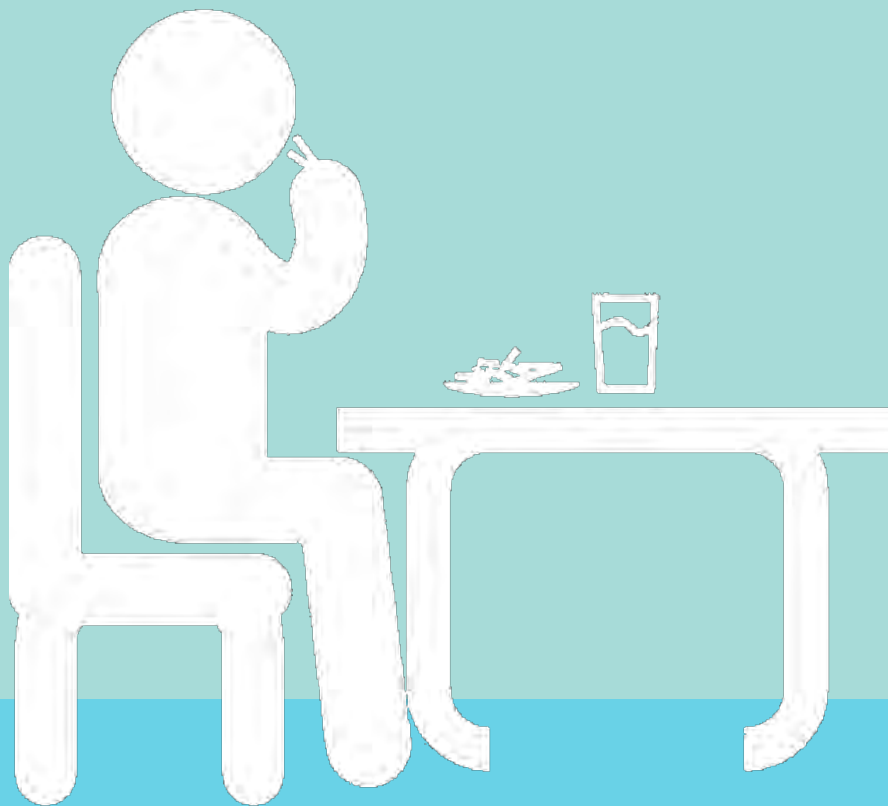


CHUUKESSE TRANSLATED Health Certificate
Food Safety Manual

HEALTH CERTIFICATE

FOOD SAFETY COURSE STUDY MANUAL



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FOREWORD

Ew mettoch mei fakkun auchea ngeni manawen aramas ach peekin tumun me nimenimen anach mwongo. Ika sise tumunufichi me nimochu fofforun anach mwongo, iwe sia tongeni semwen ika fen mano seni paikinin ekkewe mwongo. Iei popun mei fakkun auchea ika en emon chon peekin for mwongo, iwe kopwe fakkun weweiti met wiisomw kewe ren tumunufichi nimenimen foriomw kewe mongo omw kopwe tumunu me eppeteni senir nimengaw are feiengawen nimengaw fansoun omw ka amonnata, kuku, are fen amwongo ngeni omw family, omw kewe fren ika ekkewe aramas ka amömö ngenir ekkewe mwongo pwe kopwe tongeni efeiengawer ar repwe semwen seni nimengawen ekkewe mongo. Ekkewe samaw sia angei seni nimengawen mwongo ra eita ngenir, 'food borne illness', pwan 'food borne disease, food borne infection, me food poisoning'.

Ekkei esinesin non neuch ei Manual ika pukun tumunun föörun anach mwongo a kawor fan iten ach sipwe weweiti are sinei mennapen usun auchean ach sipwe tumunu are eppeteni anach kewe mwong seni nimengaw; nge akkaucheaan, ach sipwe weweiti an Muun Guam kewe annuk non ei Manual ika puk, a kawor fan asengesin chon mochen angang non ekkewe nenien for mwongo nge ra mochen angei neur Health Certificate, nge repwe akkoum ne angei ewe Health Certificate Food Safety Course pwe mei auchea repwe angei ena course pwan passini mwen repwe angei neur Certificate seni ewe office en Environmental Health of the Department of Health and Social Affairs. Nge ren ekkewe managers me meinap seni ekkewe nenien föör mwongo are food establishments, mei pwan wor pusin ew ar course repwe pwan angei.

An Guam ewe annuk ngeni chon föör mwongo ika Guam Food Code (GFC) an sekining e wiisen awora ekkewe annuk fan asengesin ekkewe nenien föör me amömö mwongo won Guam. Met ekkei masowen neuch iei manual ika puk, ikkei ekkei annuk fan awenewenen chok chon för mwongo. Ika pwe en emon chon för mwongo minen amömö, iwe mei fakkun auchea kopwe churi neumw we manager ren ami oupwe wewe fengen ren tichikin ekkewe annuk. Ka tongeni no ngeni ewe website www.dphss.guam.gov.

Ewe test ren ewe Health Certificate Food Safety Course a ukukun '25 multiple choice questions' ika 'ekkei kapas eis' ka tongeni fini chok ew me neiin pönuen ew me ew ekkewe kapas eis. Ika ke angei 70% non pungun ewe test, iwe ka tongeni passini, ka tongeni angei neumw ewe Health Certificate mei kan renew ika 'for ekkesiwinin' manamanan iteiten ier.

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DEFINITIONS

Approved source – Ewe neenien föör mwongo a fen chek me ren ewe Office en Environmental Health seni ewe putai en Public Health me Social Services a pwan angei neun Permit pwe mei nimenimoch.

Bacteria – Ekkewe mönu-en nimengaw re kan nomw non mwongo mei tongeni forata an aramas repwe semwen.

Clean – Nimenimeoch ese nimengaw.

Contamination – Nupwen a wor nimengaw are paikin a tonong non ew mwongo a enimengawano ewe mwongo.

Cross –contamination – Nupwen ew mönu-en ew mwongo mei nimengaw a pwan tonong non ew mwongo iwe apwan angawano.

Foodborne illness – Semwen mei wor non ew mwongo ika pwe mei nimengaw

Germs – Ekkewe kukkun maan sia kan eita ngenir paikin ra forata an aramas semwen ika pwe mei wor non eoch mwongo mei nimengaw.

Guam Food Code – An Guam kewe annukun tumunun me nimeochun för mwongo non ekkewe nenien amömö mwongo.

Highly susceptible population (HSP)- Ekan sakkun aramas mei fakkun mecheres ngenir repwe semwen ren ekkewe mwongo mei paikin, pokiten ir mei apwangapwang, ekkewe kukkun semirit, me pwan ekkewe ra chinap.

Good hygiene – Nimenimeoch.

Jaundice –Oneon unuchen inisin fengen me non mesan pokiten paikinin ewe hepatitis mei wor non inisin

Pathogens – Ekkewe sakkopaaten menuen semwen ra eita ngenir bacteria, viruses, parasites ra forata an emon aramas samaw.

Potentially hazardous foods (PHF)- Ekkewe sakkun mwongo mei mecheres ne tori ekkewe paikin iter bacteria ika pwe ese pung tempichuun nenien isois, awewe ika rese apatapat nge ururun repwe nomw non reichoko.

