

IFSIDS: A Multilingual Food Safety Web Site

<http://www.profoodsafety.org>

Background Information on the IFSIDS Project

The Iowa Department of Inspections and Appeals (DIA) received a \$43,390 grant from the federal Food and Drug Administration (FDA) to create an Internet web site designed to provide a centralized access point for regulatory-based educational materials. The Integrated Food Safety Information Delivery System (IFSIDS) directory contains basic food preparation and sanitation information that pro-actively compliments the regulators' role as food safety inspector and incorporates an educational factor into the inspection program.

Goals of the IFSIDS Project

The IFSIDS Project has four major goals. These goals are:

1. Reduce the barriers to educating food handlers about the primary ways to prevent foodborne illness.
2. Provide a resource for regulators to aid in the dissemination of food safety information and continuing education programs.
3. Optimize use and awareness of available Internet-based food safety resources.
4. Enhance the relationship between state and local regulators and the food service industry.

Scope of Materials Available on the IFSIDS Web Site

The IFSIDS directory contains essential food safety information of benefit to both regulators and food establishment operators. The information is based on the 1999 Model Food Code, the FDA's scientifically based advice for a uniform system of regulation to ensure that the food sold or offered for human consumption at the retail level is safe, properly protected, and accurately presented. Because the information is not Iowa-specific, federal, state and local regulatory officials throughout the United States may use the material.

Available 24 hours a day/seven days a week, the web site contains food safety fact sheets covering a few of the more common topics dealing with the day-to-day operation of a food establishment, such as proper handwashing techniques, use of a three-compartment sink, and hot and cold holding temperatures. The site also contains ready-to-use signs in a Portable Data File (PDF) format that can be printed and appropriately placed in food establishments. (See attached samples of "Safe Cooking Temperatures" fact sheet printed in Laotian and "No Eating" sign printed in Bosnian.)

Recognizing the growth in ethnic food establishments, much of the material contained on the IFSIDS web site is available in 13 foreign languages, in addition to English. The fact sheets and signs can be printed directly from the web site and provided to food establishment operators during the initial licensing inspection or at subsequent visits as deemed necessary. The list of foreign languages in which the fact sheets and signs have been translated includes:

Spanish	Chinese (traditional)	Chinese (simplified)
French	German	Italian
Russian	Korean	Bosnian
Vietnamese	Laotian	Japanese
Greek		

ອຸ່ນຫະພູມປອດພ້ຍເພື່ອຄົວອາຫານ ໜັງສືຂໍ້ມູນ

ຜະລິດທະພັນອາຫານທຸກຢ່າງທີ່ ມີສ່ວນປະກອບຂອງດິບເຊັ່ນ ໄຂ່ໄກ່, ປາ, ຊີ້ນ, ຊີ້ນໄກ່ຫລືສ່ວນປະສົມກັນແນວນີ້ ຕ້ອງຄົວພຽງພໍຈົນເຖິງເຊື້ອພະຍາດທຸກຢ່າງທີ່ ອາດເປັນອັນຕະລາຍໄດ້ຖືກທຳລາຍ. ຈຳນວນອຸ່ນຫະພູມພາຍໃນອາຫານຊຶ່ງເຊື້ອພະຍາດໄດ້ຖືກທຳລາຍກໍຂຶ້ນກັບປະເພດຂອງອາຫານທີ່ ຄົວ. ເພື່ອແນ່ໃຈວ່າອາຫານທີ່ ຄົວນັ້ນປອດພ້ຍໃຫ້ຄົນກິນ, ໃຫ້ໃຊ້ຕາຕະລາງຕໍ່ລົງໄປນີ້ເພື່ອຕັດສິນໃຈວ່າມັນສຸກຫລືບໍ່. ໃຫ້ຈື່ໄວ້ວ່າ ຕ້ອງໃຊ້ເຄື່ອງວັດແທກອຸ່ນຫະພູມເພື່ອກວດອຸ່ນຫະພູມພາຍໃນອາຫານກ່ອນວາງໃຫ້ກິນ.

ຂອງກິນ	ອຸ່ນຫະພູມຕໍ່າທີ່ ສຸດ
ໝາກໄມ້ແລະຜັກທີ່ ຄົວເພື່ອເກັບໄວ້ໃຫ້ຮ້ອນ	60°C (140°F)
ຊີ້ນງົວແລະຊີ້ນໝູ່ຕ່ອນໃຫຍ່, ຊີ້ນສະເຕັກ, ຊີ້ນລູກງົວ, ຊີ້ນແກະ, ແລະ ຊີ້ນສັດປ່າທີ່ ລ້ຽງເພື່ອຂາຍ	63°C (145°F)
ໄຂ່ທີ່ ຄົວເພື່ອກິນທັນທີ	63°C (145°F)
ປາແລະອາຫານປະສົມປາ	63°C (145°F)
ຊີ້ນໝູ, ຮວມທັງຊີ້ນຂາໝູເຄັມ, ຊີ້ນສາມສັນແລະຊີ້ນສັກນາ້ເຄັມ	63°C (145°F)
ໄຂ່ທີ່ ຄົວໄວ້ເພື່ອກິນທີ່ ຫລັງ	68°C (155°F)
ຊີ້ນປັດຫລືສັບ, ຮວມທັງຊີ້ນປັດ, ຊີ້ນໝູປັດ, ຊີ້ນປາສັບ, ຊີ້ນປັດສັດປ່າ, ຫລືໄສ້ກອກ	68°C (155°F)
ຊີ້ນໄກ່ແລະເຄື່ອງຜະລິດໄກ່, ຮວມທັງເຄື່ອງປຸງ, ຊີ້ນປຸງຍັດໃສ່, ແຄຊາໂຣລ, ແລະຂອງກິນປະສົມອາຫານດິບແລະສຸກ.	74°C (165°F)
ປາຍັດໃສ່	74°C (165°F)

