

THE BELL RINGER

The Newsletter of the Philadelphia Conference of the Central Atlantic States
Association of Food and Drug Officials

Winter 2019



PRESIDENT'S MESSAGE

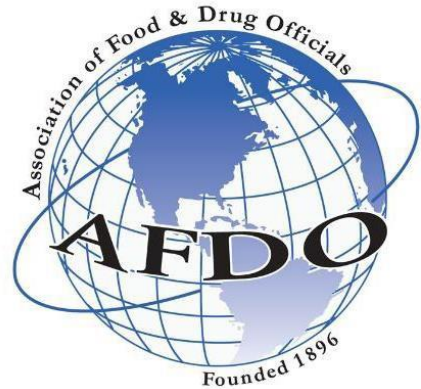
Season's Greetings! Hanukkah, Christmas, Kwanza, and New Year's Day are just around the corner so prepare to celebrate more. Enjoy this holiday season with friends and family, wishing you all health and happiness!

This year's **Winter Educational Seminar and Holiday Meeting will be held on December 13, 2019** at the Trevoise Fire House, 4900 Street Road, Trevoise PA. Training will focus on disaster response and we will hear from different levels of government and private industry. Folks will discuss how their department responds at the retail level and wholesale level. Please come prepared to participate and share your thoughts.

Please consider a donation for The Unforgotten Haven. They are in need of shelf stable food items, paper products, toiletries and clothing accessories.

Save the date for the **Spring 2020 Educational Seminar which is planned for March 27, 2020** at the Montgomery County Public Safety Training Campus Auditorium, 1175 Conshohocken Road, Conshohocken, PA. The election of officers for 2020 will be held at this meeting. If you have ideas for future meetings, please do not hesitate to forward them to us.

Happy Holidays and a New Year of health & happiness!



Pam Lawn, President
Philadelphia Conference of CASA

Mark your Calendars

For those that missed the 2019 Annual Seminar in Annapolis, MD, the slides have been posed to the [CASA website](#).

Please see the following tentative dates for the 2020 CASA Philadelphia Conference educational seminars:

- Spring - March 27, 2020
- Summer - June 26, 2020
- Fall - September 18, 2020
- