Administrative Code 246-215-06570(4), pet dogs are welcome outdoors. Establishment must submit a plan to the local health department and have it approved in advance.

Dogs must:

- stay under control or leashed
- stay off furniture
- not interact with employees
- not go inside the food establishment

Scan here to read the full WAC

Washington State Department of Health | DOH 333-301 August 2022
To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.



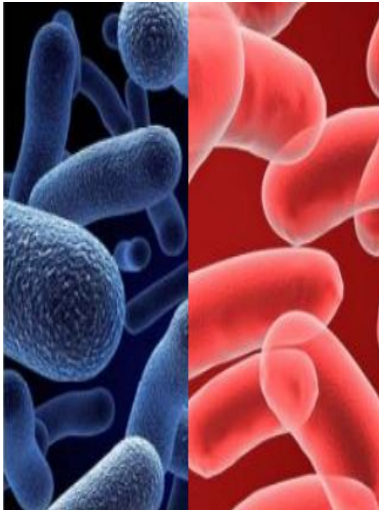
The Reason

What is Foodborne Illness?

An illness that results from the ingestion of contaminated food.

Food can be contaminated by:

Bacteria



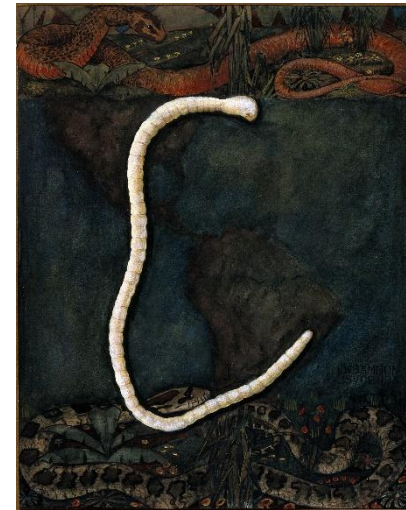
Virus



Toxin



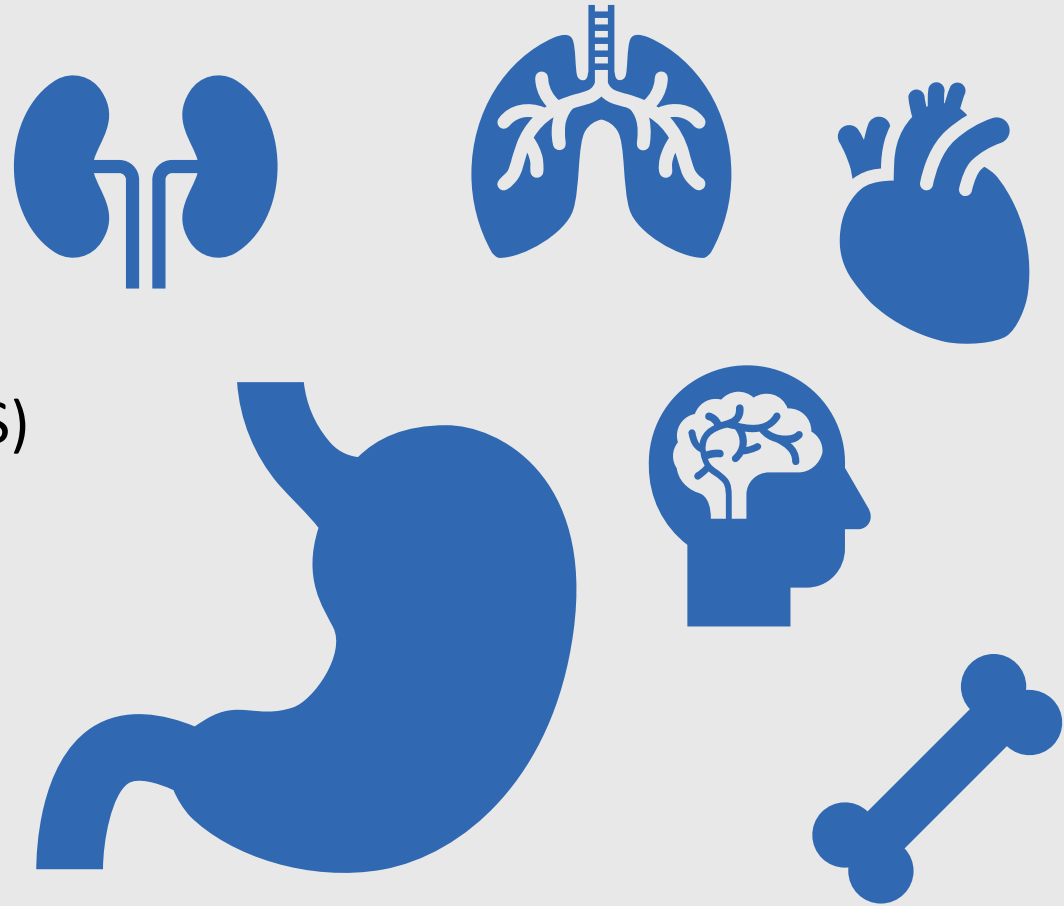
Parasite



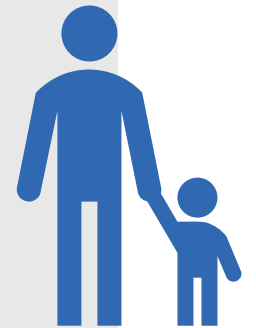
Foodborne illness is preventable.

Complications of Foodborne Illnesses

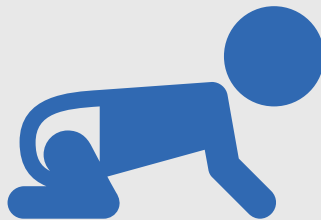
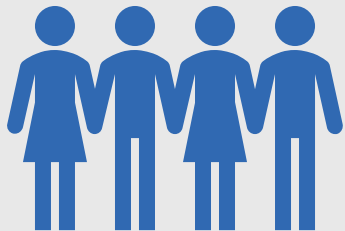
- Kidney Damage
- Blood Poisoning
- Pneumonia
- Arthritis
- Hemolytic Uremic Syndrome (HUS)
- Guillain Barre Syndrome
- Toxoplasmosis
- Neurological Damage
- Pancreatic Infections
- Chronic Illness



Highly Susceptible Populations



- **Infants**
- **Children**
- **Pregnant Women**
- **Elderly**
- **People on some medications:**
 - Antibiotics
 - Antacids
 - Immuno-suppressive
- **Immunocompromised:**
 - Recent or major surgery
 - Pre-existing/Chronic illness
 - HIV/AIDS
 - Diabetes
 - Cancer
 - Liver or kidney damage
 - Ulcers



