

Permits Ensure Safe Food Practices

Food-borne illnesses and improper production practices have the potential to harm thousands of people in a relatively short period. Restaurants, markets and other food service providers can be the source of these illnesses if they do not operate using proven practices. Professionals within St. Charles County's Division of Environmental Health and Protection ensure that these public businesses function in a manner that protects the health of their customers.

St. Charles County's food safety program includes routine and follow-up inspections, investigations into complaints and suspected food-borne illnesses, implementation of food recalls, plan reviews for new and remodeled facilities, and the issuance of permits to food facilities. The program also offers basic food safety certification classes in multiple languages to assist food operators and managers in training key staff.

Environmental Public Health Specialists are charged with the task of providing periodic, regulatory inspections that include educating the food service operator on the importance of food safety practices. They inspect all food establishments in St. Charles County (except those within the city limits of the City of St. Peters, which conducts its own investigations) at least two times each year. Currently, there are more than 1,300 permitted food facilities operating within our county.

The division issues food service permits for the calendar year (January 1 through December 31) to permanent food service establishments. A permanent establishment is one that is categorized as any operation that stores, prepares, packages, serves or vends (sells or gives away) food products directly to a customer from a fixed location. These types of permanent facilities include (but are not limited to) restaurants, markets, bakeries, cafeterias, nursing homes, liquor stores, correctional institutions, theaters, and bars or lounges.

Those operating temporary food establishments must also be permitted and inspected by the department during their operation period. A temporary facility is one that operates and is permitted for a period of no more than 14 consecutive days in conjunction with a single event. Examples of these types of facilities include selected vendors at area farmers' markets, food service providers at fairs and festivals, food trucks, hot dog carts, ice cream

trucks and food vending machines.

While all permitted establishments within the county must meet necessary requirements to protect the ones they serve, the Division of Environmental Health and Protection

introduced the 24 CARROT GOLD FOOD SAFETY EXCELLENCE AWARD program in 2007 to honor those who go beyond the norm. To be eligible for consideration, 24 Carrot Gold Award winners cannot have any critical code violations within the past year and no more than six non-critical violations.

To view the inspection ratings for your favorite eateries, please click KNOW THE SCORE and enter the name of your desired facility. In addition, those with smart phones and a scan application can view the QR code on the establishment's certification permit (which is to be displayed in prominent areas like front doors, drive-through windows or near checkouts).





It's Up To You To Fight the Flu:

- 1) Get a Flu Shot annually
- 2) Cover your coughs & sneezes
- 3) Wash hands with soap & water
- 4) Stay home if you're sick

**Make Your Appointment Today:
636-949-1857**

Keep Halloween Safe By Giving the Night a Glow

Again this year, the [ST. CHARLES COUNTY AMBULANCE DISTRICT](#) will offer its Halloween Safety program. As in years past, the program will provide free glow-in-the-dark bracelets to children to wear on Halloween night while trick-or-treating — a fun way to make kids more visible to drivers and to other pedestrians. Along with the bracelets, free reflective candy bags also will be available while supplies last.



Bracelets and bags can be obtained from the Ambulance District's headquarters (4169 Old Mill Parkway in St. Peters) throughout October. In addition, Ambulance District paramedics will be in neighborhoods throughout the county to pass out bracelets and bags.

The popular program is funded through a "Safe Neighbors" grant from State Farm Insurance Company.

Along with the bracelet and bag program, the Ambulance District will partner with the [ST. CHARLES CITY-COUNTY LIBRARY DISTRICT](#) to offer a series of free Halloween Safety presentations for children and parents. The presentations will include trick-or-treat safety tips, an ambulance tour, story time and a Halloween craft.

For information on these safety programs or to obtain glow bracelets, please call (636) 344-7600.