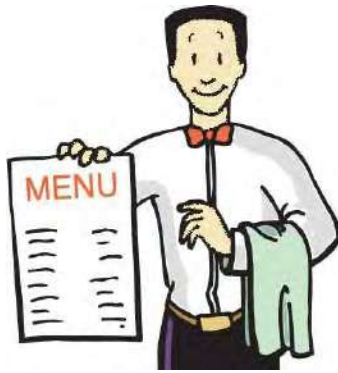
Parts-per-million (ppm) – Koukun ekkewe chemicals*, chowe an sanitizer, an epwe nofit ngeni million fougoun konik.

Ready-to-eat (RTE) -Ekkewe sakkun mwongo ra fen kuk, iwe resapw pwan kuk sefan mwen an aramas repwe tongeni mwongo.

Sanitize – Niieno ekkewe paikin ngeni safei ika chonupwich.

Temperature danger zone (TDZ)- Ewe keukun tempichu nefinen 41°F tori 140°F mei mecheres me mwitir ngeni ekkewe bacteria repwe tongeni maarita me non.

Toxin – Ekkewe poison en mwongo ra popu seni ekkewe bacteria, viruses, fungi me parasites (sakkopaten paikin).



Met Masowen/Auchean ewe Osukuun (LEARNING OBJECTIVES)

Masowen ewe osukun seni ewe Health Certificate Food Safety epwe asukuna peekin nimeoch, nimengaw mei tori mwongo, me köükün tempichüün ekkewe sakkopaaten mwongo an epwe eppet senir ekkewe semwen mei feito seni nimengawen mwongo. Ewe asukun epwe anisi ngeni ekkewe chon kut ar angang non nenien for mwongo ar repwe weweiti me sinenapei tumunun mwongo, fengen me ar repwe monneta ngeni ewe test repwe angei nesoponon ewe asukun.

Semwen mi nomw non ekkewe mwongo seni nimengaw (FOODBORNE ILLNESS)

Ewe chon angangen for mwongo epwe tongeni anapanapa ewe semwen mei popuseni an emon aramas mwongo mettoch mei nimengaw.

- 1) Ewe chon fori mwongo epwe sinei me weweiti pwe mei sakkopat esisinen ekkewe semwenin nimengawen mwongo; feinseni, mus, pwichikar, metekitek, enu-oneon inisin me mwanien.
- 2) Ewe chon for mwongo epwe pwan weweiti pwe ekkewe esisinen semwenin ekkewe mwongo mei nimengaw mei tongeni poputa non chok fitu minich murin an emon aramas mwongo ekkewe mwongo ra ngaw, ika mei tongeni fen murin fitu raan. Ekkei esissin repwe tongeni fis non fitu raan, iwe aramas mei tongeni masinano.
- 3) Ewe chon fori mwongo epwe weweiti pwe ekkewe semwenin mwongo ra tongeni popu seni germs ika paikin, poisonen mwongo ika pwan ekkoch mettoch mei nomw non ekkewe mwongo.
- 4) Ewe chon fori mwongo epwe ne esinna me weweiti ekkewe 5 mettoch ra kan forata semwen non ekkewe mwongo.
- 5) Ekkewe chon fori mwongo repwe ne pwan sine are esinna ekkewe sakkun aramas mei kon efeiengaw ngenir ar repwe mwongo ekkewe mwongo mei ngaw.

Keukun tempichuun ekkewe mwongo (TEMPERATURE CONTROL)

Ekkewe chon angang non imwen mwongo repwe weweiti met auchean ar repwe sinei namoten

tempichuun mwongo ar repwe isois non neeni mei pwichikar ika nenien apatapat ren tumunun ekkewe mwongo rete ngawono ra poison an aramas repwe ani.

- 1) Ewe chon for mwongo epwe sinei menni ekkewe sakkun mwongo mei affat ukukun fite tempichu repwe tongeni iseis non pun ete mwannino iwe ra ngaw, iwe aramas ra feiengaw ika samaw ren ar mwongo. Mwongo mei efeiengaw ika e mwanino tempichuun nenien isois, ika ra nomw non ewe tempichu a iteni “temperature danger zone” ika TDZ.
- 2) Ewe chon for mwongo epwe sinei ewe tempichu mei efeiengaw a wewe ngeni tempichu nefinen 41°F me 140°F.
- 3) Ewe chon for mwongo epwe sinei menni ekkewe mwongo epwe chok akkapatapat ika epwichipwich pwe epwe amwiritir ne uwei senir me non ewe koukun tempichu mei ngaw ngeni ekkewe sakkun mwongo.
- 4) Ewe chon for mwongo epwe sinei ifa keukun ewe 140°F ika fen pwichikar seni ren ekkewe mwongo a auchea ngenir repwe nomw non ena keukun pwichikar.
- 5) Ewe chon for mwongo epwe sinei ifa keukun ewe 41°F ika fen patapat seni, ren ekkewe sakkun mwongo a auchea ngenir repwe nomw non ena keukun apatapat.
- 6) Ewe chon for mwongo epwe weweiti me sinei pwe ekkewe mwongo meinisn rese tongeni repwe namotam non ewe ‘danger zone’ ika tempichu mei nomw nefinen 41°F me 140°F non ukukun 4 awa ika fen nap seni.
- 7) Ewe chon for mwongo epwe weweiti me sinei keukun tempichuun me ukukun nakatatamen an ekkewe mwongo repwe kuk pun ekkewe man ika paikin mei efisata semwen ra nomw non ekkewe mwongo repwe tongeni pe.

Neenien isoisen mwongo fiti tumunun (FOOD STORAGE WITH PROTECTION)

Ekkewe chon angang repwe weweiti me sinei pwata mei efeiengaw nupwen paikinin ruu ika fite sakkun mwongo repwe pachefengen, iwe repwe pwan sine ifa usun repwe eppet an esapw fis ena napanap.

- 1) Ewe chon for mwongo epwe esinna ika tongeni sinei nupwen eoch mwongo a ngaw ika pwe a wor eoch mettoch e aksiten ne tonong non ewe mwongo nge esapw ururun epwe ina masowan ika chienan.
- 2) Ewe chon for mwongo epwe esinna ika pwe a wor semwenin ika paikinin ew mwongo a tonong non pwan ew sakkun mwongo, ika seni pwan nimengawen ekkewe nenien feerun mwongo.
- 3) Ewe chon anang epwe sinei met epwe fori pun epwe eppet an ekkewe mwongo rete paikin, aweve ren nimenimeochun ne töttö, chichi, chonupwichi pisekin kuk, ika nimeteochu ekkewe nenien ammonata are for mwongo;

- 4) Ewe chon for mwongo epwe sine ifa usun epwe isoni ekkewe mwongo non neenien iso is fengen me an esapw apacha fengeni ekkewe mwongo pun rete paikin ren ar pachefengen non ekkewe nenien iso is.
 - Neenien iso isen ekkewe futuk me non ewe reichoko (icebox) repwe nomw faan, iwe resapw pachengeni ekkewe mwongo ra fen ipwot me non ewe reichoko.
 - Ekkewe safeian enimenimen non imw, safean maanun non imw ren safean kakiros me, ekkei sakkun mettoch meinisin resapw nomw arapakan ngeni ekkewe mwongo me pisekin for mwongo.
 - Meinisin ekkewe sakkopaaten safeien enimenim ika kaweten maan, epwe affat ika mak iter won ew me ew pun repwe fat.

