



# Food Safety Matters

Jan - March, 2002

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## ICD / SEAMEO FOOD SAFETY GAZETTE

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Alumni representative of food safety course 1993-2002 in the International Seminar on Food Safety held by ICD-SEAMEO Cooperative Program University of Indonesia, Borobudur Hotel, Jakarta, January 24, 2002



"Share responsibilities in Food Safety" between UN agencies (WHO, FAO), government, academia (SEAMEO TROPMED RCCN UI) and industries (ICD)

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## KEEPING IN TOUCH

*Dear alumni and readers,*

Starting with this issue, we will have new features in our Food Safety Gazette. In addition to the usual sections, we also offer some new topics such as "Agenda of SEAMEO TROPMED RCCN UI" and "Fact Sheet". We hope these will help to encourage our food safety awareness.

We deeply appreciate the articles contributed by Dr. Chris Geisler.

As a complement of the commemoration of 10 years collaboration between ICD and SEAMEO-TROPMED RCCN UI, we organised a gathering for Food Safety course alumni. You can find details in the alumni column.

Mr. Widjaja Lukito and Mr. Hardigaluh have left from the editorial board. We thank them for their time and effort in making our Food Safety Gazette in the past years.

Last but not least, we welcome Ms. Siti Muslimatun, Mr. Thom Kleiss and Mr. Vassilis Vanos as new members of editorial board.

*Warmest regards  
The Editors*

## THE CASCADE OF FOOD SAFETY COURSES

### The tenth WHO/ICD/SEAMEO Food Safety course at the University of Indonesia, Jakarta

The 10<sup>th</sup> Food Safety course was conducted January 14-27, 2002 in Jakarta, University of Indonesia. The course was coordinated by the ICD associates. There were 15 participants: 12 from Indonesia, two from Thailand and one from Vietnam.

The participants received the English version of the 1999 student handbook "Food Safety for Nutritionists and other Health Professionals" and some other publications from WHO and ILSI. The course materials were presented by experts from WHO, the University of Indonesia, Bogor Agriculture Institute, the Ministry of Health, and consumer organisations. The experts from ICD local companies also shared their experience on the implementation of safety and quality in food manufacturing.

The video "Food Safe Food Smart" was used to illustrate implementation of HACCP principles in the food industry. The "Morning Vitamin" session discussed recent articles on food safety. A visit to the "Walls" ice cream was organised so participants could see Food Safety quality system in industry in practice. The course also included observation of street vendors as an exercise on the application of GHP and HACCP in food service establishments. The participant was deeply appreciated to lecture given by Prof. Mike van Schothorst.



### The 6<sup>th</sup> Food Safety Train the Trainers Workshop

The TOT workshop was conducted on January 23, 2002. Participants included Dr. Nurul Huda, staff from University of Bung Hatta, Padang, Indonesia and Dr. Suree Wongpiyachon and Naiyana Chaitemwong, staffs from Ministry of Public Health- Thailand. The participant from Bung Hatta University is planning to set up a Food Safety course using the ICD/WHO "Food Safety for Nutritionist and Other Health Professionals" in July 2002. Participants from the Ministry of Public Health plan to adopt some lectures to their existing training manual.

## ALUMNI COLUMN

A gathering party for the Food Safety course alumni was held as a complement of the commemoration of 10 years collaboration between ICD and SEAMEO-TROPMED RCCN UI, Hotel Borobudur January 24, 2002. The programme was lively and interesting. As many as 60 alumni from different countries such as Indonesia (Jakarta, Makassar, Manado, Malang), Tanzania, Thailand, the Philippines and Vietnam attended the party. Dr. John Crowther and Prof. Mike van Schothorst from ICD, representative of the local ICD group as well as the SEAMEO management were also present during the program.

Tokens of appreciation were presented to the people who initiated and maintained the collaboration of ICD-SEAMEO over the past 10 years. Alumni representatives from Indonesia, Thailand and the Philippines, who are considered as the champion trainers, gave their impressions and shared their experiences in running the Food Safety training course. Door prizes were also given to some lucky alumni.

Congratulations to Ha Thi Anh Dao MSc, an alumna of SEAMEO Food Safety course for receiving her PhD degree from the National Institute of Hygiene and Epidemiology, Hanoi, Vietnam on November 2, 2001. The title of her thesis was "Improving the safety of street food by teaching food hygiene knowledge and handling practices for street vendors".