Halloween Safety presentations are scheduled:

Oct. 23	10 a.m.	Corporate Parkway branch
Oct. 23	7 p.m.	McClay branch
Oct. 24	10 a.m.	Deer Run branch
Oct. 28	10 a.m.	Middendorf-Kredell branch
Oct. 29	10 a.m.	Kathryn Linneman branch
Oct. 29	2 p.m.	Kisker Road branch
Oct. 30	10 a.m.	Spencer Road branch

Helpful Phone Numbers

Division of Public Health (636) 949-7400	WIC (636) 949-7402
Immunizations (636) 949-1857	Recycle Works Central (636) 949-1800
Vital Records (636) 949-7558	Recycle Works West (636) 949-1800
Health Education and STD Clinic (636) 949-7401	Division of Humane Services Pet Adoption Center (636) 949-7387
Division of Environmental Health and Protection (636) 949-1800	Animal Control (636) 949-7347

HALLOWEEN SAFETY TIPS

- Use reflector strips to make sure kids are visible after dark.
- Make certain that eye holes in masks are large enough to see forward and peripherally.
- Avoid long, dangling costumes or high heels that could cause children to slip and fall.
- Do not use props with sharp tips.
- Teach kids to cross streets properly - looking both ways before entering the crossing.
- Pair up with others and use the buddy-system throughout the night.
- Set a time in advance for a return home and use a cell phone to alert others in case of need.
- Do not allow kids to eat candy until it's been completely searched for damage or foreign objects.

HEALTHY RECIPES

Each month, we take a traditional recipe and offer a healthier alternative. This time, we're offering a one-pot meal that will heat up a crisp evening.

Beef Casserole

Recipe makes eight, 1/2 cup servings. One serving contains 201 calories, five grams of fat, 164 mg of sodium, 31 grams of carbohydrates, three grams of fiber and nine grams of protein.

Ingredients

1/2-pound, lean ground beef
 1 cup, chopped onions
 1 cup, chopped celery
 1 cup, cubed green pepper
 3 1/2 cups, diced tomatoes
 1/4 tsp salt
 1/2 tsp black pepper
 1/4 tsp paprika
 1 cup frozen peas
 2 small carrots, diced
 1 cup, uncooked brown rice
 1 1/2 cups, water

Steps:

1. In a large skillet, brown the ground beef. After completed, drain off the fat and set aside.
2. Add the remainder of the ingredients and mix together well.
3. Cook over medium heat and cover skillet until boiling.
4. Reduce to low heat and simmer for 35 minutes.
5. Serve casserole hot.

(Recipe courtesy of *A Healthier You* - U.S. Department of Health and Human Services)

Parenting 101 Teaches Care-Giving Tips

Through grant funding from the Community and Children's Resource Board of St. Charles County (CCRB), the Department of Community Health and the Environment offers eligible guardians care-giving/safety tips. Individuals who complete the department's free **Parenting 101** program — and who meet specific income/residency criteria — are also qualified to receive car safety seats.

Open to parents, grandparents, foster parents and other primary guardians, the two-hour **Parenting 101** program will discuss many aspects of infant, child and parent safety. Topics covered will include injury prevention, appropriate discipline practices, child development, medical care and more. At the conclusion of the class, eligible participants will receive a brand new COSCO® Convertible Child Safety Seat and instruction on the proper

installation of this life-saving device. Compliant with Missouri state law, this safety seat will fit infants and toddlers weighing 5-40 pounds and those 19-43 inches tall.

"This is such an important class for parents," Health Educator Brittany Camacho said. "In addition to discovering ways to become a more competent parent, attendees will take home a device that studies prove reduces or prevents injuries when used properly."

According to the National Highway Traffic Safety Administration, every year, thousands of young children are killed or injured in crashes — mainly because 3 out of 4 children are not properly secured, or even worse, not restrained at all. According to Missouri Department of Transportation studies, proper use of child safety seats will reduce death by 71 percent for infants (under age 1) and 54 percent for toddlers (age 1-4).

If you, or someone you know, would be interested in discovering more information about the **Parenting 101** program, or would like to register, please call Brittany Camacho at (636) 949-7400, ext. 6255.



Parenting 101 classes are:

- **Oct. 18 (1 - 3 p.m.)**
- **Nov. 14 (9:30 - 11:30 a.m.)**
- **Nov. 19 (9:30 - 11:30 a.m.)**

Class sizes are limited, so call today!
(636) 949-7400, ext. 6255

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Responsible Owners Pick Up After Their Pet

In addition to being a law in most jurisdictions, picking up after your pet is one of the maxims for responsible dog ownership. However, it's important to recognize that there are two steps in this process — the pickup AND the proper disposal.