Pochokunen inisin ewe Chon Angang (EMPLOYEE HEALTH)

- 1) Ewe chon för mwongo epwe sine an epwe kökköri ewe chon nemeni neenien an angang non ewe nenien för mwongo ika pwe a tori semwenin feinseni, mus, mönu, oneon inisin, ika pwichikar me metekin ne chior.
- 2) Ewe chon för mwongo epwe weweiti me sinei pwe esapw no angang non ewe neenien for mwongo ika pwe a tori ew neen ekkewe samaw feinseni, mus, oneon inisin, pwichikar me metekin ne-chior.
- 3) Ewe chon för mwongo epwe weweiti me snei pwe ese tongeni no angang non ewe neenien för mwongo non ukukun 24 awa murin an a wes seni ew me neen ekkewe semwenin mus me feinseni.
- 4) Ewe chon för mwongo epwe weweiti me sinei pwe ese tongeni epwe atapa ika kane ngeni ekkewe mwongo enen aramas ika pwe mei uri mach, kinas, rupw, ika kar won peun ika eutun peun kewe ika kumuchun, chiinón chok ika pwe mei finifinino ngeni bandage ika mei peupeu kuroop ne angangen för mwongo.

Nimenimen inisin ewe Chon Angang (EMPLOYEE HYGIENE)

Ewe Chon angang epwe sine ifa usun töttönun paaw.

- 1) Ewe chon för mwongo epwe weweiti ifa usun an emon chon för mwongo epwe tonueochu peun:
 - Epwe achechenü peun fän konik epwe kusutiw won peun, ewe konik epwe pwich nge esapw nien kar, epwe aea sopw ne sopuni peun kewe; tawasini ika feiira ngeni pirosen inis peun kewe, iwa a chirireno non ukukun 20 seconds; iwe epwe appwasa peun kewe ngeni echo taun mi nimenimeoch, ika ngeni ekkewe minen appwas paw itan hand air dryer.
- 2) Ewe chon för mwongo epwe sinei me weweiti inet fansoun mei auchea epwe tönü poun kewe:

- Mwen an epwe poputa ne angang;
 - Murin an wes me aea imwen ngasono (ika imwen pencho) pwan mwen an epwe ne niwiniti an nenien angang;
 - Murin an attapa ekkewe mwongo mei amas ika futuk mei amas;
 - Murin an attapa ekkewe sepi mei nimengaw
 - Murin an attapa ekkewe kääpich
 - Murin an angengeni ika atapa ekkewe pisekin enimenim mei poison
 - Murin an fongeti pwootun, moor, ika attap ngeni mesan, pwootun ika awan
 - Murin an un supwa, ika ese nifinifin sakkun tobacco
 - Murin an mwongo ika un mettoch
 - Mwen an epwe pacheta neun kewe tepokuroon angang.
- 3) Ewe chon för mwongo epwe sinei me weweiti pwe ekkewe tepokuro ne for mwongo mei pwan tongeni uwei fetanei paikin, ese tongeni siwini omw kosapw sopwuni poumw fan ew.
- 4) Ewe chon för mwongo epwe pwan weweiti me sinei pwe ese mumutä un supwa, mwongo me nuunu tobacco non ekkewe nenien för mwongo, pwan tori ewe nenien isoisen mwongo me pisekin för mwongo.

SEMWEN SIA ANGEI SENI MWONGO (FOODBORNE ILLNESS)

Ika emon aramas a semwen ren an mwongo ika unumi eoch mettoch mei nimengaw, iwe ewe semwen itan “Foodborne illness”, ika pwe e semwen seni ewe mongo. Fan chommong aramas ra eita ngeni ewe semwen, “Food poison,” nge ei meen food poison a chok wewengeni ew sakkun mettoch. Nge Foodborne illness a achuppa meinsin ekkewe sakkopaaten semwenin mwongo ese nien fat ika menni e wesewesen popueta ewe samaw. Foodborne illness, ika ewe semwenin non mwongo a tongeni popu-seni ekkewe germs ika paikin, ika ekkewe safean enimenim ika, poisonun mettoch kewe mei fiti safei. Esisinnen ewe semwen ika a tori emon aramas, epwe oneno inisin, uri feinseni, mus, pwichikar, metekitek neechuun, fengen me mwanien. Anongonong won met ewe aramas e semwen ren, epwe poputa ne wor ren ekkewe esissin murin chok fite minich, ika fen murin fitu raan murin an unumi ika ani ewe mettoch a efisata an iwe semwen. Nge ekkoch esissinen ewe semwen ese tongeni epwe pwä tori mwirin fite fite raan iwe mei tongeni fen awora ngeni ewe aramas an esapw tongeni chiwen fetan, ika epwe tongeni fen mano.

Me non Merika, iteiten year mei tori ukukun 48 million aramas ra aani ei semwenin mwongo mei poison ren nimengaw. Non ewe ukukun aramas ra semwen ren mwongo mei poison, ika paikin, ukukun 128,000 ra niuing non pioing, nge ukukun 3,000 ra mano. Iei popun me akkauchean an epwe tumuneoch me nimetoch ekkewe mwongo fansoun amonnata, kuku, me eineti ekkewe mwongo.



Unungat ekkewe mettoch ra forata nimengawen ika poisonun mwongo (THREE TYPES OF CONTAMINANTS)



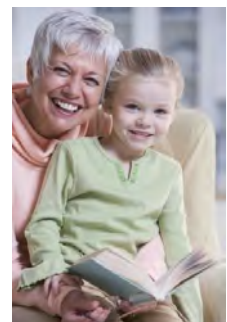
A wor unungat mettoch ra forata semwen non ekkewe mwongo, ra chok accident ne tonong nge esapw seni an emon mochen foringawei ekkewe mwongo pwe repwe poison ika nimengaw:

- 1) Physical Contamination – Weween pwe ekkewe mettoch ra tongeni tonong non ekkewe mwongo nge ese wor ach tepereni
- 2) Chemical Contamination – Nupwen ekkoch sakkun safei ika poison ra tonong non ekkewe mwongo, ew awewe ren spray, ika eoch me neiin ekkewe pisekin enimenim mei wor safei non nge e parasonong non ewe mwongo.
- 3) Biological Contamination – Ekkewe germs ika monuen mettoch e tonong non ewe mwongo; awewe ren bacteria, virus, parasites, ika fungi. (Ekkei mettoch meinisn sia kan chok eitangenir pwe paikin).

