3. Cooking Temperatures
Inadequate cooking is a leading cause of foodborne illness. California State law now requires minimum cooking temperatures for the foods listed below:

<table>
<thead>
<tr>
<th>Food Product</th>
<th>Minimum Cooking Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground, chopped, or flaked and formed meats</td>
<td>155°F / 15 seconds or 157°F / 10 seconds</td>
</tr>
<tr>
<td>Eggs and food containing eggs</td>
<td>145°F for 15 seconds</td>
</tr>
<tr>
<td>Pork and pork products</td>
<td>155°F for 15 seconds</td>
</tr>
<tr>
<td>Poultry, stuffed fish, stuffed meat/poultry</td>
<td>165°F for 15 seconds</td>
</tr>
</tbody>
</table>

4. Reheating
Potentially hazardous foods that were previously heated must be reheated rapidly to a minimum internal temperature of at least 165°F. Food should not be reheated more than once.

5. Proper Thawing
Defrost frozen food properly using one of the following methods:
- In a refrigerator at 41°F or lower;
- In a microwave oven;
- Under cold running water, or
- As part of the cooking process.

Potentially hazardous foods must NOT be thawed at room temperature!

Preventing Cross Contamination
Cross contamination is the transfer of harmful organisms from one food item to another and may occur by:
- Hands that are in contact with raw foods and then put in contact with cooked or ready-to-eat foods without first being washed.
- Using the same utensils, equipment and or cutting boards for cutting and preparing potentially hazardous and “ready to eat” food without properly washing and sanitizing between uses.
- Raw food juices coming into direct contact with cooked or ready-to-eat foods.

People are primarily responsible for cross contamination. Avoid poor hygiene and dangerous food handling techniques and always keep equipment properly cleaned, sanitized and maintained.

Mobile Food Vehicle Inspection Program
Mobile Food Preparation Units (Hot Trucks) and Mobile Food Facilities (Ice Cream Trucks, Produce Trucks, and Carts) are inspected and issued permits by the Mobile Food Vehicle Inspection Program. To schedule an appointment, please call (562) 570-4193.

Food Facility Permits
All food facilities including restaurants, bars, bakeries, cafeterias, and all types of mobile food vehicles, as described above, are required to have a permit. Please call (562) 570-4193 for more details.

Plan Check Program
This program reviews plans for all new and remodeled food facilities within the City of Long Beach. The purpose of a plan check is to ensure that food facilities are constructed in accordance with the California Uniform Retail Food Facilities Law (Health & Safety Code) and other applicable requirements.
The Food Facility Inspection Program is one of seven programs within the Bureau of Environmental Health. Other Environmental Health programs include Water Quality, Residential Housing, Vector Control, Hazardous Materials, Lead Control and Healthy Homes.

The Food Inspection Program enforces state and local food safety regulations in over 2,000 City of Long Beach food facilities. The goal of the food program is to ensure that food sold and served is safe, properly labeled and produced under sanitary conditions. A key component of the program includes the education of food handlers and food operators.

Food facilities inspected include:
- Restaurants
- Markets
- Bakeries
- School cafeterias
- Mobile food preparation vehicles
- Food salvagers
- Food processors
- Hospital cafeterias
- Bars
- Commissaries
- Mobile food
- Prepared food trucks
- Food carts

**NSPECTION PROCESS**

The Food Inspection Program has a target frequency of three routine inspections per year for all food facilities, with an optimal goal of four per year. During routine inspections, inspectors stress the prevention of foodborne illness and education. Inspectors also emphasize the following areas during inspections:

- Food temperature control
- Employee practices (including personal hygiene and safe food handling practices)
- Proper sanitation and the education of the operator
- Verification that at least one person per facility has been certified in safe food handling practices.

**NSPECTION SUMMARY REPORT**

Effective January 1999, the City of Long Beach adopted the Inspection Summary Report (ISR), a locally designed system to inform the public about health inspection results at restaurants and other food facilities.

After each routine inspection, a summary of the inspection findings or ISR, is posted at all city food facilities in a location clearly visible to the public. Every violation found during an inspection is assigned to a category, which is marked on the ISR. Violation categories are as follows:

- Food Handling
- Food Temperature
- Food Storage
- Food Source & Labeling
- Water Supply & Temperature
- Utensil Washing & Sanitizing
- Employee Practices
- Equipment Sanitation
- Equipment Maintenance
- Facility Sanitation
- Facility Maintenance
- Restrooms
- Pest Control
- Waste Management

Every facility requiring corrective action receives a reinspection. Upon reinspection, if all violations are corrected, a transparent sticker stating, “corrective action completed,” is placed diagonally across the categories listed on the ISR.

The original Inspection Summary Report, with the corrective sticker, remains posted until the next routine inspection.

**FOODBORNE ILLNESS INVESTIGATIONS**

Foodborne illnesses are diseases that are carried or transmitted to human beings by food. Bacteria cause the greatest number of foodborne illnesses. Some of the most frequently reported food poisonings result from Salmonella, Staphylococcus and Clostridium bacteria. All of these bacteria are capable of causing illness and discomfort in the infected individual. Some of the major symptoms include vomiting, diarrhea, weakness, dehydration, fever and chills. In rare instances, foodborne illnesses can even result in death. Individuals at highest risk include the very young, the elderly, and people in poor health or with specific medical conditions, such as diabetes or impaired immunity.

The Food Program, Public Health Laboratory and Epidemiology Programs are responsible for investigating all reports of suspected foodborne illness within the City of Long Beach. When a report is received, an Environmental Health Specialist conducts an inspection of the food facility referenced, focusing on the following areas:

- Food sources
- Food processing techniques
- Food handling
- Storage practices
- Employee practices

**PREVENTING FOODBORNE ILLNESS**

Practicing good personal hygiene is one of the best ways to keep disease-causing agents from getting into food. Good personal hygiene includes proper handwashing and proper hygiene and, others. Hands should be washed thoroughly with soap and warm water, and dried with disposable paper towels or air-dried.

Temperature control is another way of preventing foodborne illness. Temperature control is accomplished by taking into consideration the following:

1. **The Danger Zone** is the temperature range at which food bacteria grow and multiply rapidly in potentially hazardous foods (meat, fish, poultry, dairy products, eggs, cooked vegetables, and grains). This occurs between the temperatures of 41˚ F and 140˚ F.

To avoid the danger zone, potentially hazardous foods should be kept:

- **Cold** – at or below 41˚ F, or
- **Hot** – at or above 140˚ F.

2. **Cooling Techniques**

Heated food should be cooled rapidly using one of the following methods:

- Separating the food into smaller or thinner portions;
- Placing the food into shallower containers;
- Inserting the container of food to be cooled into an ice water bath and stirring frequently.

A **Quick Reminder**: Food may be loosely covered or uncovered to allow the food to cool faster; provided the food is protected from contamination.