Foodborne Illness in the United States

48 million
illnesses

- **960,000 in WA**

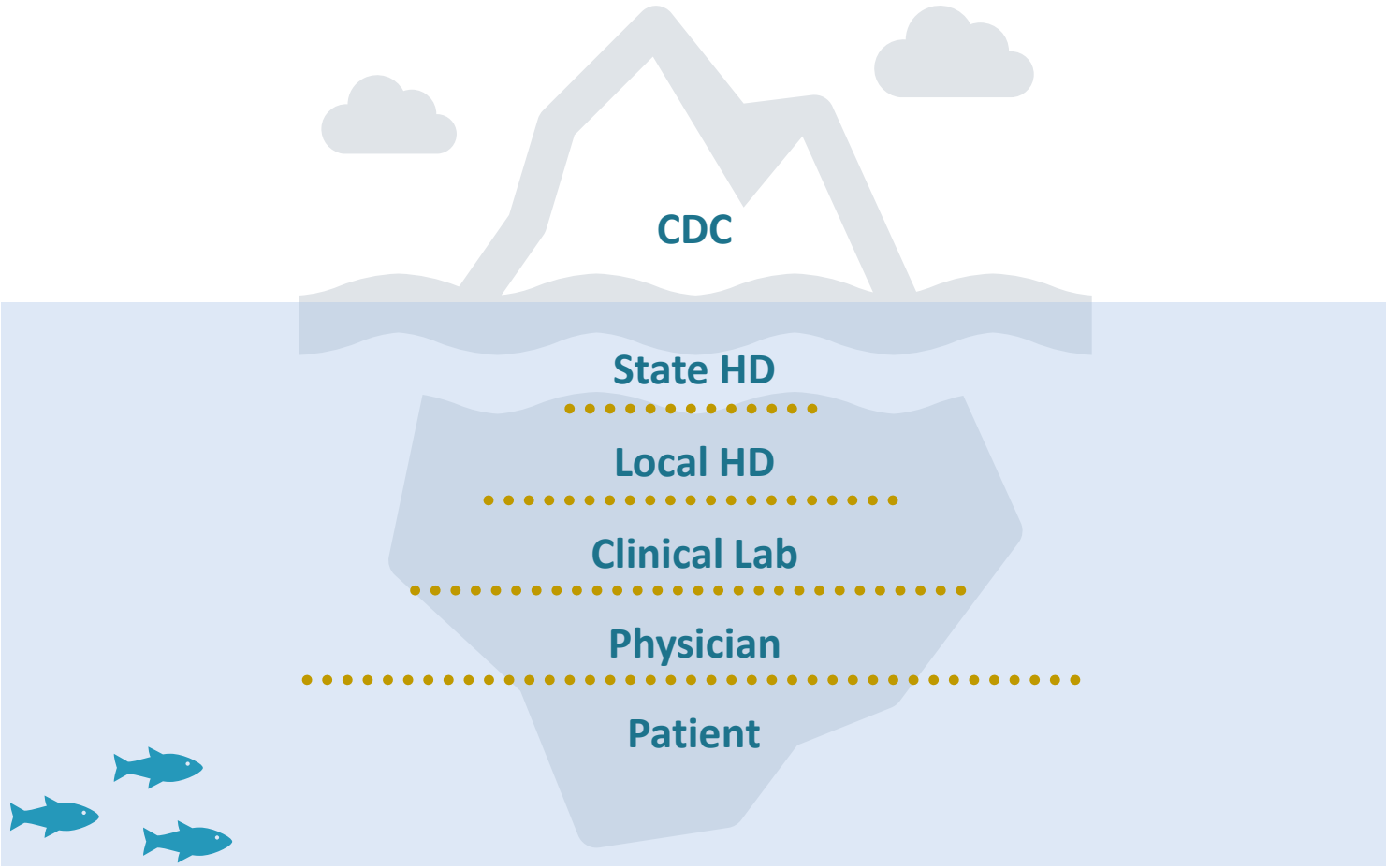
128,000
hospitalizations

- **2,560 in WA**

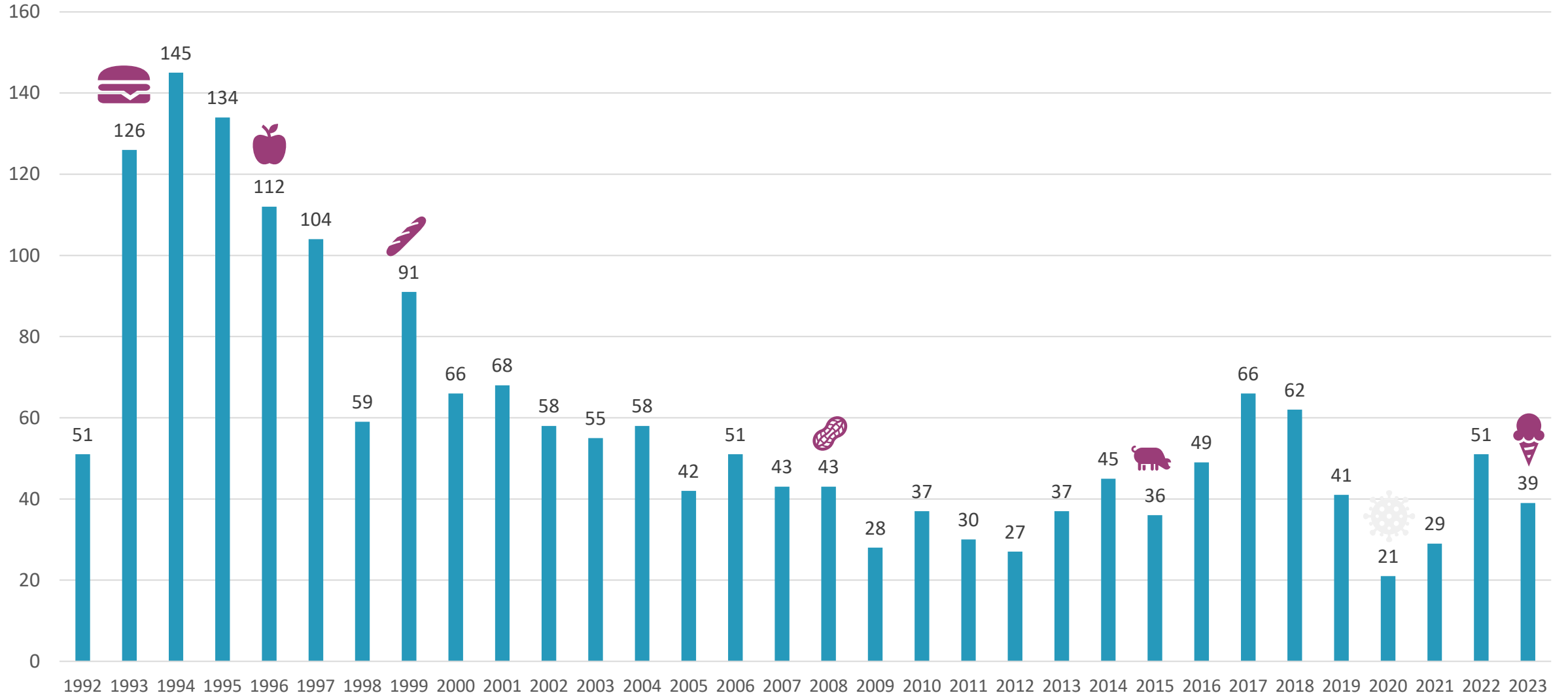
3,000
deaths

- **60 in WA**

True Burden of Disease



Washington Foodborne Outbreaks by Year | 1992 - 2023



Per year,
pathogens
causing the
most
foodborne...

Illnesses

- Norovirus
- *Salmonella*, nontyphoidal
- *Clostridium perfringens*
- *Campylobacter* spp.
- *Staphylococcus aureus*

National target by 2030:
11.5 per 100,000 (currently 13.3)

8.4

National target by 2030:
10.9 per 100,000 (currently 17.2)

24.6

Hospitalizations

- *Salmonella*, nontyphoidal
- Norovirus
- *Campylobacter* spp.
- *Toxoplasma gondii*
- *E. coli* (STEC) O157

National target by 2030:
3.7 per 100,000 (currently 4.6)

6.0

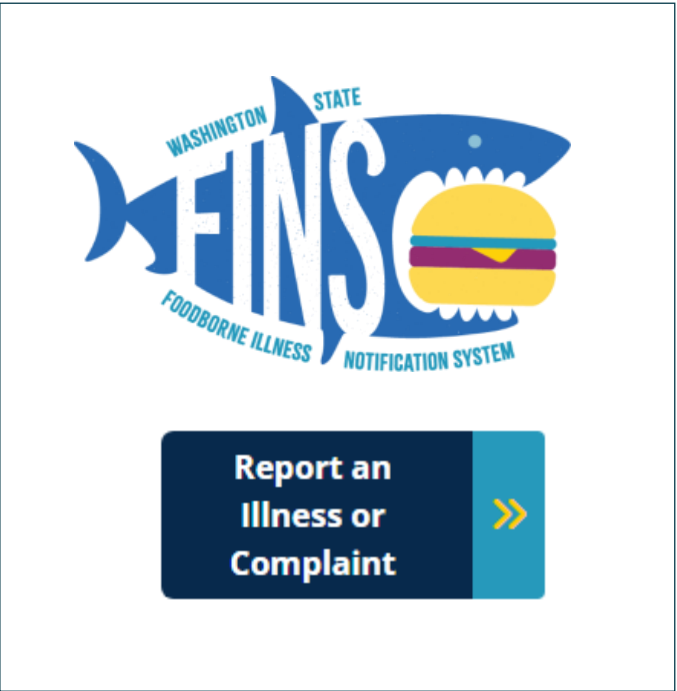
Deaths

- *Salmonella*, nontyphoidal
- *Toxoplasma gondii*
- *Listeria monocytogenes*
- Norovirus
- *Campylobacter* spp.

National target by 2030:
0.22 per 100,000 (currently 0.31)

0.3

FINS Website



www.doh.wa.gov/foodillness

What are Contributing Factors?

Contamination



- Pathogens and other hazards get into food.

Proliferation



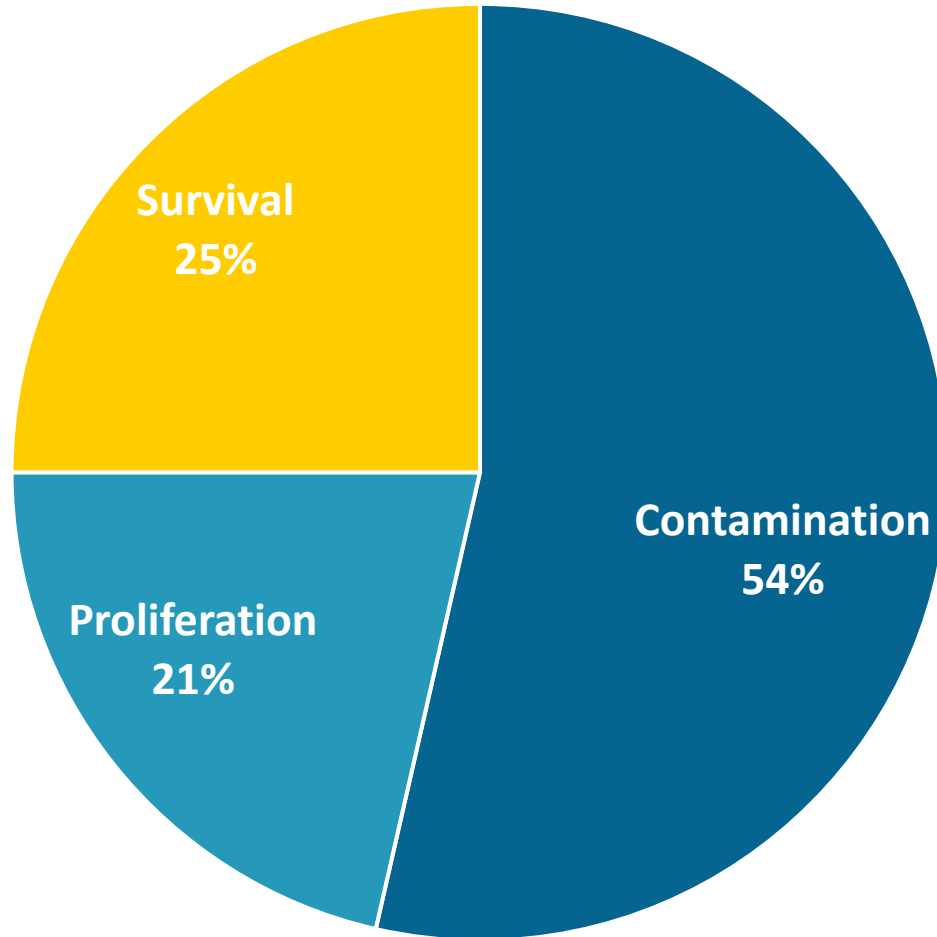
- Pathogens already in food grow.

Survival



- Pathogens survive a process to kill or reduce them.