Ekkewe Biological contaminants ika semwenin mwongo seni paikin, ina ena ekon napengeni an fis me non fonuen United States. Mei weires ach sipwe tongeni kuna ngeni mesach pwe emon a tongeni chok kuna ekkewe paikin ika monu fan ew Microscope. Ikkei ekkei paikin ika monu ra eita ngenir germs, ra efisata semwen nge re feito seni ekkewe bacteria, viruses, parasite eggs, fungus (ikkei ekkei sakkopaaten iten paikin ra forata ekkewe germs). Nge mei pwan wor ekkoch sakkun paikin ra fou watte sia tongeni kuna ren mesach. Meinisn ekkei paikin sia eiteitata iter, ikkena ekkena mettoch ra esenipato semwen non inisich ika pwe a tonong non inisich seni ekkewe mwongo ra nimengaw, iwe pokiten ir mei paikin ika poison iwe sia semwen rer.

Ekkoch aramas a kon mecheres ar repwe uriir ewe semwen seni nimengawen mwongo (HIGHLY SUSCEPTIBLE POPULATION)

Mei wor ekkoch aramas a fakkun mecheres ngenir ar repwe semwen nupwen ra mwongo ekkewe mwongo mei paikin, ika tonong ekkewe sakkun nimengaw non ener kewe, pokiten inisir mei apwangapwang ika pwan ekkoch me neiir, pokiten ese nien unuseoch määrin inisir. Ikkei ir ekkei mei mecheres ngenir an epwe torir ewe semwen seni nimengawen mwongo, sia eita ngenir ‘highly susceptible



population' (HSP). Ekkewe aramas mei muk, monukon, semirit ra keran fiti pre-school, iwe pwan ekkewe ir mei fen urir pwan ekkoch sakkun semwen. Ikkeiir ekkei sakkun aramas mei chok mecheres ngeni repwe urir ewe semwen.

Nimu (5) ekkei mettoch ra efisata ewe semwenin nimengawen mwongo (5 RISK FACTORS)

Fan chommong, ikkei ekkei nimu mettoch re kon nien forata ewe semwenin non mwongo:

- Ekkewe mwongo rese nomw non nenien apatapat an epwe pung ukukun fite tempichu repwe nomw non;
- Keukun tempichu an epwe kuk ewe mwongo; ese pung keukun tempichu ewe mwongo epwe kuk non;
- Ekkewe mwongo ra feito seni nenien kuk rese nimeoch, ika mei nimengaw
- Ekkewe chon for mwongo ir mei nimengaw ika semwen nupwen ra fori ekkewe mwongo.

KEUKUN TEMPICHU (TEMPERATURE CONTROL)

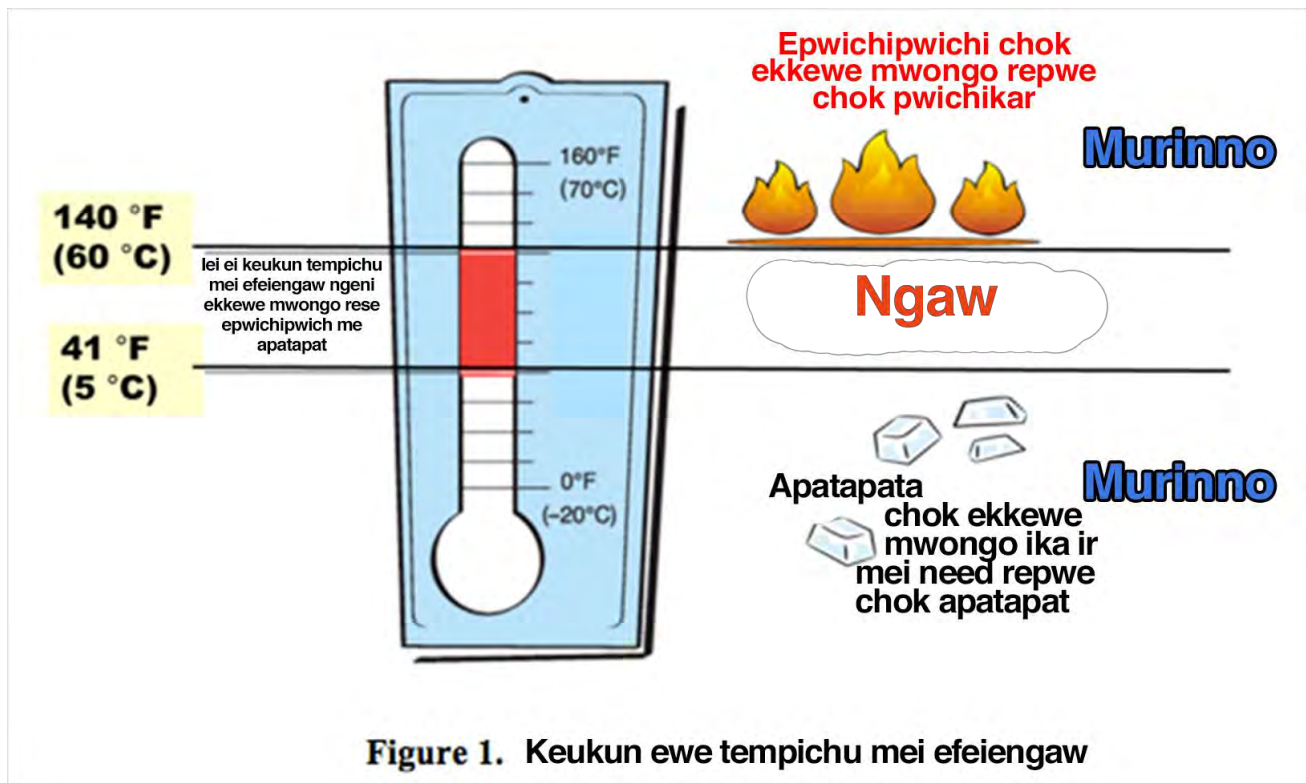
Mei fakkun auchea ekkewe mwongo mei amas repwe kuk non keukun ewe tempichu mei keukutiw pwe epwe tongeni niieno ekkewe paikin mei nomw non. Ika rese pe ekkewe paikin pun ese pung ewe tempichu fansoun ar kuk. Mei pwan auchea epwe pung keukun tempichuun apatapat ika pwichikaren tempichuun ekkewe sakkopaaten mwongo pwe epwe tongeni eppet seni ekkewe bacteria ika paikinin non ekkewe mwongo ar repwe mää. Iei met weween ei meen a iteni “temperature control” weween pwe ika e pung keukun tempichuun apatapaten ika epwichikaren ekkewe mwongo, iwe epwe tongeni kisikisino an ekkewe paikin repwe mää non ekkewe mwongo, esapw ren an ekkewe paikin repwe wessen peeno, pwe ren chok an epwe aukatiw ika ammangaano ar repwe mää.

Bacteria ir mei mommongo, iwe ra mää non mwongo, non neeni mei tam fansoun an nukuchechen, iwe ina saiseochun tempichu ar repwe mää. Ekkewe mwongo mei aro patapat me ekis aro Chechen, ra fakkun mecheres ngeni ekkewe bacteria ar epwe mää non pun ina ena esin tempichu mei ukukeoch ngeni ar repwe mää non. Iei ewe tempichu a ngaw ngeni ekkewe sakkun mwongo ra iteni “potentially hazardous foods,” ika PHF. Ekkei sakkun mwongo, chowe an futuken maan, chuko, mwongon neset ren iik me pwaset, tori ekkewe mwongo mei nofit me minik me pwan sokun.