Many owners believe that dog waste is similar in content to traditional fertilizers and can therefore be left alone and used to enhance lawns and gardens. This is simply not true; with differing diets, animals create different waste products. Since dogs primarily ingest meat and proteins instead of the plants consumed by cows or horses, dog waste contains a different combination of nutrients that can harm most plants.

In addition to being a poor fertilizer, pet waste contains many potentially disease-causing pathogens that can make us sick. Either through direct contact with the waste and insects or by leeching into the groundwater or nearby waterways, these bacteria and germs can do a great deal



of harm. For example, roundworm is a parasite commonly found in pet waste that can remain infectious for years after contaminating soil or water.

Whether in your backyard or along the many parks and trails in our community, pet waste should be removed as soon as possible. Parks and many cities provide doggie bags near common walking routes that you should use, or you can obtain these items at most area grocery or pet stores. If you're in your yard, you may

also consider purchasing a "pooper scooper" that can carry waste to trash bags for future disposal. Whatever you choose to do, please do not leave the waste as it lies or shove it into sewers or creeks, where it can infect the community's water supply.

Proper disposal is easy and takes little time. Pick up the waste using a plastic bag much like a glove, tie off the bag and place it in a nearby trash can. After that, wash your hands with hot, soapy water as an added precaution for preventing illness.

Last Call To Recycle Household Hazardous Waste

The Household Hazardous Waste (HHW) collection program offers a solution for the safe and proper disposal of toxic materials. Offered through the [RECYCLE WORKS CENTRAL](#) location (60 Triad South Dr. in St. Charles), the popular program will end for the year on Saturday, Oct. 26, but will return in the spring of 2014.

Through this service, St. Charles County residents may safely dispose of household hazardous waste that typically is not collected by curbside recycling programs. Residents may bring unwanted items like chemicals, automobile fluids, pesticides, and oil-based paints (***please note that latex paints are not accepted***) to Recycle Works Central from 9 a.m. to 3 p.m., Tuesdays through Fridays, with no appointment necessary. In addition, an end-of-the-season collection will be offered



from 9 a.m. to 3 p.m. on Saturday, Oct. 26. There is a nominal \$10 fee for loads up to 50 pounds, with additional fees for larger sized collections. This service is open to St. Charles County residents only, and proof of residency may be required.

For a list of the materials accepted at the facility, please call (636) 949-1800.

To ensure safety, please follow these precautions in bringing hazardous waste to Recycle Works Central:

- 1) Make certain the waste is properly packed and is not mixed with other materials.
- 2) Wherever possible, leave materials in their original containers. Items not in their original packaging should be clearly labeled with their contents.
- 3) Securely attach the lid.
- 4) Place the material inside a box that is lined with newspaper to prevent spills.
- 5) Place the filled box in the trunk of your vehicle while transporting to Recycle Works Central.
- 6) Upon arrival at the facility, please remain in your vehicle until assisted.

How Can You Help in a Health Emergency?

In times of need, many lend their neighbors a helping hand. In a large-scale disaster or community-wide emergency, a trained team working in coordination with strategically mobilized resources can provide assistance that may be the difference between life and death for many in our area. The St. Charles County Medical Reserve Corps (MRC) is a volunteer-based unit formed to assist this response and meet the demands of a health-related crisis.

The St. Charles County MRC will provide support to governmental and public service agencies when resources are limited, large numbers of people are affected or widespread emergencies occur. Medically trained and non-medical professionals alike can put their knowledge and skills to use in helping the community. Previous experience is not required, as MRC leaders will train volunteers in roles such as: medication dispensing; supply distribution; psychological first aid; staffing phone hotlines; and much more.

The Department of Community Health and the Environment sponsors the local MRC chapter and offers an open house at 6 p.m., on Wednesday, Oct. 2, 2013, to introduce current and prospective members to the benefits of the program.



Presented at the health department (1650 Boone's Lick Road in St. Charles), the orientation will provide an overview of the program, discuss various roles within the County's emergency response plan and outline the MRC training/certification program. If you are 18 or older, and would be interested in assisting the St. Charles County MRC or would like to learn more about the program, please call St. Charles County Regional Response Planner Andrew Willman at (636) 949-7554.