Washington Foodborne Outbreaks Contributing Factors | 2024



Most frequently identified

1. Contamination from ill food worker
2. Contaminated food and no cooking/freezing
 - Raw milk / Raw oysters
3. Improper cooling

N=28

Top 10 Risk Factors

Washington Top 10 FBI Risks

1



Employee Health
Ill Food Workers

2



Improper
Handwashing

3



Bare Hand Contact
RTE Foods

4



Improper
Cooling

5



Cross
Contamination

6



Improper
Cold Holding

7



Improper
Hot Holding

8



Inadequate
Cooking & Reheating

9



Improper
Produce Washing

10

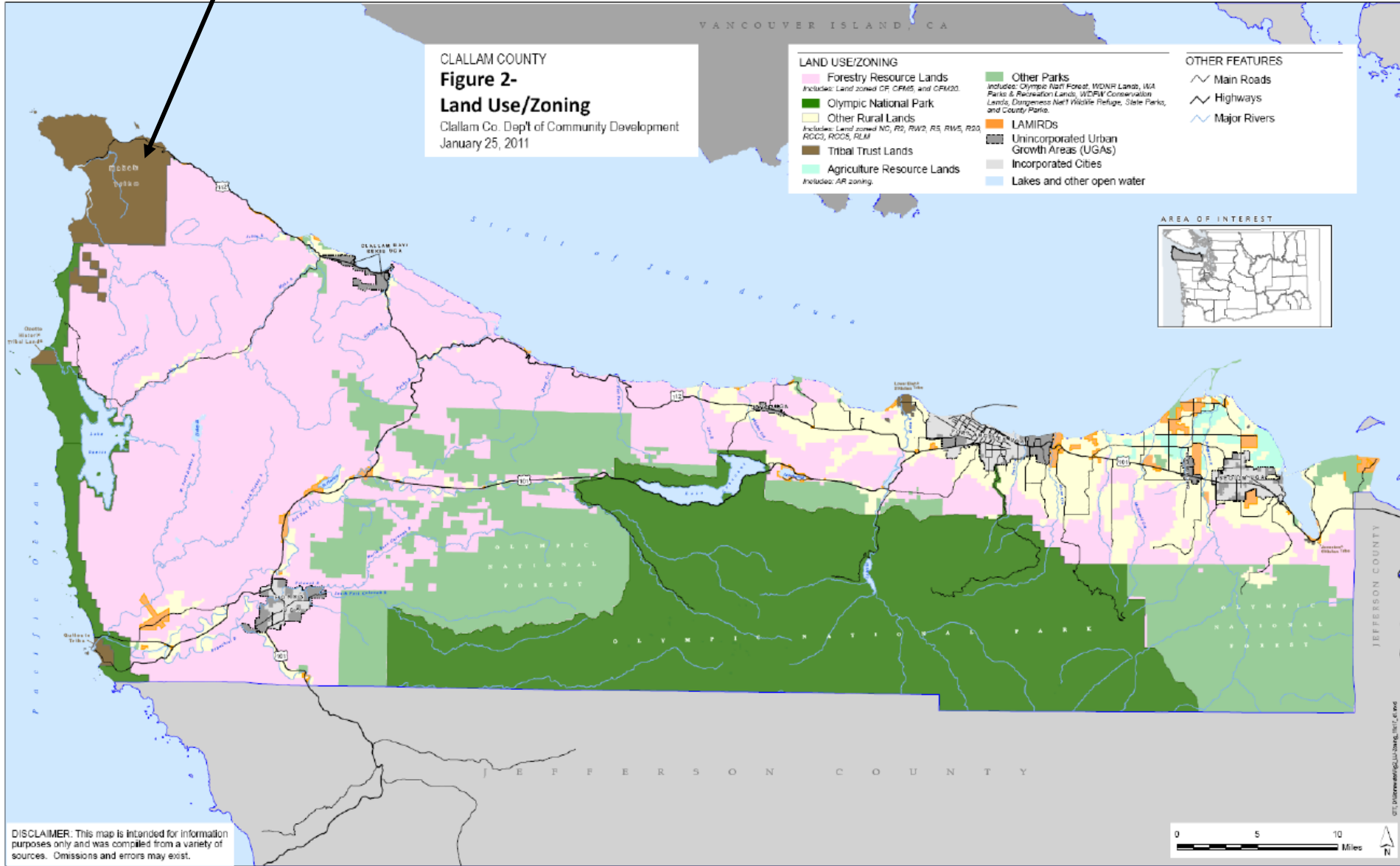


Inadequate
Cleaning & Sanitizing



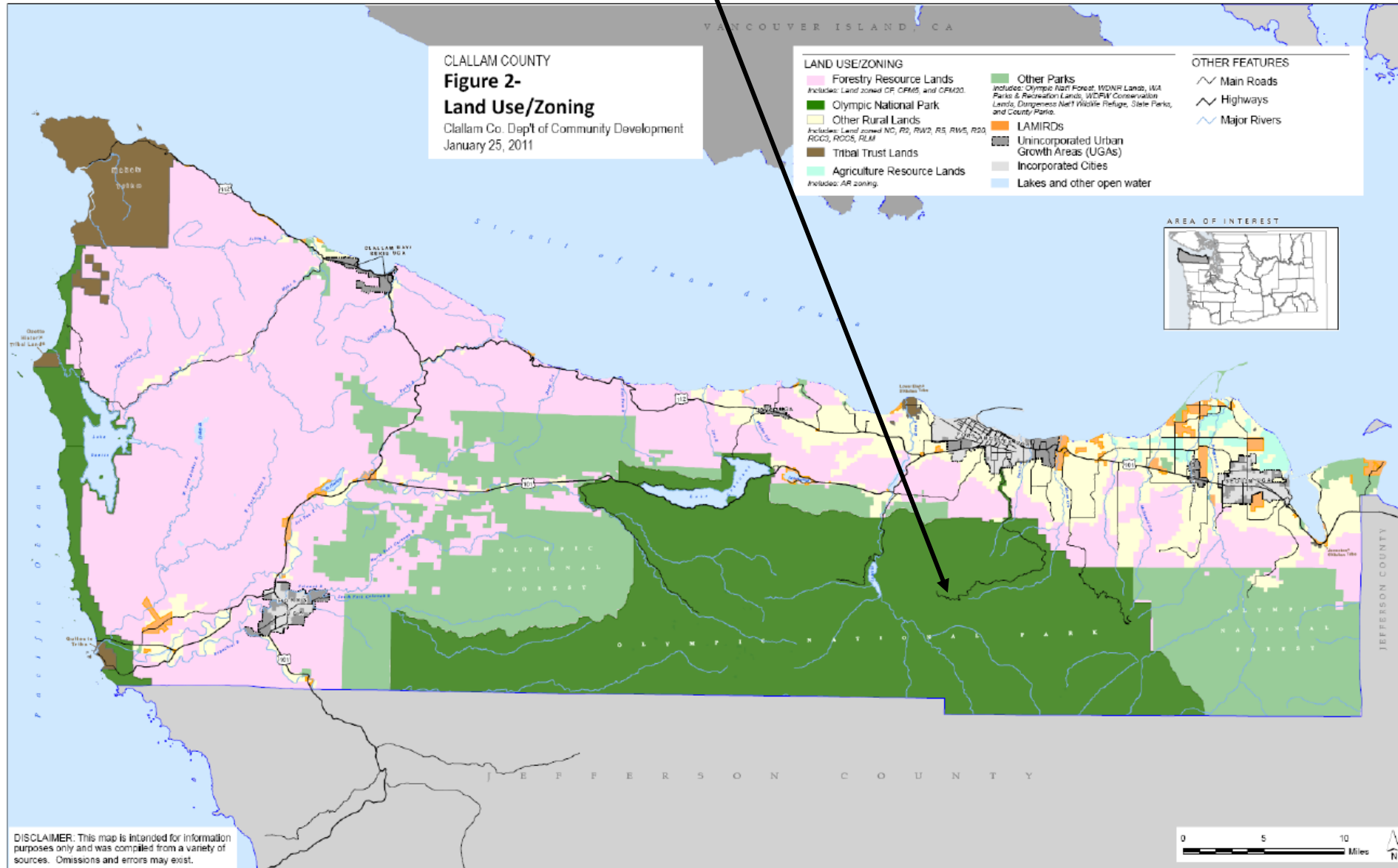
Jurisdiction

Who has jurisdictional authority here?



Land Use Map from Clallam County DRAFT Comprehensive Stormwater Management Plan, May 2014
www.Clallam.net/landuse/stormwater.html

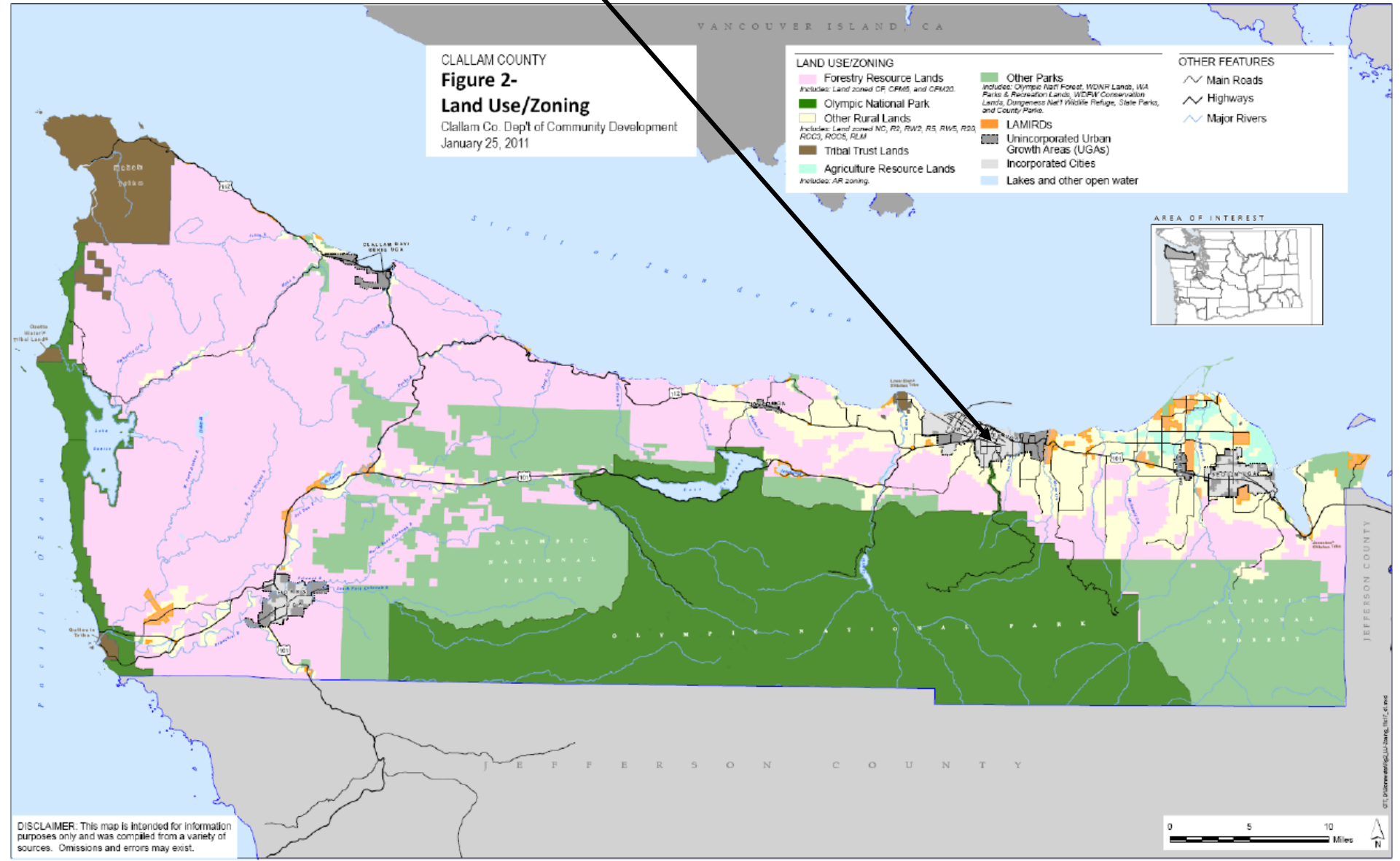
Who has jurisdictional authority here?