Ukukun tempichu epwe tongeni niieno ekkewe monu me non ekkewe mwongo, epwe nap seni ukukun 140°F pwichikaran ika epwe kukkun seni 41°F an epwe tongeni aukatiw an ekkewe paikin repwe maar. Nge nefinen 140°F me 41°F, ina ena keukun tempichu a fakkun amaari ekkewe paikin. Ina met sia eita ngeni “Temperature danger zone” ika TDZ.

Ewe Temperature Danger Zone ina ewe keukun tempichu ekkewe paikin ra fakkun mwitir ne maar me non, ra efeiengaw. Tempichuun non imw me ekkewe mei air condition, rese eochu ngeni an

ekkewe mwongo repwe iseis non pun ena esin tempichu re nomw non ewe Temperature Danger Zone. Nengeni ena nios mei nomw faan pun kopwe weweiti keukun ena tempichu. See Figure 1. Nupwen epwichipwich mwongo ipot epwe fakkun pwichikar iwe a tongeni niieno ekkewe paikin, nge ewe poison me paikin mei chiwen chok nomw iwe mei tongeni chiwen forata semwenin ewe mungo.



Kuk (COOKING)

Unusen ewe mwongo epwe kuk tori nukanapen ewe mwongo, epwe kuk won tempichu epwe nomw won 135°F, 145°F, 155°F, ika 165°F, anongonong won met sakkun mwongo ewe e kuk, nge epwe chok mwithir epwe iteno mwen an epwe tori ewe tempichuun danger zone. Nengeni figure 2. Ka tongeni tesini ukukun ewe tempichu won ewe probe thermometer omw kopwe checki ne-utun ika non futuken ewe mwongo ika mei ipoteoch.

Keukun tempichu neutun ekkewe mwongo							
Kopwe aea ewe thermometer ne auku ukukun tempichuun pwichikaren ew me ew ekkei sakkun mwongo epwe usun met mei keukutiw ikei.							
							
Fruit and Vegetables	Eggs Cooked to Order	Fish	Single Piece Meat (Beef, Veal, Lamb, Pork)	Pooled Eggs	Ground Meat and sausage	Poultry and Stuffed Meat	Reheated Foods
135°F for 15 seconds	145°F for 15 seconds	145°F for 15 seconds	145°F for 15 seconds	155°F for 15 seconds	155°F for 15 seconds	165°F for 15 seconds	165°F for 15 seconds
Kose tongeni chok mefi ne atapa ukukun pwichikaren ne-utun mwongo – kopwe aea ewe thermometer ne auku ifa ukukun pwichikaren ew me ew ekkewe mwongo							

Figure 2. Ukukun pwichikaren tempichuun neutun ew me ew ekkei sakkun mwongo

A pwaarata ukukun ewe tempichu ren ew me ew ekkewe sakkun mwongo ar repwe kuk non ukukun 15 seconds.

Epwichipwich (HOT HOLDING)

Murin an a ipot ewe mwongo o a monneta ngeni fansoun mwongo, mei auchea an ewe mwongo epwe chok nomw won neenien epwichipwich pwe ete tonong paikin non ewe mwongo fansoun a patono. Mei murinno kopwe ne chok anomu ewe mwongo a ipot won sitof ika ekkewe neenien epwichipwich mwongo won ukukun 140°F ika napeseni ukukun tempichuun pwichikaren ewe neenien epwichipwich.

Apatapat (COLD HOLDING)

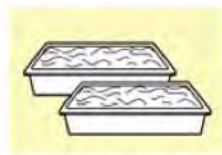
Ekkewe sakkun mwongo a namot repwe apatapat fansoun meinin won ukukun 41°F ika fen pateseni ukukun tempichuun an epwe chok patapat. Ekkei sakkun mwongo repwe chok akkapatapat chowe an iik, pwaaset, chuko, minik, me ekkewe sakkopaaten futuken maan. Ika pwe kopwe aea ice ne apatapat, tumunfichi omw konikin apatapat epwe nimenimoch epwe chok usun omw konik minen un. Kosapw apata ngeni ice ekkewe mwongo nge rese tukutukuno ika oppwonuno. Ekkewe

ice ka aea ne apatapat ekkewe mwongo kopwe niinano ika poutaano, kosapw unumi ika aunu ngeni aramas pun mei nimengaw.

Apataano (CHILLING)

Mei auchea ngeni ekkewe mwongo ipot repwe muttir tou seni ewe tempichu mei ngaw ngeni ekkewe mwongo (140°F - 41°F) pokiten iei ei tempichu ekkewe paikin ra tongeni chommong ne määrita me non. Ren mwongo mei pwichikar, mei tongeni tori 6 awa ar repwe patono tori 41°F, nge mei eoch ika mei chok nomw won 70°F murin 2 awa non ewe keukun 6 awa. Mei weires ika pwe ekon chommong ekkewe mwongo, iwe nge mei wor ekkei ekkoch anapanap kopwe tongeni fori ren an esapw ngawono ekkewe mwongo ipot:

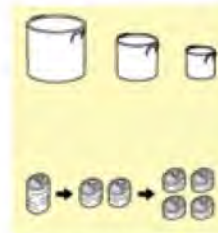
- Anomanong ekkewe mwongo non pan mei apetepeet
- Eimu fesenni ekkewe mwongo non kukkunun kinikin
- Aea ekkewe chill paddle minen apatapat
- Anomu ewe sepien mwongo non ewe sepien konik mei maso ice
- Aea ewe container ika sepi mei mechä pwe e pwichikar ne isoais mwongo non
- Chienen ngeni ice ekkewe mwongo



Pan mei apetepeet



Nenien apatapat
mwongo, usun
chok ach wanong
ice cube non
pwekit iwe sia
wanong mwongo
epwe apatapat
non pwe ete
ngawono



Ekisatiw saisin ika nönöön



Pan mei mechä



Konik mei apatapat ngeni ice
cube

Epwichi sefaani (REHEATING)

Ekkewe mwongo ra fen kuk nge ra patono, ir mei pwan tongeni epwichipwich sefan mwen aramas repwe mwongo, nge nupwen ra epwichipwich sefan, ewe tempichuun pwichikaren ewe epwichipwich epwe tori 165°F non ukukun 15 seken (seconds). Nge kosapw monnuki pwe ekkewe mwongo ra fen nomw non ewe ukukun tempichu mei efeiengaw ngeni ekkewe mwongo pwe a tori 4 awa (temperature danger zone (TDZ)) ar nonnomw rese epwichipwich, ika apatapat, iwe inamwo ika ra epwichipwich sefan nge afen wor ekkewe paikin a tongeni tonong ika mää non ekkewe mwongo. Ika ewe mwongo a nomotam ese epwichipwich ika apatapat non ena ukukun fansoun, iwe mei fen eoch kopwe ne oturano ewe mwongo pwe a paikin.

Uwei seni non ice epwe chenunó seni ewe ice (THAWING)

Nupwen ekkewe mwongo repwe tou seni non ice mwen ar repwe kuk, awewe ren ekkewe futuk, ewe tempichuun non imw mei aro pwichikar, ese eochiti ekkewe mwongo repwe nonomw non. Ikkei met mine kopwe fori ngeni ekkewe mwongo pwe epwe pweteteeno ika epwe wes seni ewe ice.