The Ministry of Agriculture of France has passed a new law effective 1 January 2002. The law states that the thymus does not have to be removed from veal cattle born after this date. The cattle have to have reared only on their mother's milk or on powdered milk and the carcasses have to be accompanied by a certificate signed by a vet. The French Food Safety Agency AFSSA said that the thymus could be consumed without risk. Any veal products entering France containing the thymus must also be accompanied by a certificate signed by a vet. The French Ministry of Agriculture is also looking at veal from animals that are fed feeds other than milk or milk powder. Tests are currently being carried out by AFSSA and the results will be published shortly. It is thought that calves fed on milk substitutes will also not present a risk. <http://www.meatnews.com/index.cfm?fuseaction=Article&artNum=3026>

On April 9, New York State Agriculture Commissioner Nathan L. Rudgers warned sulfite-allergic consumers and asthmatics to avoid eating Jin Hua Int'l Trading Inc. "Sweet Potato" due to the presence of undeclared sulfites in the product. The product is being recalled by Golden Dynasty Trading, Inc., 5726 1st Avenue, Brooklyn, New York 11220. "Sweet Potato" is packaged in an uncoded, 6-oz. cellophane wrapped, clear plastic tray. Consumers who have purchased it should return it to the place of purchase. Routine sampling by New York State Department of Agriculture and Markets food inspectors revealed that the product contained high levels of sulfites that were not declared on the label. [http://www.fda.gov/oc/po/firmrecalls/jinhua04\\_02.html](http://www.fda.gov/oc/po/firmrecalls/jinhua04_02.html)

The Pasta Shoppe of Nashville, Tennessee, manufacturers of gourmet pasta and baked goods, is recalling its shaped pasta line because it contains undeclared eggs. People who have an allergy or severe sensitivity to eggs run the risk of serious or life-threatening allergic reaction if they consume these products. All pasta is packaged in clear polypropylene bags and has decorative labels with The Pasta Shoppe listed as the manufacturer. These products include the following: Think Snow Pasta, net wt 6 oz (170g), Crazy for Tennis Pasta, net wt 6 oz (170g); Happy Birthday Pasta, net wt 6 oz (170g); Thinking of You Pasta, net wt 6 oz (170g); Star of David Pasta, net wt 6 oz (170g); Crazy for Golf Pasta, net wt 6 oz (170g); For a Special Mom Pasta, net wt 6 oz (170g); Dear Santa Pasta, net wt 6 oz (170g). [http://www.fda.gov/oc/po/firmrecalls/jinhua04\\_06.html](http://www.fda.gov/oc/po/firmrecalls/jinhua04_06.html).

#### **OPEN HOUSE**

The SEAMEO TROPED RCCN UI offers a two year Master of Science degree program in Community Nutrition. A scholarship is available for an outstanding candidate. Prerequisite (a) hold BSc/S1 degree in Nutrition, Health & Agriculture and others with Biology or Chemistry. (b) GPA min. 2.75 (4 scale) (c) TOEFL min. 450. Detailed information will be presented at SEAMEO-TROPED RCCN's OPEN HOUSE on May 28, 2002 09.00-11.00, SEAMEO building, Jl. Salemba Raya 6. Jakarta Pusat.

#### **WORKSHOP ON PRACTICAL COMMUNICATION FOR NUTRITION AND HEALTH PROFESSIONALS**

A workshop in Indonesian language on Practical Communication for Nutrition & Health Professionals is to be held on May 22-23, 2002. Topics include barriers to communication, interpersonal communications skill, design of nutrition and health information, strategies in nutrition and health communication. Methods : lectures, games, role playing and group discussion. Workshop fee : Rp 300.000.

#### **OTHER SHORT COURSES**

##### **OFFERED BY SEAMEO TROPED RCCN UI**

Nutrition, Aging and Chronic Degenerative Disease (English) June 3-10, 2002  
Micronutrient Programs & Interventions (English) June 10-17, 2002

Further information:

Ms. Yanti/Ms. Nopy ( 62-021-391 3932 or 330 205)

### **CALENDAR FOOD SAFETY COURSES**

June 2002	Food Safety Course in Cairo, Egypt, in English.
July 22-26, 2002	Food Safety Course in University of Bung Hatta, Padang, Indonesia. In Indonesian.
August 2002	Food Safety Course in Catholic University of Atmajaya, Jakarta. In Indonesian.
August 2002	Food & Water Safety Workshop in Univ. Sam Ratulangi, Manado. In Indonesian.
Sep-Nov 2002	Food Safety Course in Lao PDR, in Lao Language.
Oct 2002	Food Safety Course in University of Hasanuddin, Makassar. In Indonesian.
Jan 2003	Food Safety Course in SEAMEO TROPED RCCN UI in English.