Land Use Map from Clallam County DRAFT Comprehensive Stormwater Management Plan, May 2014

www.Clallam.net/landuse/stormwater.html

Who has jurisdictional authority here?

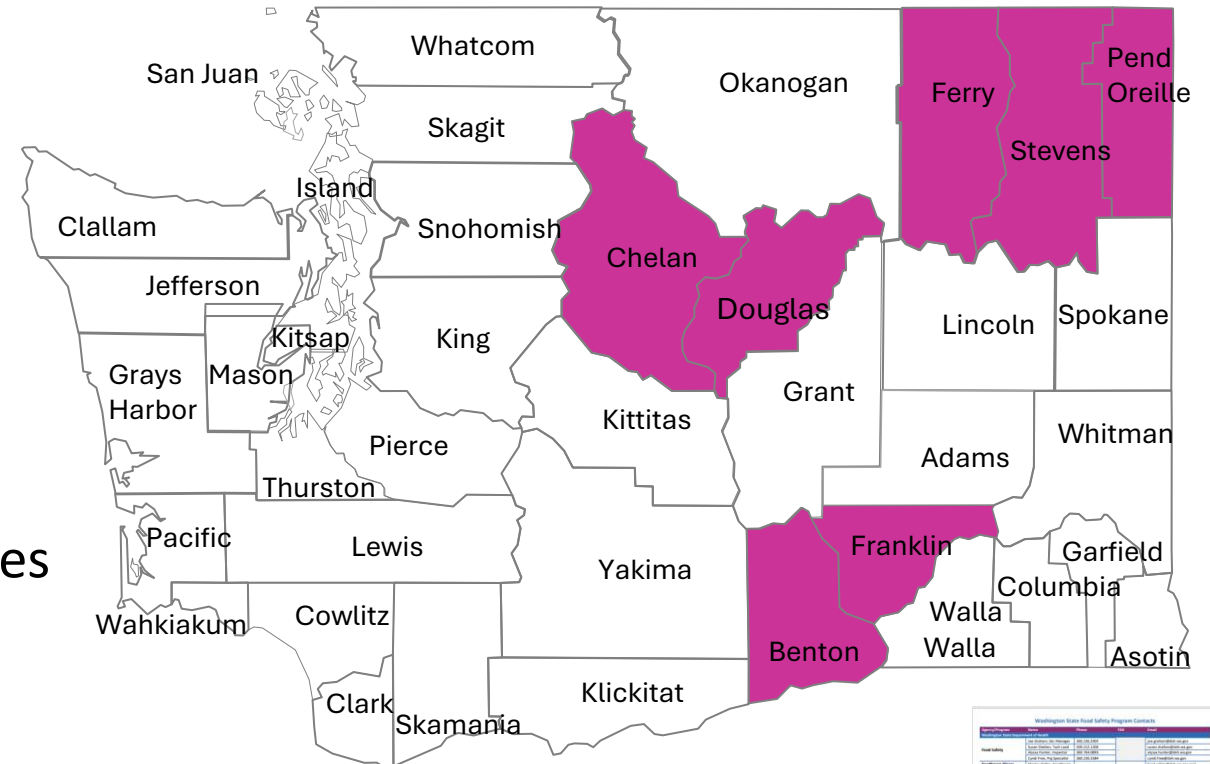


Land Use Map from Clallam County DRAFT Comprehensive Stormwater Management Plan, May 2014
www.Clallam.net/landuse/stormwater.html

Washington State **Retail** Food Safety: Jurisdiction

See separate document for full list.

- 35 Local Health Jurisdictions
 - Restaurants, K-12, Mobile Food, etc.
- Department of Social & Health Services
 - Nursing homes, Assisted Living
- Department of Health
 - Hospitals
 - State ferries, colleges
 - Temporary worker housing, hotels
- Department of Children, Youth, & Families
 - School-age childcare
- Department of Agriculture
 - Custom Slaughter
 - Cottage Foods



Jurisdiction	Contact Name	Phone	Email
Adams
Asotin
Benton
Chelan
Clark
Clallam
Columbia
Cowlitz
Douglas
Franklin
Garfield
Grant
Grays Harbor
Island
Jackson
Jefferson
Klickitat
King
Kittitas
Kitsap
Lewis
Lincoln
Mason
Multnomah
Pacific
Pend Oreille
Pierce
San Juan
Skagit
Skamania
Snohomish
Spokane
Stevens
Thurston
Wahkiakum
Walla Walla
Whatcom
Whitman
Yakima



The Codes

Early Food Safety Requirements

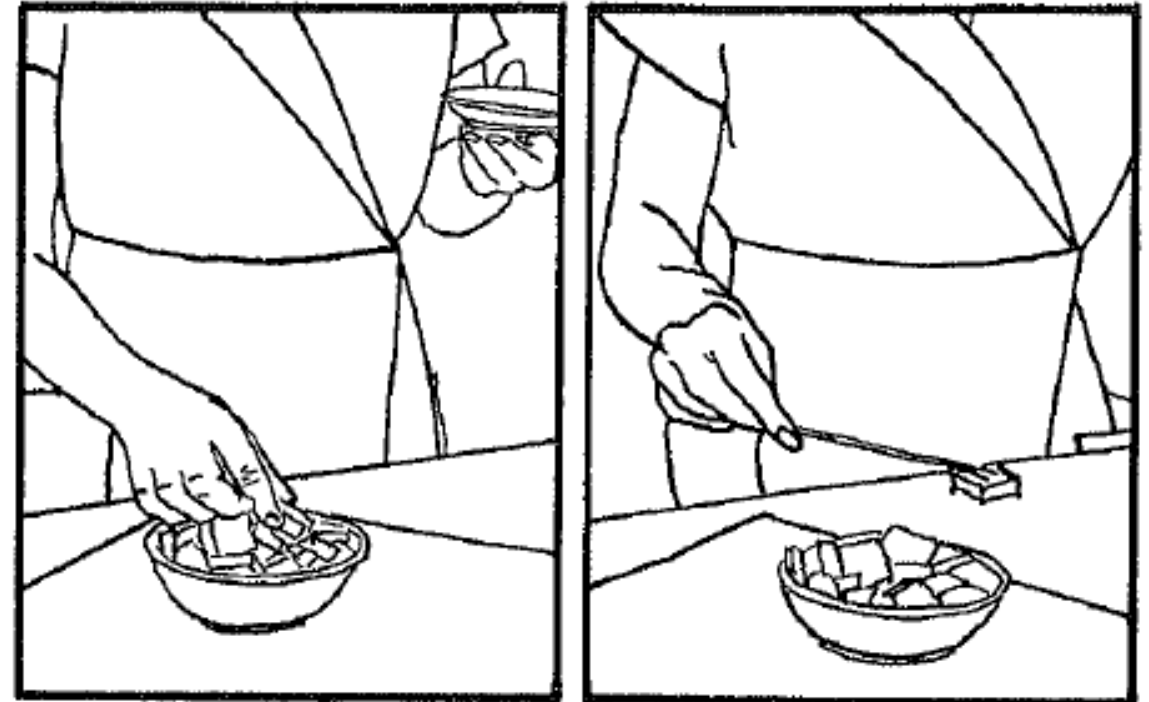
“Service of sliced butter and cracked ice shall not be by direct contact with fingers or hands”

USDA advised visual checks for cooking

Custard pies had to be cooked in a 425°F oven for at least 20 minutes

No silver polish containing cyanide may be used

Perishable food must be kept 50°F



Incorrect

Correct

Courtesy Colorado Medical School.

FIGURE 0.—Methods of handling butter

1934 Restaurant Sanitation Regulations



Primary Food Safety Rules

WAC 246-217 Food Worker Card

Purpose: Provides statewide training and credentialing requirements for all food workers.

- Supports uniform baseline food safety knowledge across tens of thousands of food workers statewide

Rule will likely be opened to be considered for changes this year



Primary Food Safety Rules

WAC 246-215 Retail Food Code

- **Purpose:** Establishes uniform, statewide food safety standards for for retail food establishments to reduce foodborne illness and protect public health

Spring

- Potential emergency rule request to SBOH (4/8)