- Iseni chok non reichoko won ukukun 41°F ika fen kukkunutiw seni
- Anomu ewe mwongo mei ice faan kusun konik
- Wanong non microwave mwen chok an epwene kuk ewe mwongo
- Isenauu nupwen epwene kuk

NENIEN ISOIS ME TUMUNUN MWONGO (FOOD STORAGE AND PROTECTION)

Wiisen emon chon for mwongo, epwe aninnis ne eteneki an epwe nimenimeoch ekkewe mwongo seni nepoputaan ar tori non ewe neenien for mwongo tori an customers repwene mwongo. Mwitir cheki ika ekkewe mwongo nupwen ra tori ewe neenien for mwongo pun kopwe kuna ika mei wor neiin ekkewe mwongo mei ta, ika a ngaw, ika pwe aramas atai ika for ngawei. Meinsin ekkewe mwongo repwe iseisenong non neenien iseisen mwongo, neenier kewe repwe oppwon, ika epwe wor opponur. Nupwen ra uweiaato ekewe sakkopaaten mwongo ngeni ewe nenien for mwongo, epwe affat iten ekkewe mwongo non neenier kewe, iwe repwe nomw won neenien iseis ukukun 6 inches tekiaan seni won ppun.

Ekkewe mwongo repwe apatapat, repwe muttir iseiseno non refrigerator (reichoko). Figure 3 a pwarata ifa ussun ekkewe mwongo repwene iseis non ewe refrigerator pwe resapw pache fengen me ekkewe mei tongeni forata ar repwe paikin ekkewe ekkoch mwongo ren.



Figure 3. Ussun kootun non ewe reichoko pun resapw paikin ekkewe mwongo ar chok nomofengen.

Semwenin paikin seni ew mwongo ngeni ew (CROSS CONTAMINATION)

Cross contamination, ika paikinin ekkewe mwongo nupwen a fein seni ew sakkun mwongo, feino ngeni ew, seni nimengawen peun aramas, ika ekkewe pisekin for mwongo, ika seni mettoch mei nimengaw e tonong non ewe mwongo. Ekkei mettoch mei tongeni efisata ekkewe paikin non ekkewe mwongo, aweve ren ekkewe cutting board ika manaita, me ekkewe saar ika naif, ne pokupok ekkewe mwongo; ika ekkewe chon för mwongo rese mwo nimetiir murin ar neuneu ne fori ew sakkun mwongo, iwe nge mwurin rapwan neuneu won eoch sakkun mwongo, iwe nimengawen ewe ew sakkun mwongo mei pacheta won ewe naif ika manaita a tongeni tonong non ewe ew.



Kosapw enimengawer ne ochufengenir

Ready-to-eat (RTE) Ikkei ekkewe sakkun mwongo ra fen ipot nupwen sia moni me non sitowa, iwe sia tongeni mwongo, chowe an cake me salad. Ekkewe chon för mwongo repwe tumunu-fichi resapw pachefengeni ekkewe mwongo ra fen ipot me ekkewe mei amas, chowe an futuk, iik, me chuuko pun rete paikin ekkewe mei ipot.

Ikkei ekkoch fofforun an esapw wor ewe cross-contamination ika semwenin ew mwongo epwe tori ew mwongo:

- Iseni ekkewe futuk, iik me chuko non ewe saanif (shelf) faan me non ewe refrigerator
- Tumunu-fichi chenun ekkewe futuk mei amas, iik, me chuko ete surutiw won ekkewe mwongo mei ipot non ewe refrigerator
- Eimu fesenni ekkewe sakkopaten seni
- Soopuni peumw kewe murin omw atapa ekkewe futuk amas, mwongoon neset me chuko
- Tumunu-fichi kosapw tongeni nofiti ika anomu fengeni ekkewe futuk, iik, me chuko non ew chok sepi mwen omw kopwe kukkuur
- Soopuni peumw kewe mwen omw kopwe for mwongo ika pwan mwen omw kopwe neuneu kuroop
- Neuneu ekkewe sipun ika fork omw kopwe angei ekkewe mwongo ipot
- Soopuni me tonu, chiiri iwe safeeni ekkewe nenien för mwongo, tori ekkewe pisekin for mwongo iteiten fansoun omw wes ne for ew sakkun angang, ika fori ew sakkun mwongo
- Kopwe neuneu ew manaita (cutting board) ne fori ew me ew sakku mwongo. Kosapw neuneu chok ew manaita ngeni meinisin ekkewe sakkopaten mwongo; kopwe pwan eimuu-fesenni neumw pisekin för ew me ew ekkewe sakkun mwongo
- Iseni ekkewe mwongo resapw arapakan ngeni ekkewe pisekin enimenim me safei mei poison.

Nimeti me Chonupwichi ika Safeeni (CLEANING AND SANITIZING)

Pwan ew mettoch epwe eppeti seni an ekkewe mwongo resapw angefengeni paikin seni ew mwongo ngeni ew,ekkewe pisekin för mwongo meinisin repwe nimenimoch fansoun meinisin, repwe sopw, chiichieoch, iwe safeenir iteitenmurin omw aea ngeni ew me ew ekkewe sakkopaten mwongo.



Cleaning me Sanitizing rese wewe fengen. **Cleaning** weween enimenima seni nimengaw nge sichok aea sopw me konik ren ach nimetaano pipiin mwongo, kiris ika iwi, me nimengaw. Nge omw kopwe **Sanitize** ew mettoch, iwe kopwe aea ekkewe safean enimenimw mei tongeni niieno ekkewe paikin ika aea chonupwichin konik ne enimenim.

Ekkewe mangaku ika soofen nimengawen won counter me cheepen me ekkewe neenien för mwongo, repwe iseis non container ika pwekit ika, non konik mei nofit safeien sanitizer.

Mei wor fitu sakkun nimenimen ekkewe pisekin angangen för mongo me soofun won chepen. Ewe ew me neiir, chommong aramas ra sinei iei ewe **chlorine** ika **sarasko**. Ewe sarasko ese nien wor pwonan, ina ena mei eoch ne aani minen enimenim. Ena nios fan, Figure 4, mei affatatiw keukun ewe sarasko nupwen sipwe aea ne nimeti ekkewe pisek. (Iei keukun ewe sarasko a wor 5.25% sodium hypochlorite non).

Keukun ewe sarasko an nofit ngeni ukukun 1 gallon konik	Ukukun pochokunen ewe Chlorine Concentration mei wor non ewe sarasko an epwe tongeni niieno paikin epwe "parts per million (ppm)"
1 Teaspoon	65*
1 Tablespoon	200

*Recommended Concentration (50-100ppm) for sanitizing food equipment and utensils (Iei keukun an epwe tongeni niieno paikin ekkewe pisekin angangen för mwongo me sepien mwongo me sipun me fork).

Figure 4. Ei chart ina keukun ewe Chlorine safean enimenimen pisekin for mwongo

Mei wor ekis taropwe itan **chemical strip** ka tongeni aea ne tesini ika mei pung keukun omw iwe sarasko ne enimenima ekkewe pisekin mwongo.

