

Food News and Review

FALL/WINTER 2017

2017



**PROMOTING PHYSICAL AND MENTAL HEALTH
AND FACILITATING THE PREVENTION OF
DISEASE, INJURY, AND DISABILITY FOR ALL
ST. JOSEPH COUNTY RESIDENTS**

2018 FOOD PERMITS: RENEWALS READY TUESDAY, JANUARY 2ND

It is once again time to renew your St. Joseph County Health Department Food Service and Food Store permits.

Food Permits must be renewed by January 31, 2018 and are available at the Health Department starting on Tuesday, January 2nd through the end of the month. Our office will be closed Monday, January 15th for Martin Luther King, Jr. Day. Applications are available on our website at sjchd.org/food-service. Bring the application and 2017 total gross sales dollar amount information for food and beverage (including alcohol) when applying. An owner or manager must come in to complete the application and payment may be made by Master Card or Visa, Money Order, Business Check, Cashier's Check or Cash.

Permits for Granger, Mishawaka, and Osceola can be picked up in Mishawaka at the County Services Building located at 219 Lincoln Way

West in Mishawaka on Wednesday, January 17th from 8:00am-3:00pm.

**CREDIT CARDS
ARE NOT ACCEPTED
AT THE MISHAWAKA
PICK-UP DAY ON JANU-
ARY 17TH.** If you prefer to come to the County-City Building in South Bend on this day, call 574-235-9721 and we will hold your permit at the South Bend office.

Also be aware that if there was a change of ownership in 2017 and our office has not been informed of the change, your establishment will not be able to obtain a 2018 permit until after an opening inspection is completed since permits are non-transferrable.

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**2018 Food Permit:
Yours is Waiting.
2nd. January.**

OPERATIONAL EXCELLENCE

The following establishments received at least one perfect routine inspection from May through October 2017. Congratulations to all!

For profit/non-exempt not for profits:

GRANGER—Bell Mart, Bruno's Pizza, Down to Earth (Grocery), Granger Community Church Café, Hampton Inn and Suites, Ivory Rose Catering @ Granger Community, Local Foods Bakery and Café, Low Bob's Express, Nutrition Works, Oudings Olive Branch, Papa John's Pizza, Pizza Hut, Ruth Chris Steakhouse, Simonini Gourmet, Simply Pressed Juicery, Starbucks @ Martin's #25, Starlite Pizza, Target #1445 (Grocery, Bakery, Deli, Food Avenue, Pizza Hut & Starbucks), Temper Grill, Urban Swirl, Villa Macri, Wakarusa Dime Store, Walgreens (Adams & SR 23)

LAKEVILLE—Dine Thyme Catering @ Palmer Center, Jack's Bar and Grill, Lakeville United Methodist Food Pantry

MISHAWAKA—A-1 Quick Stop, Aldi Foods #2, American Espresso Catering,

Auntie Anne's, BK Club, Buffalo Wild Wings, Chipotle Mexican Grill, CVS Pharmacy (LWE & Main St.), Dollar Tree (Town & Country), Family Dollar (N. Bittersweet), Five Guys Burger & Fries, Hana Yori of Japan, KFC/A&W, Meijer #128 (Fuel Center & Starbucks), Michiana Putt-Putt, Morgan's & Little Black Dog Tavern, Oak-



EXCELLENCE THROUGH TEAMWORK!

lawn Psychiatric, Pizza Hut (LWW), Potbelly Sandwich Shop, Real Services @ 100 Center Hi-Rise Apartments, Red Robin Gourmet Burgers, Rise'n Roll Mishawaka, Ritter's Frozen Custard, Riverside Tavern, Scoobies, Springhill Suites, Starbucks (UP Mall), Starbucks @ Martin's #12, Starlight Pizza,

Storehouse Food Pantry, Strikes and Spares, Tanglewood Trace, The Galley @ Tradewinds, The Waterford @ Edison Lakes, The Wholesome Package, Walgreens (E. McKinley & LWE), World Gym Fitness Center, Zoup

NEW CARLISLE—American Legion #297, Carlisle Coffee & Sweets, Community Food Pantry of New Carlisle, L & C Food & Shop Subway, Long Shots, Manny's Family Restaurant, The Diner, The Inn at the Old Republic