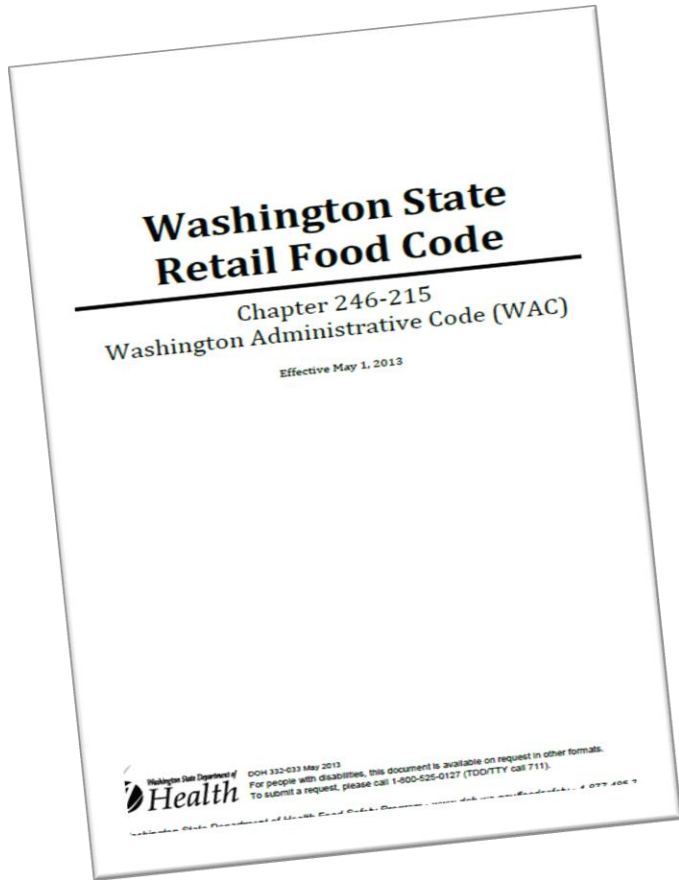
Summer

- 2026 FDA Food Code Expected
- We will create and share a crosswalk with FSAC

Fall/Winter

- Potential SBOH opening WAC 246-215

Washington Food Code | Chapter 246-215 WAC



Part 1
Definitions

Part 2
**Management
& Personnel**

Part 3
Food

Part 4
**Equipment &
Utensils**

Part 5
**Water,
Plumbing, &
Waste**

Part 6
**Physical
Facilities**

INDEX

Part 7
**Poisonous or
Toxic
Materials**

Part 8
**Compliance
&
Enforcement**

Part 9
**Alternative
Food
Facilities**



Permits & Licenses



**Annual
Permit**



**Mobile Food
Trucks**



Caterers



**Temporary
Food Event**



**Exempt from
Permit**



**Not a Food
Establishment**

**incl. Cottage
Food**



Worker Health & Hygiene

Food Establishment Employee Illness & Symptom Action Guidance



Symptoms	Action Needed by Person in Charge	Employee can return to work when
Vomiting	EXCLUDE from food establishment	Symptom-free for at least 24 hours*
Diarrhea	EXCLUDE from food establishment	Symptom-free for at least 24 hours*
Jaundice (skin or eye yellowing)	EXCLUDE from food establishment <i>and</i> Notify Health Department & Regulatory Authority	Only after approval from the Local Health Officer <i>and</i> Regulatory Authority
Sore Throat with Fever	RESTRICT from working with open food or clean dishes	Symptom-free (or with medical documentation)
Infected Wound or Pus-filled Boil	RESTRICT from working with open food or clean utensils when wound is red or oozing	After the wound or pus-filled boil is healed or covered, to include a glove if the wound is on the hand or wrist
Sneezing, coughing, running nose	RESTRICT from working with open food or clean dishes	After symptoms have resolved
Diagnosed Illness: Norovirus, Shigella, Salmonella, E. coli (STEC such as O157, O26, O145) or Hepatitis A		
Diagnosed Illness	EXCLUDE from food establishment <i>and</i> Notify Health Department & Regulatory Authority	Only after approval from the Local Health Officer
Customer Complaints: Foodborne Illness or Injury		
Any reports of foodborne illness or injury from customers	Notify Regulatory Authority	All complaints of potential foodborne illness or injury must be reported and any suspect food maintained
ANY FOOD CONTAMINATED BY ILL WORKERS MUST BE DISCARDED.		
<p>Exclude means to prevent a person from working as an employee in a food establishment or entering a food establishment as an employee</p> <p>Restrict means to limit the activities of a food employee so that there is no risk of transmitting a disease that is transmissible through food and the food employee does not work with exposed food, clean equipment/utensils/linens, or unwrapped single use articles.</p>		
*Medical documentation showing workers' symptoms of illness are not transmissible through food may work without special restriction.		
WAC 246-215 References: 02205, 02215, 02220, 02225, 02235, 02245, 02250, 02405, 03700, 08520		

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov. DOH 333-376 April 2025



Hepatitis A

SIGNIFICANCE

- Low infectious dose
- Symptoms can last up to 2 months
- Nearly 20,000 estimated infections in 2020

SYMPTOMS

- Diarrhea, dark urine, jaundice, and flulike symptoms

COMMON FOODS

- Raw Produce, ready to eat foods

PROCESSES TO CONTROL THE PATHOGEN

- Hand hygiene
- Employee health



Norovirus

SIGNIFICANCE

- Leading cause of illness: 19-21 million illnesses in U.S. per year
- Over half of outbreaks in U.S. occur in healthcare facilities
- Outbreaks can last months

SYMPTOMS

- Nausea, vomiting, cramps, diarrhea, fever, myalgia, headache

COMMON FOODS

- Raw produce, ready to eat foods, shellfish from contaminated waters

PROCESSES TO CONTROL THE PATHOGEN

- Hand hygiene
- Employee health
- Cleaning and sanitizing procedures



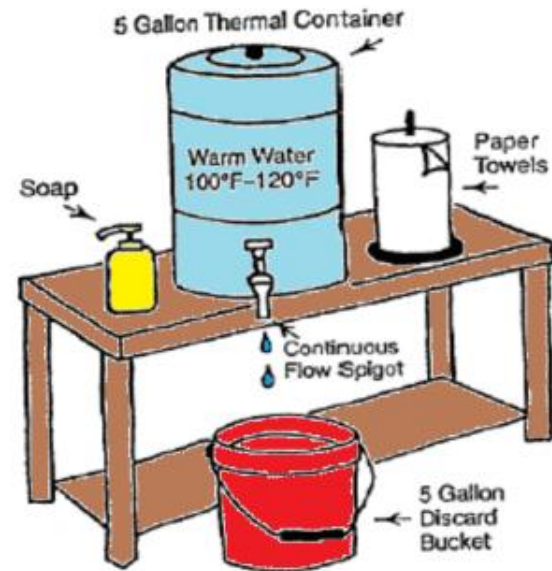
CLARK COUNTY PUBLIC HEALTH
1601 E. Fourth Plain Blvd. • P.O. Box 9825
Vancouver, WA 98666-8825
Phone (360) 397-8428 • Fax (360) 397-8091

Temporary Hand Wash Stations

for Outdoor Food Service

Whenever you are serving food to the public, including offering open food samples or beverages, a temporary hand wash set up is required.

A temporary hand wash set up must include a 5 gallon insulated container with a continuously flowing spigot, warm water, soap in a dispenser, single use paper towels, and a 5 gallon bucket to collect waste water.



Hand sanitizer does not replace the need for a hand wash set up.

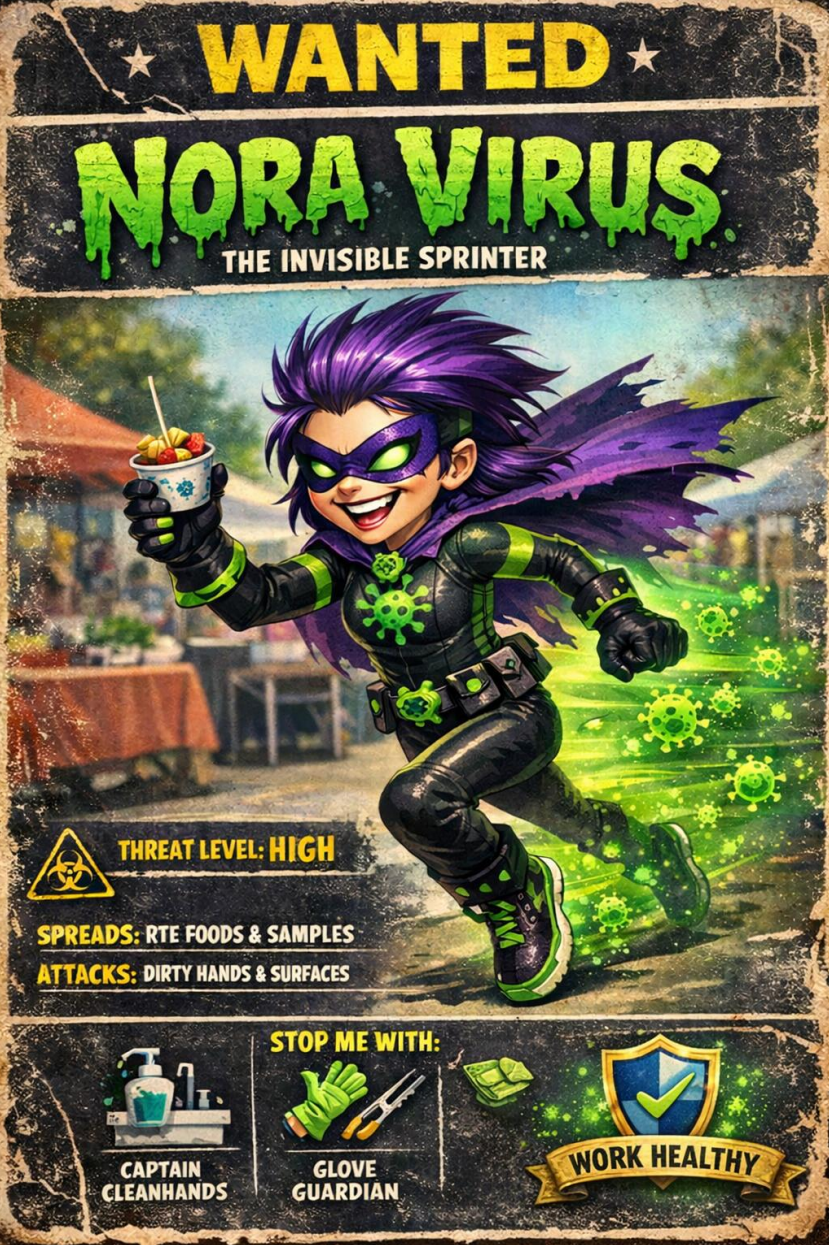
Ready to Eat Food

Food that is edible without additional preparation (or cooking) is considered **RTE** such as:

- Food served raw or partially cooked
- Washed fruits and vegetables
- Cooked TCS food
- Garnishes and seasonings
- Baked goods

RTE food should never be contacted with bare hands. Gloves, tongs or other barriers should be used to handle RTE food.





Sample image created with ChatGPT



Booth Setup & Infrastructure



Salmonella outbreak associated with a breakfast restaurant in Washington



Salmonella

Infection caused by the bacteria

- The CDC estimates that *Salmonella* causes about 1.35 million illnesses, 26,500 hospitalizations, and 420 deaths in the United States every year.
- Annually, there are 600 to 800 cases reported in Washington.