Tonu pisekin mwongo ne paw (WAREWASHING BY HAND)

Ifa ussun omw kopwe tonu ekkewe pisekin mwongo me kuk (sepi, kap, sipun, saar, etc)

Mei wor 5 tettenin omw kopwe nimeti ekkewe pisekin mwongo non poum: (5 STEPS TO WAREWASHING BY HAND)



Figure 5. Tettenin omw kopwe tonu ekkewe pisekin mwongo non 3 nenien totton won ewe sink.

Step 1: Nimeti seni non ekkewe sepi ekkewe nussun mwongo, poutano non kaapich.

Step 2: Soopwuni ekkewe pisek non ewe ewin sink mei nönö konik mei pwichikar (ukukun 100°F) mei fiti soop.

Step 3: Chiiri ekkewe sepi non ewe oruuen nenien chichi non chonupwich.

Step 4: Ewe aunungatin neenien chiichi epwe pwan konik ekis pwichikar epwe nofit me ew me neiin ekkewe safean paikin mei affat faan (Figure 6).

Step 5: Appwasa ekkewe pisekin för mwongo murin ekkewe 4 tettenin enimenim me mwen omw kopwe isenanong non nenien iseis. Kosapw tonu ngeni ekkewe pisek mei nimenimeoch ekkewe soof mangaku pun rete pwan paikin sefan.

Ikkei iten ekkewe sakkun safei mei eochu-ngeni omw kopwe aea ne tonu ngeni ekkewe pisekin mongo		
Sanitizer (ekkewe safeen nieno monu ika paikin)	Concentration (Ukukun pochokunan)	Soaking Time (in seconds) Ukukun taman epwe soso non ewe safei
Chlorine (Sarasko)	100ppm	30
Quaternary Ammonia	200ppm	60
Iodine	25ppm	60
Hot Water (konik mei pwichikar)	171°F	30

Figure 6: Ukukun manamanen/pochokunen ekkewe safeen enimenimen pisekin kuk, for mwongo me totton ekkewe pisekin for mwongo.

Ina mwo ika ka fen nimeti ekkewe pisekin mwongo me fori mwongo, nge kopwe pwan chok tesini ika mei pung ukukun ekkei safei ka aea ne nimetiir pwe epwe niieno paikin. Iten ewe taropwe kopwe aea ne cheki pochokunen ekkewe safei ka aea, itan “Chemical test strip.” Ei kukkun chon taropwe mei kan winino onuan nupwen ka chiiranong non ewe safei.

Non ewe Figure 7, a affatitiw fite pochokunen ewe “chlorine sanitizer” nupwen ka otuu-enong ewe “chemical test strip” non, ina epwe pichita ukukun 100 parts per million ika 100ppm. Ika pwe e siwin onuen ewe test strip, iwe mei pung. Ika pwe enuwen ewe test strip e 100ppm, iwe weween pwe mei pung keukun ewe safei. Nge ika pwe e kukkun seni ewe 100ppm, weween nge ese naf ewe safei, iwe kopwe pwan sopweenong. Nge ika pwe a nap seni ewe 100ppm, iwe kopwe ne sopweenong ewe konikin ewe safei. Kopwe auk uwe konik me ewe safei repwe pung ngeni ewe 100 ppm.



Figure 7. Ewe tesin chemical ika safei won ewe ekis chon taropwe

POCHOKUNEN INISIN EWE CHON ANGANG (EMPLOYEE HEALTH)

Ew me neiin ekkewe mettoch mei fakkun auchea ngeni ekkewe chon for mwongo, an epwe pochokun esapw uri samaw pun ete tori forian kewe mwongo ekkewe semwenin nimengaw. Fansoun epwe mefi nge a uri ew semwen, iwe esapw feino angang, pokiten ekkewe pikinin an iwe semwen rete tori forian mwongo fansoun a attapa ekkewe mwongo, iwe a pwan atoor ngeni ekkoch aramas an iwe semwen nupwen ra mwongo forian kewe mwongo.

Fansoun chok a tori ew ekkewe sakkun semwen mei tettenitiw faan, ewe chon for mwongo epwe mwutir chok ne esine ngeni neun iwe mei nap non an iwe angang. Ikkei ekkei sakkun semwen ra tettenitiw faan:

- Diarrhea (Feinseni)
- Vomiting (Mus)
- Jaundice (oneon non mesan ika unuchen inisin ren hepatitis)
- Sore throat with fever (Metek non chioran ika non uwan fengen me uri pwichikar)
- Ika mei wor kinas won inisin nge a paikin

Epwe anongonong won menni sakkun semwen mei tori ewe chon angangen for mwongo, ika pwe epwe niwin ngeni imwan esapw angang, ika fen an epwe chok ekkesiwin an angang esapw attap ngeni ekkewe mwongo ika nenien for mwongo. Ekkewe sakkun angang epwe tongeni fori non ena fansoun, mei tongeni epwe chok chon oturano kaapich, mop ika soof, pirum, nimeti non imwen ngasono, ika enimenim won ekkewe cheepen.

Nge ika pwe ewe chon for mwongo I emon chon angang non ekkewe neeni mei ngaw ngeni an epwe arokkan ngeni ekkewe aramas fansoun an uri ew ekkewe sakkun semwen mei affat asan, iwe mei murino esapw fen angang non ena fansoun, akkaewin ika pwe e uri “feinseni, mus, me oneon non mesan ika unuchen inisin ren hepatitis.”

NIMENIMEN INISIN EWE CHON ANGANG (EMPLOYEE HYGIENE)

Ekkoch mettoch mei fakkun auchea ngeni ewe chon for mwongo an epwe aeren ngeni, epwe tutu iteiten raan, tonu peun fansoun meinisin. Paikin a fakkun mecheres an epwe tori ekkewe mwongo ika pwe ekkewe chon for mwongo re tumunungaw ngeni ekkewe annukun nimeoch. Ikkei ekkoch mettoch ewe chon for mwongo epwe sinei an esapw fori fansoun an for ekkewe mwongo pwe rete nimengaw.

☑☑ Tonu peumw fansoun meinisin!

☑☑ Kosapw neunou ring ika waas ika!

☑☑ Fichi ukkun eutum kewe repwe mochomoch!

☑☑ Teppini ika otaiieno kinasomw ika kiningawen inisum!

☑☑ Ufomw won inisum repwe nimenimeoch!

☑☑ Ammochu chen mokurom esapw parasaras, epwe repen ika nomw non ami!

Totton paaw (HANDWASHING)

Pwan ew me neiin ekkewe mettoch mei auchea ren omw kopwe eppet i seni mwongo ekkewe paikin mei wor non anach mwongo omw kopwe tottonu peumw! Figure 8 a awora ekkewe fansoun mei fakkun auchea omw kopwe nimeteochu peumw ne soopuni iteitan, pwan Figure 9, a pwan aiti ngeni kich ifa usun sipwe nimeti pouch.

Kopwe soopwuni poumw iteiten murin...