## MICROBIAL FOOD CONTAMINATION: is it preventable?

Many different substances can contaminate food or beverages. One of the causes is microbes or pathogens. When the microbes enter the body through the gastrointestinal tract, the first common symptoms are nausea, vomiting, abdominal cramps and diarrhea. This is what we call: "Foodborne disease of foodborne infections"

The most commonly recognized food borne infections are those caused by bacterial such as Campylobacter, Salmonella and E. coli, and by a group of viruses. Some common diseases are occasionally foodborne, even though they are usually transmitted by other routes. These include infections caused by Shigella, Hepatitis A and the parasites Giardia lamblia and Cryptosporidia.

Foodborne Active Surveillance Network (FoodNet) release data on the incidence of disease caused by food in the United States in 2000. There were estimated 325,000 serious foodborne illnesses resulting in hospitalizations and 76 million cases of gastrointestinal illness. There were incidences of 5000 deaths each year related to food contamination.

### How does food become contaminated?

There are many ways for food to become contaminated as it is produced and prepared. Meat and poultry can become contaminated during slaughter by contact with small amounts of intestinal contents, a common place of foodborne microbes present even in healthy animals. Similarly, fresh fruits and vegetable can be contaminated if they are washed or irrigated with water that is contaminated with animal manure or human sewage. During food processing, foodborne microbes can infect humans who handle the food, or by cross contamination from some other raw agricultural product. In the kitchen, microbes can be transferred from one food to another food by using the same knife, cutting board or other utensil to prepare both without washing the surface or utensil in between. Meanwhile, cooked food can become re-contaminated if it is touches other raw foods or drippings from raw foods that contain pathogens.

### How to strike the invisible enemy called "bacteria" ?

Fight bacteria with the following simple steps:

#### 1. SEPARATE: Don't cross contaminated

- Separate raw meat, poultry and seafood from other food in the grocery shopping cart/bag.
- Store raw meat, poultry and seafood on the bottom shelf of the refrigerator so juices don't drip onto other foods.
- If possible, use one cutting board for raw meat products and another for salads and other foods, which are ready to be eaten.
- Always wash cutting boards, knives and other utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.
- Never place cooked food on a plate which previously held raw meat, poultry or seafood.

#### 2. CLEAN: Wash hands and surface often

- Wash hands in hot soapy water before preparing food and after using the bathroom, changing diapers and handling pets.
- Wash cutting boards, knives, utensils and counter tops in hot soapy water after preparing each food item and before going to the next one.
- Use plastic or other non-porous cutting boards. Cutting boards should be run through the dishwasher - or washed in hot soapy water - after use.
- Consider using paper towels to clean up kitchen surfaces. Or, if using cloth towels, consumers should wash them often.

#### 3. COOK: Cook to proper temperatures

- Using a meat thermometer to measure the internal temperature of meat is a good way to be sure that it is cooked sufficiently to kill bacteria.
- To check visually, red meat is done when it's brown or gray inside, poultry juices run clear and fish flakes with a fork.
- Salmonella can grow inside fresh unbroken eggs. So cook eggs until the yolks and whites are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- When you cook ahead of time, divide large portions of food into small, shallow containers for refrigeration. These ensure safe, rapid cooling.

#### 4. CHILL: Refrigerate properly

- Refrigerate or freeze perishable, prepared food and leftovers within two hours.
- Never defrost (or marinate) food on the kitchen counter. Use the refrigerator, cold running water or the microwave.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- With poultry and other stuffed meats, remove the stuffing and refrigerate it in a separate container.
- Don't pack the refrigerator. Cool air must circulate to keep food safe.

### Four major tips to prevent contaminating food

1. Use caution when you buy your food
2. Store your food properly
3. Use special precautions when preparing and cooking food.
4. Cool and promptly store leftovers after food has been served:

It is much cheaper to throw out bad food than it is to pay expensive medical bills or miss work.

Sources: [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety) and [www.fightbac.org](http://www.fightbac.org)