Commonly recognized vehicles

- Raw (or inadequately cooked) meat, poultry, or eggs
- Contaminated produce (e.g., sprouts, cantaloupe, tomatoes)
- Unpasteurized milk or milk products

Who is more likely to get an infection and severe illness?

- Infants (children younger than 12 months) who are not breastfed are more likely to get a *Salmonella* infection.
- Children
- People with a weakened immune system are the most likely to have severe infections.

National Onion Outbreak

- **Voluntary Recall initiated October 23, 2023**
- Onions distributed throughout West Coast and Canada
- 80 illnesses
 - 18 hospitalizations
 - 1 death

COMPANY ANNOUNCEMENT

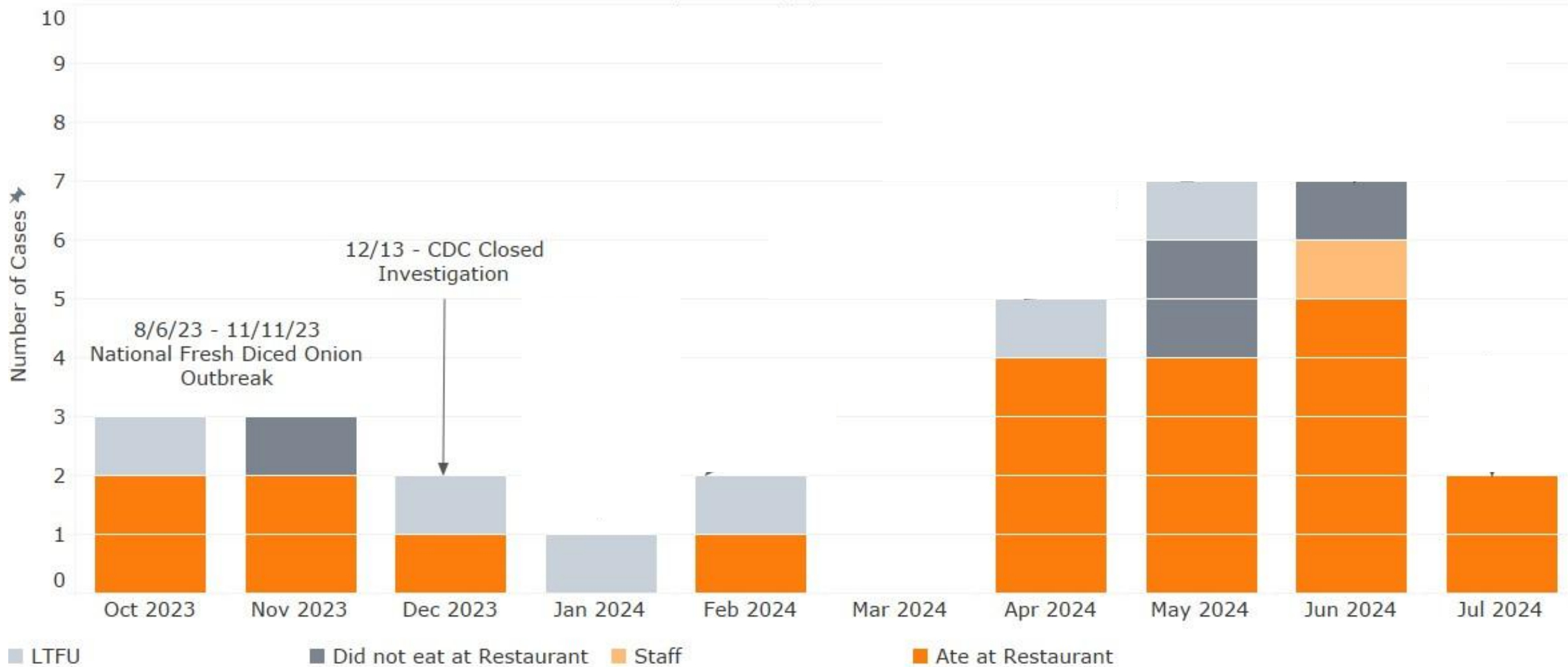
Gills Onions Voluntarily Recalls Select Lots of Fresh Diced Onion Products Because of Possible Health Risk

Food

Gills Onions recall linked to multistate salmonella outbreak, CDC says

The CDC is investigating 73 illnesses across 22 states.

Cases linked via WGS to *S. thompson* outbreak by month of symptom onset



Foodborne Illness Outbreak | Frozen Dessert Machines

HEALTH

Listeria poisoning

Add Topic +

3 people dead after Listeria bacteria found in milkshakes sold at Washington restaurant



Francisco Guzman
USA TODAY

Published 8:48 a.m. ET Aug. 21, 2023



Three people are dead and three others were hospitalized after drinking milkshakes sold at a Washington restaurant that were contaminated with listeria bacteria, health officials said.

Investigators linked the outbreak back to Frugals – a restaurant in Tacoma, Washington, about 30 miles from Seattle – after two of the six people hospitalized said they drank the milkshakes before getting sick, the [Washington State Department of Health](#) said in a news release Friday.

Investigators collected samples from the ice cream machines, which they said were not cleaned correctly, and found the bacteria in the machines.

Investigators said the restaurant stopped using the machines on Aug. 8, but people can get sick up to 70 days after being contaminated with listeria, the health department said.

Update: 2 Listeriosis Cases Connected to Recalled WA Ice Cream

By News Desk on December 24, 2014

Two Washington state men in their 50s were recently hospitalized in connection with recalled Snoqualmie Gourmet Ice Cream, according to the Washington State Department of Health. The men, who both live in King County, are now out of the hospital and recovering, said department spokesman Don health conditions. One became ill week of December, he said. "They started noticing some similarities Results from lab tests done using one man's case as Listeriosis, while they are "epidemiologically linked strain of Listeria in the now-recal Cream Inc. of Snohomish, WA, ha



Health | Local News

Listeria linked to ice cream sickens 3rd victim – a year later

Originally published December 9, 2015 at 5:01 pm | Updated December 9, 2015 at 5:26 pm

A year after a recall of Snoqualmie ice cream linked to listeria food poisoning, a third victim has been sickened by bacteria that lingered inside a machine used to make milkshakes for hospital patients.

By JoNel Aleccia
Seattle Times health reporter

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A year after a giant recall of Snoqualmie ice cream tied to listeria, a third illness has been blamed on the bug after it apparently lingered in a machine used to make milkshakes for hospital patients.

A woman in her 40s being treated at the University of Washington Medical Center was diagnosed in November with listeria. When experts did tests, to their surprise, they found the bacteria matched the genetic fingerprint of the germ that sickened two other UWMC patients in 2014.

The common factor? All three drank milkshakes made with ice cream from the same UWMC machine, said Dr. Jeff Duchin, health officer with Public Health – Seattle & King County.

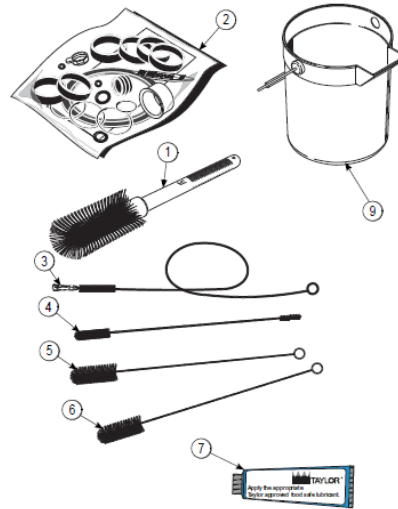


Frozen Dessert Machine



OPERATOR PARTS IDENTIFICATION

Accessories



OPERATING PROCEDURES

- Return to the freezer with a small amount of cleaning solution. With the black bristle brush, brush clean the rear shell bearing at the rear of the freezing cylinder.

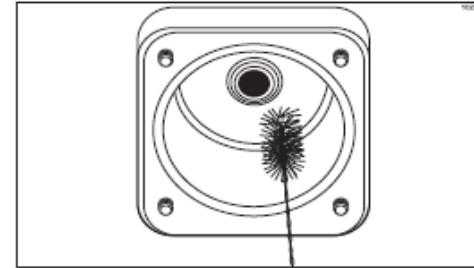


Figure 6-62

- Using the long, flexible brush and cleaning solution, clean the mix inlet tube located in the mix cabinet. Thoroughly clean this tube all the way up to the freezing cylinder. This area needs special attention because bacteria and milkstone can accumulate here.

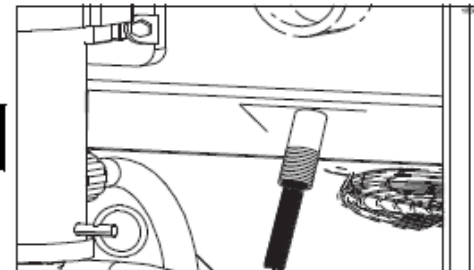


Figure 6-63





Photo courtesy of Colleen Donovan
WSFMA 2025



Photo courtesy of Colleen Donovan, WSFMA 2025



Time-Temperature Control for Safety Foods



Clostridium perfringens

SIGNIFICANCE

- Cannot be destroyed from cooking
- Outbreaks common with bulk preparation of food