OSCEOLA—DC Meats, Real Services @ United Methodist Church, Weiner Shack & Grill

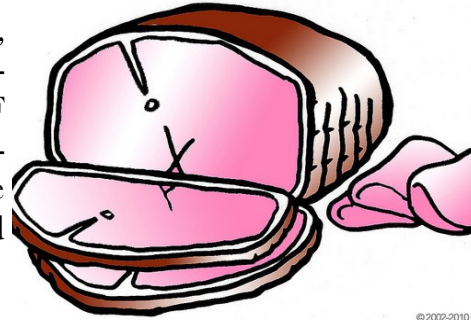
SOUTH BEND—Clay Food Pantry, Aldi (Bendix), BarBici Italian Street Foods, Brothers Bar and Grill, Burger King (SB Ave), C'est la Vie Cakes, Chivo's Pizza, Dollar Tree #1725, DuComb Center, Elia's, Five Guys Burger and Fries, Girasol Carryout, KFC (Portage), Kim's Café, Living Epistle Fellowship Food Pantry, Long John Silver's, McDonald's (N. Ironwood), Milton Adult Day Service, Northeast Neighborhood

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THAW WITH CARE

Because bacteria can multiply so rapidly in unrefrigerated food, it's simply unsafe to let food thaw at room temperature. If left unrefrigerated, some organisms can create toxins that will survive the cooking process even if the food is cooked to temperatures that

kill the bacteria themselves. Ways to thaw safely include: in the refrigerator, completely submerged under running water at 70°F or below, and in the microwave. Foods thawed in the microwave must be cooked immediately after thawing.



Thaw with Care. (2017, November 15). Retrieved from www.fda.gov

EXCELLENCE CONTINUED

(Continued from page 2)

Food Pantry, Pilot Travel Center & Subway, Pizza Hut (Portage), Quality Inn and Suites, Rocco's Restaurant, Ron's McKinley Marathon, Saint Michael & All Angels Church, Samuel Mancio's, Speedway #5153 (SB Ave), The Coffee Spot Café, The Kitchen Skate Park, Thistleberry Farm & Snack Shack, Waka Dog, Walgreens (N. Ironwood & W. Cleveland)

Schools:

INDIANA CHARTER SCHOOLS-- Success Academy, Xavier School of Excellence

JOHN GLENN SCHOOL CORP--John Glenn High School & Concession,

Walkerton , North Liberty
SCHOOL CITY OF MISHAWAKA-- Battel, Beiger, Hums, John Young, Liberty, Mishawaka High School, Twin Branch, Walt Disney

PHM SCHOOL CORP-- Moran, Mary Frank, Northpoint, Bittersweet, Elm Road, Elsie Rogers, Madison, Grissom Middle School,

PRIVATE SCHOOLS-- The Montessori Academy @Edison Lakes, Granger Christian, Queen of Peace, Christ the King, Holy Cross, Holy Family, St. John the Baptist, St. Pius X, Community Baptist, Our Lady of Hungary,

St. Jude, St. Joseph High School

SOUTH BEND COMMUNITY SCHOOL CORP-- Clay Intermediate, Darden Primary, Dickinson Intermediate, Greene Intermediate, Hamilton Primary, Hay Primary, John Adams High School, Kennedy Primary, Marshall Intermediate School, Monroe Primary School, New Discoveries Preschool, Riley High School, Rise Up Academy, Warren Primary, Washington High School

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Click the icons
above to access
our web,
Facebook and
twitter pages

What is Gluten?



Gluten is the **protein** that occurs naturally in wheat, rye, barley, and crossbreeds of these grains. Foods that typically contain gluten include breads, cakes, cereals, pastas.

Gluten is the substance that gives breads and other grain products their shape, strength, and texture. But for the estimated 3 million Americans suffering from **celiac disease**, an auto-immune digestive disorder, consuming gluten can have serious health consequences.

FDA recognizes that compliance with the glu-

ten-free regulation in processed foods and food served in restaurants is important for the health of people with celiac disease.

FDA's regulation established a federal definition of the term "gluten-free" for **food manufacturers** that voluntarily label FDA-regulated foods as "gluten-free." The definition was intended to provide a reliable way for people with celiac disease to avoid gluten, and it is expected that restaurants' use of gluten-free labeling will be consistent with the federal definition.

Given the public health significance of gluten-

free labeling, FDA also encouraged the restaurant industry to move quickly to ensure that its use of gluten-free labeling was consistent with the federal definition.

In addition, state and local governments play an important role in oversight of restaurants. FDA works with state and local government partners with respect to gluten-free labeling in restaurants, and will consider appropriate action as needed, alone or with other agencies, to protect consumers.

What is Gluten? (2015, April). Retrieved from www.fda.gov/educationresource/library