ການອົບໃນເຕົາໄມໂກຣເວຟ

ເມື່ອໃຊ້ເຕົາໄມໂກຣເວຟ, ປະມວນອາຫານກຳນົດວ່າອາຫານທີ່ ອາດສາມາດເປັນອັນຕະລາຍໄດ້ທີ່ ມີຊີ້ນ ຊີ້ນໄກ່, ປາຫລືໄຂ່ໄກ່ຈະຕ້ອງຄົວຈົນອຸ່ນຫະພູມໄດ້ສູງເຖິງຢ່າງນ້ອຍ 74°C (165°F). ອີກປະການໜຶ່ງ, ອາຫານນີ້ຈະຕ້ອງຄົວຕາມມາດຖານດັ່ງຕໍ່ໄປນີ້:

1. ໝຸ່ນຫລືຄົນຕະລອດເວລາຫລືເວລາກາງຂອງໄລຍະເວລາຄົວເພື່ອແກ້ໄຂເລື່ອງຄວາມຮ້ອນບໍ່ສມຳສເມີກັນ;
2. ໃຫ້ປົກໄວ້ເພື່ອຮັກສາອາການປຽກຊຸ່ມຢູ່ຂ້າງເທິງ;
3. ເຮັດໃຫ້ຮ້ອນເຖິງອຸ່ນຫະພູມຂ້າງໃນຢ່າງໜ້ອຍ 74°C (165°F) ຕະລອດທົ່ວອາຫານ; ແລະ
4. ໃຫ້ປະແລະປົກໄວ້ສອງນາທີຫລັງຈາກຄົວເພື່ອໃຫ້ອຸ່ນຫະພູມສມຳສເມີກັນ.

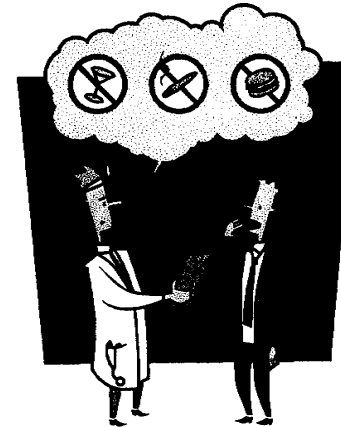
ການແຈ້ງຊີ້ນສາທາຣະນະກ່ຽວກັບອາຫານດິບຫລືຄົວບໍ່ສຸກ

ຖ້າຮ້ານອາຫານຕັ້ງໃຈທີ່ ຈະຂາຍຊີ້ນດິບຫລືອາຫານຄົວບໍ່ສຸກເປັນແບບກົນໄດ້, ຮ້ານອາຫານນັ້ນຈະຕ້ອງແຈ້ງການສ່ຽງຂອງການກິນອາຫານແບບນີ້ໃຫ້ລູກຄ້າຊາບ. ກອງປະຊຸມປ້ອງກັນອາຫານ (CFP) ແນະນຳຄຳສັບດັ່ງຕໍ່ໄປນີ້ສຳລັບການແຈ້ງລູກຄ້າ:

"ການຄົວອາຫານຊຶ່ງມາຈາກສັດເຊັ່ນ ຊີ້ນງົວ, ໄຂ່ໄກ່, ຊີ້ນແກະ, ຊີ້ນໝູ, ຊີ້ນໄກ່, ຫລືຫອຍໃຫ້ສຸກໄດ້ເຮັດໃຫ້ການສ່ຽງຕໍ່ການຕິດພະຍາດຈາກອາຫານນັ້ນຫລຸດລົງ. ຄົນທີ່ ມີອາການສຸຂະພາບບາງຢ່າງອາດມີການສ່ຽງສູງກວ່າຖ້າໄດ້ກິນອາຫານດິບຫລືບໍ່ສຸກເຫລົ່ານີ້. ໃຫ້ຕິດຕໍ່ທ່ານໝໍຫລືທ້ອງການສາທາຣະນະສຸກຂອງທ່ານເພື່ອລາຍລະອຽດເພີ່ມຕື່ມ."

**ເພື່ອລາຍລະອຽດເພີ່ມຕື່ມກ່ຽວກັບການດຳເນີນການຮ້ານອາຫານ,
ໃຫ້ຕິດຕໍ່ກົມສາທາຣະນະສຸກທ້ອງຖິ່ນຂອງທ່ານ.**

NE Pušite
NE Pijte
NE Hranite Se



**U Područjima Za Pripremu Hrane ili
Rukovanje Hranom**

Dio 2-401.11, 1999 Zakona O Hrani

Za Dodatne Informacije Kontaktirajte
Vaše Mjesno Odjeljenje Za Zdravstvo