SYMPTOMS

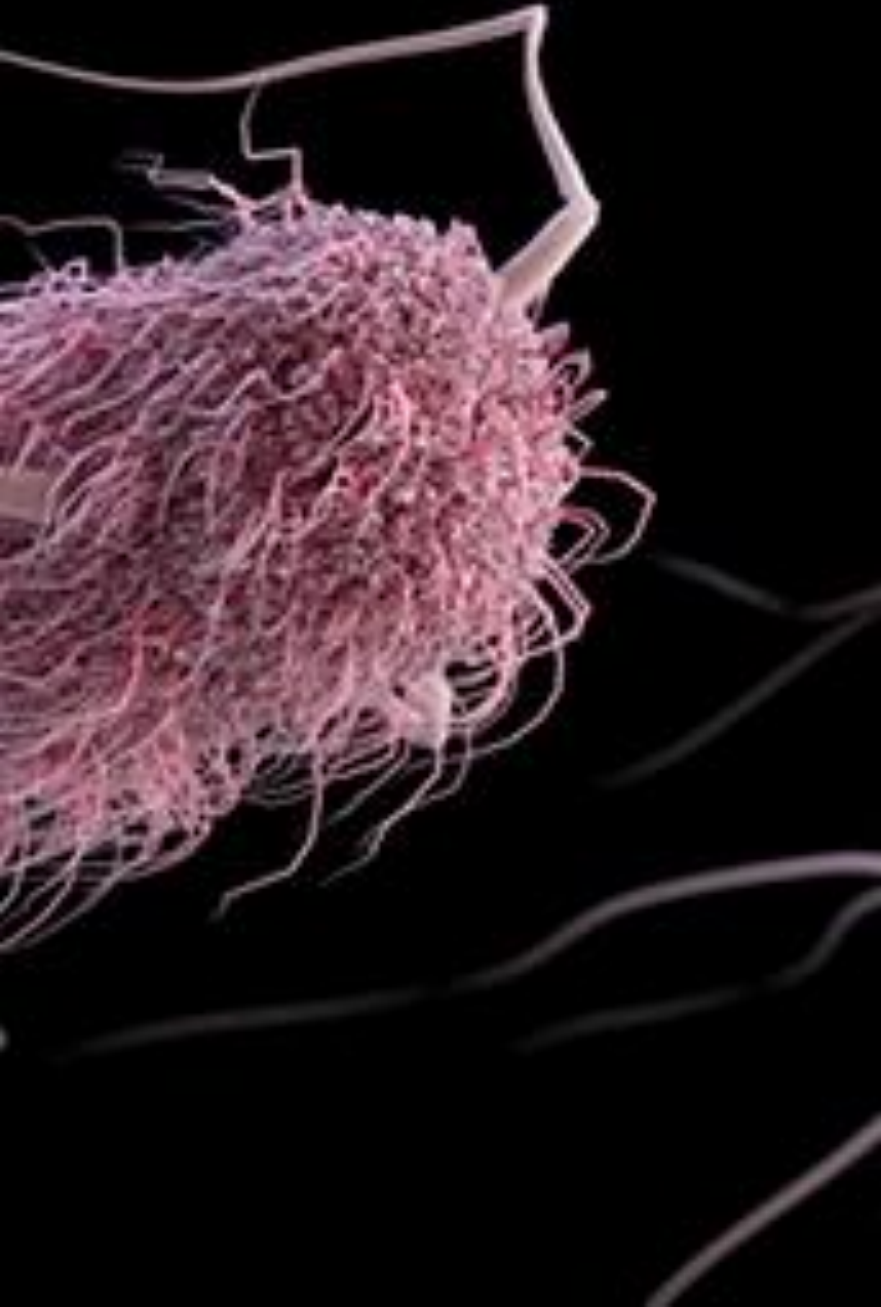
- Watery diarrhea, nausea, abdominal cramps

COMMON FOODS

- Meats, poultry, gravy, dried or precooked foods, temperature abused TCS foods

PROCESSES TO CONTROL THE PATHOGEN

- Temperature control
- Proper cooling
- Proper reheating



Escherichia coli O157:H7

SIGNIFICANCE

- Found in environment, foods, and intestines of people and animals

SYMPTOMS

- Diarrhea (often bloody), cramps, and vomiting

COMMON FOODS

- Undercooked beef, unpasteurized milk/juice, raw produce

PROCESSES TO CONTROL THE PATHOGEN

- Prevent cross contamination
- Fully cooking
- Produce washing
- Employee health

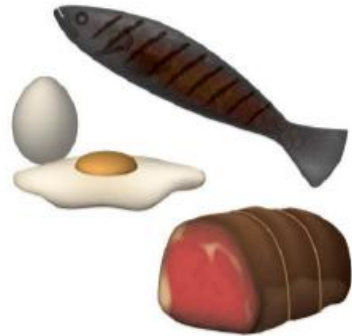
Time-Temperature Control for Safety (TCS) Foods

formerly called Potentially Hazardous Foods (PHFs)

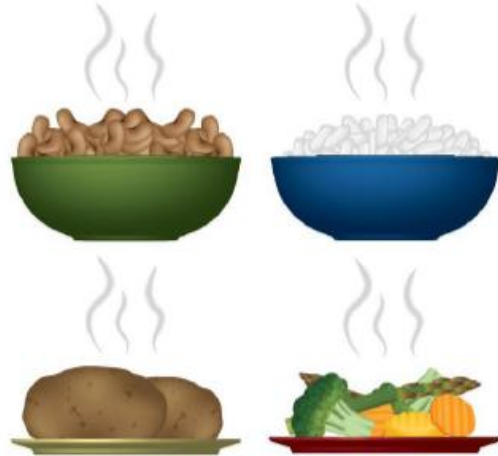
Dairy products.



Meat, seafood and eggs.



Cooked rice, cooked beans, cooked potatoes and cooked vegetables



Garlic and fresh herbs in oil or butter.



Sprouts.



Cut melons.



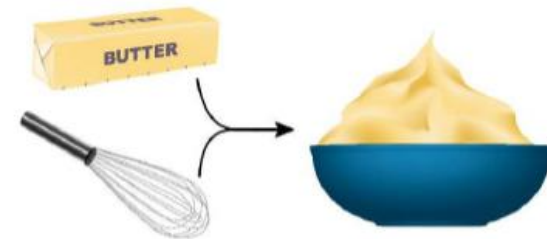
Cut leafy greens.



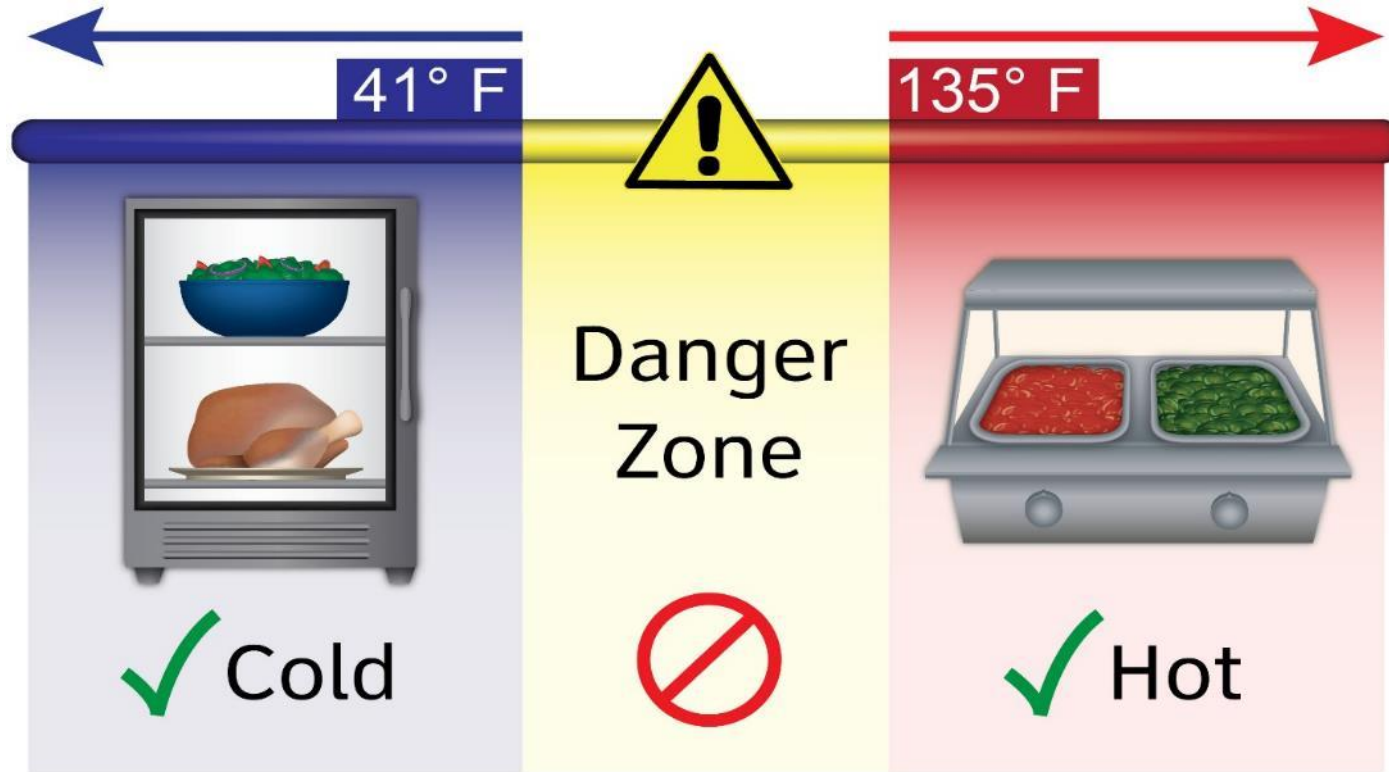
Cut tomatoes.



Whipped butter.



Time & Temperature



Scan for
more information:



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Sampling



Photo courtesy of Colleen Donovan, WSFMA 2025



Food Sources



Photo: Snohomish County Health Department



Photo: Grays Harbor Environmental Health



Photo: Benton-Franklin Health District



Photos: Tacoma-Pierce County Health Department



Photo: Benton-Franklin Health District



Photo: Tacoma-Pierce County Health Department





Photo courtesy of Colleen Donovan, WSFMA 2025

Wild Harvested Mushroom Identification Form

This form must be kept in the food establishment for 90 days after receipt.



Sales Information				
Buyer/Food Establishment:			Date of Sale:	
Mushroom Information (Mushrooms may only be harvested from WA, OR, ID, CA, MT, or BC)				
Common Name	Latin Name	Amount (weight)	Harvest Location	Harvest Date
			County: State/Province:	
			County: State/Province:	
			County: State/Province:	
Mushroom Identifier Information				
Name:		Business Name:		
Mailing Address:		Email:		
		Phone:		
Mushroom Identifier Attestation				
I identified the wild harvested mushrooms listed above and attest to the following: (Both boxes must be checked.)				
<input type="checkbox"/> Mushrooms were identified while fresh (not dried).				
<input type="checkbox"/> Mushrooms are on the approved list of wild harvested mushrooms (see back).				
Signature of Mushroom Identifier: _____				

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.



Pet Animals



Photo courtesy of Colleen Donovan, WSFMA 2025

Allergen Awareness

● Allergen Awareness

○ Materials posted to www.doh.wa.gov/foodrules

■ Translations posted

- ◆ Spanish, Chinese Simplified, Chinese Traditional, Korean, Russian, Somali, Tagalog, Vietnamese

**FOOD ALLERGY?
TELL US.**

These are common allergens. If you have a food allergy to any ingredient, please let us know.