Figure 8. Fansoun mei auchea ewe chon for mwongo epwe nimeti poun kewe

Wonu (6) Tettenin tottonun paaw

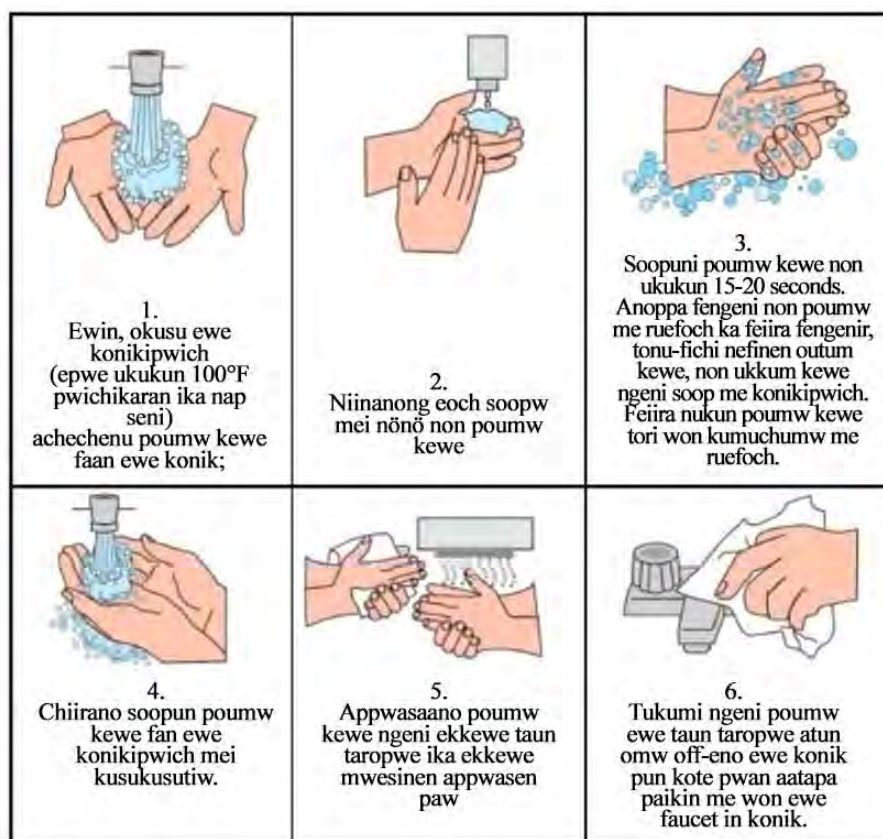


Figure 9. Ifa ussun omw kopwe tonu poumw

Iei usun omw kopwe tonu poumw:

1. Ewin, okusu ewe konikipwich (epwe ukukun 100°F pwichikaran ika nap seni), achechenu poumw kewe faan ewe konik;
2. Niinanong each soopw mei nönö non poumw kewe
3. Soopuni poumw kewe non ukukun 15-20 seconds. Anoppa fengeni non poumw me ruefoch ka feiira fengenir, tonu-fichi nefinen outum kewe, non ukum kewe ngeni soop me konikipwich. Feiira nukun poumw kewe tori won kumuchumw me ruefoch.
4. Chiirano soopun poumw kewe fan ewe konikipwich mei kusukusutiw.
5. Appwasaano poumw kewe ngeni ekkewe taun taropwe ika ekkewe mwesinen appwasen paw
6. Tukumi ngeni poumw ewe taun taropwe atun omw off-eno ewe konik pun kote pwan aatapa paikin me won ewe faucet in konik.

Ekkewe pisekin eninga outun paw me kumuch (ring, nana, etc)

Fansoun for mwongo, kosapw neuneu ekkewe pisekin eningen won inis, chowe an ring, nänä, ekkewe pwan nänä seni pioing ren esisinen ekkewe mei uriir ekkoch samaw, nukun chok ika ew ringen apupunu ese pwan wor eningan pwe kumosuno chok. Non ükkün ewe chon for mwongo epwe nimenimeoch, ammocha esapw tam, nge ika e aea ekkewe niosun ükkün aramas, iwe epwe nounou kuroop. Ewe chon för mwongo esapw pwan aea ekkewe kaparen ükkün aramas, nukun chok ika epwan aea kuroop.

Uuf me Akukun cheen mokur

Ekkewe chon för mwongo repwe ufouf mei nimenimeoch fansoun meinsin ar för mwongo. Nupwen epwe nimengaw ufen emon chon angang ika pwe a niitiw mwongo ika paraseiti won ufan eoch chönun mwongo, iwe epwe fakkun mwitir an ekkewe paikin repwe määw won ewe üüf, iwe ewe chon för mwongo epwe aatapa ewe üüf mei paikin, apwan aatapa ekkewe pisekin mwongo me ekkewe mwongo iwe meinsin repwene paikin. Mei murinno ewe chon för mwongo epwe aea ika ufouf ekkewe ufoufen kuk nukun ufan. Nge ika pwe a nimengaw ufan iwe, mei mwirino epwe mwitir no siwini ufan.

Ekkewe chon angang meinsin non ewe imwen mwongo repwe imweim akkaw, ika tukumi mokurer, ika aea net (amiin mokur) pun rete enimengawa ekkewe mwongo ra paikin.

Kuroop

Ew ekkewe annukun for mwongo me non Guam e annuku pwe esapw wor chon för mwongo repwe tongeni atapa ekkewe mwongo rese mwo nien ipot mwen customer repwe mwongo ika rese pöupöu ekkewe kuroop sikan chok oturano mwirin ach aea. Ika ese foriochu ika ese pung an ewe chon för mwongo aea ewe kuroop, ika mei kamw ika, iwe epwe pwan chok tori paikin ekkewe mwongo.



Ewe chon för mwongo epwe poutano ewe pea kuroop murin chok an aea fan ew, esapw pwan niwiniti ne aea ne fori eoch sakkun mwongo murin. Epwe tonu-eochu poun murin an a pwiniti neun kewe kuroop, o pwan mwen an epwe nounou-tä minaföön kuroop.

Ikkei ekki fansoun ewe chon för mwongo epwe chechemeni an epwe siwini an kuroop:

- Fansoun an a nimengaw are kamw
- Murin an attapa ika ange-ngeni ekkwe futuk mei amas
- Mwen epwe ange-ngeni ekkewe mwongo mei ipot me ekkewe mwongo aramas mei tongeni mwongo rese kuk
- Fansoun epwe ekkesiwin met epwe aani angang
- Epwe iteiten murin 4 awa

Un Supwa me Ngung are Nuunu

Ewe chon för mwongo esapw un supwa, ika mwongo tobacco, ika nünü appach me ngung puu fansoun meinsin nupwen an angang ika nomw nenien for mwongo me totton sepi, nge epwapw chok tongeni fori ekki mettoch fansoun an asoso seni an angang (break time). Murin un supwa me mwongo puu are pwan met kana, ewe chon angang epwe nimeti peun mwen epwe niwiniti ewe nenien för mwongo.

NENIEN MWONGO MEI ANGEI MUMUUTÄ:

Meinsin mwongo mei kawor ngeni aramas ese nifinifin, repwe chok kawor seni ekkewe neeni mei wor neur sanitary Permit seni ewe Department of Public Health and Social Services mei pwarata pwe ekkewe neeni ir mei chek me mwen repwe for mwongo.