Washington State Department of HEALTH
DOH 333-336 December 2023, English. To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.

Toolkit: Allergen Awareness

Food allergy is a serious medical condition that can be life-threatening. Although nearly any nine major food allergens cause the most food allergy reactions in the United States, food work as it relates to their job duties such as knowing the major food allergens, the symptoms of an with customers about allergens, and ways to prevent allergens when preparing or serving food.

Note: Use this document to help your establishment maintain Active Managerial Control (AMC) health department for any additional information as needed. (www.doh.wa.gov/localhealthfo)

Section 1: Food Establishment Information

Establishment Name _____

Street (Physical Address) _____ City _____

Contact Name _____ Title / Po _____

Section 2: Menu Evaluation

Evaluate, supply and carefully read package labels to find potential allergens. Select all that apply.

<input type="checkbox"/> Fish such as salmon, cod, halibut, tilapia	<input type="checkbox"/> Soybeans such as edamame
<input type="checkbox"/> Crustacean shellfish such as crab, lobster, shrimp	<input type="checkbox"/> Peanuts such as peanut butter
<input type="checkbox"/> Eggs such as egg, eggnog, meringue, mayonnaise	<input type="checkbox"/> Wheat such as breads, cookies
<input type="checkbox"/> Milk such as butter, cheese, cream, ghee, milk	<input type="checkbox"/> Sesame such as sesame oil
<input type="checkbox"/> Tree nuts such as almonds, cashews, coconut, hazelnuts, macadamia, pecans, pine nuts	

Section 3: Symptoms of Food Allergies

All food workers, including servers, need to know what to look for in customers with food allergies. Severe reactions need immediate medical attention, including calling 911.

• Hives	• Vomiting or diarrhea	• Swelling of the face
• Flush skin	• Coughing or wheezing	• Difficulty breathing
• Tingling in mouth	• Dizziness, confusion, anxiety	• Swelling of the tongue, lips, or face
• Face, tongue, or lip swelling	• Swelling of the throat	

Section 4: Cross-Contact

Food allergens can transfer when foods and surfaces touch. Be sure to always use clean and friendly foods. Proper cooking does not reduce allergens. If a mistake is made, the food is not safe to eat.

Source of cross-contact	Examples
Hands (even if wearing gloves) and utensils	• Touching almonds and then handling cheese
Surfaces such as cutting boards, pots, pans	• Using the same spatula to flip a fish patty before cooking another item
Steam, splatter, crumbs	• Cooking bacon on a grill after cooking eggs on it
Storage	• Slicing cheese on a board after cutting bread
Condiments	• Steam from cooking shellfish sprays on nearby items
Cooking liquids and oils	• Pancake mix with flour spreads onto bacon
Mistakes	• Milk drips onto vegetables in refrigerator
	• Artificial crab stored in same container with cooked crab
	• Putting a knife used to spread peanut butter into a jar of soy sauce
	• Soy sauce added to a house-made salad dressing
	• Reusing cooking oil to sauté vegetables after sautéing bread
	• Cooking fries in a deep fryer after cooking bread
	• Picking croissants off a salad
	• Scraping eggs off a plate instead of making a new dish

Prevent cross-contact. Cleaning with soap and water will remove allergens from surfaces. Wash, rinse, sanitize, and air dry all utensils and food contact surfaces before use. For each allergen-friendly menu item, only use clean:

- hands
- utensils such as spatulas, spoons, knives, and gloves
- surfaces such as cutting boards, pots, pans, baking sheets
- cooking oil and water

AMC Toolkit: Food Allergens
DOH 333-341 January 2024
Page 1 of 2

ALLERGEN AWARENESS FOR FOOD WORKERS

Even a small amount of an allergen can cause a life-threatening reaction. Workers must know the major food allergens, symptoms of an allergic reaction, and how to communicate about allergens used in the establishment.

Know the MAJOR ALLERGENS

These nine foods are the most common allergens, but people can be allergic to others.

Know what to ASK and WHO TO TELL

Talk with customers to understand their food allergy and carefully share the information with the manager or designated kitchen staff.

Know how to prevent CROSS CONTACT

Food allergens can transfer when foods and surfaces touch. Allergens do not go away when cooked.

Wash with soap and water - allergens don't wipe off. Wash hands with soap and water and change gloves before preparing food. Always clean and sanitize surfaces between menu items.

Wash all surfaces to remove allergens:

Know the SYMPTOMS of allergic reactions

- Difficulty breathing, cough, wheezing
- Swelling of the tongue, lips, or face
- Dizziness, paleness, or weak pulse
- Itchy nose, mouth, or face
- Nausea, vomiting, diarrhea

Know what to do for ANAPHYLAXIS (life-threatening allergic reaction)

Call 911

- Request ambulance with epinephrine
- Have the individual inject epinephrine
- Antihistamines may help

Prevent Splatters

Keep cooking steam, flour dust, and crumbs from touching food.

Separate Ingredients

Change cooking liquids and ensure ingredients haven't been mixed with allergens.

Correct Errors

Remove foods instead of just removing the allergen from the plate.

Provide Substitute

Inform customer if unable to meet their request.

Washington State Department of HEALTH
DOH 333-337 December 2023, English. To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.

Updated Washington Food Worker Card Manual


www.foodworkercard.wa.gov/fwcmanual

Temperature Control for Safety Food

Any food can cause foodborne illness, but bacteria are more likely to grow in Temperature Control for Safety (TCS) food.

Keep these foods hot or cold to prevent bacteria from growing:

- Meat, poultry, fish, seafood, and eggs
- Dairy products
- Tofu
- Cooked beans, potatoes, rice, pasta, and noodles
- Cooked fruits and vegetables
- Cut melons
- Cut leafy greens
- Cut tomatoes
- Sprouts, such as alfalfa or bean sprouts
- Fresh garlic or herbs in oil



Danger Zone

Bacteria grow best between 41°F and 135°F. This is called the Danger Zone. Temperatures below 41°F or above 135°F allow bacteria to grow fast. Some bacteria make toxins that make people sick. Toxins stay in food, even when cooked.

Tips for keeping food safe:

- Keep cold food at 41°F or colder.
- Keep hot food at 135°F or hotter.
- Prepare food quickly.
- Work with small amounts of food at a time.
- Quickly cool food in a refrigerator. Never cool on the counter.
- Reheat food quickly.
- Check temperature of food with a thermometer.

Food left in the Danger Zone may not be safe to eat. When in doubt, throw it out.

Washington State Food Worker Manual • foodworkercard.wa.gov

Cooking

Harmful germs live in raw meat, poultry, seafood, and eggs. Proper cooking kills germs and makes these foods safe to eat.

Cooking Temperatures

135°F	<ul style="list-style-type: none"> Vegetables, fruits, herbs, and grains that will be kept hot. Packaged ready to eat food, such as hot dogs and canned chili, that is reheated and kept hot.
145°F (for 15 seconds)	<ul style="list-style-type: none"> Eggs Seafood Beef Pork
158°F (instantaneous)	<ul style="list-style-type: none"> Hamburger Sausage
165°F (instantaneous)	<ul style="list-style-type: none"> Poultry (chicken, turkey, and duck) Stuffed foods or stuffing Casseroles Raw seafood, meat, or eggs cooked in a microwave Reheated temperature control for safety food

Microwave cooking

When cooking raw seafood, meat, or eggs in a microwave, cook to at least 165°F to maintain moisture. Rotate or stir the food at least once while cooking. Let the food sit for 2 minutes before serving. Use your food thermometer. Check several places to make sure all of the food is at least 165°F.

Consumer Advisory

Some foods, like sushi and eggs, may be served raw or undercooked. These foods can cause foodborne illness. Alert customers to the risk with a written consumer advisory on the menu. Never serve raw or undercooked food to a Highly Susceptible Population or children's menu.

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Date Marking

Some bacteria still grow slowly in refrigerated foods. Date mark food to make sure it isn't kept for more than 7 days.

Date mark cold food kept for more than 24 hours.
Especially foods like deli meats, hot dogs, smoked seafood, salads, milk, and soft cheeses.

You do not need to date mark:



- Unopened commercial packages.
- Commercially made dressings, mayonnaise, and deli salads like potato salad.
- Whole uncut produce.
- Hard cheeses like parmesan and asiago.

Serve or discard food within 7 days after you open it.
When you open or prepare refrigerated ready to eat food, mark the date right away.

Start with the day you open or prepare the food and add 6 days.

For example:

- If you open food on Dec. 12, add 6 days. Use by Dec. 18.
- If you open food on Friday, use by the following Thursday.

If you combine food with different dates, use the date mark of the oldest ingredient.

Don't count days food is frozen.
Label food with the date it is frozen and the date it is put back in the refrigerator. Serve or discard food within a total of 7 days in the refrigerator.

For example:

- If you refrigerate food for 2 days and then freeze it, you can later refrigerate it for 5 more days before you discard it.

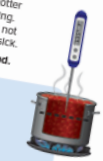
You can date mark food in many ways. But it should be easy for everyone to understand and use. Always keep these foods at 41°F or below the entire time.

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Hot Holding

Keep Temperature Control for Safety food at 135°F or hotter until it is served or cooled safely. This is called hot holding. Cooking food does not kill all bacteria. If cooked food is not kept hot, surviving bacteria can grow and make people sick.

Use a thermometer to check the temperature of hot food.




Tips for keeping food hot:

- Make sure steam tables and food warmers are hot before adding food.
- Cover food and stir frequently.
- Do not add cold food to hot food.
- Check the food temperature often with a food thermometer.

Reheating for hot holding

You can reheat food and serve it again if it was cooled safely. Reheat food rapidly to 165°F or higher in 2 hours.



Use a quick method to reheat food, like a stove, oven, or microwave.
Don't use a steam table, slow cooker, or food warmer to reheat food. This will take too long and allow bacteria to grow.

Stir food often while reheating.
Check the temperature in several places to make sure the food is completely reheated to 165°F.

Reheating for immediate service
If you reheat food immediately, you may reheat it to any temperature.

Reheating is only safe when you cook and cool food correctly.

Washington State Food Worker Manual • foodworkercard.wa.gov



- Broccoli
- Brussels
- Cauliflower
- Cabbage
- Kohlrabi
- Kale
- Mustard greens

You are the broccoli.

Thank you

Website

www.doh.wa.gov/foodrules



Email

food.safety@doh.wa.gov
susan.shelton@doh.wa.gov



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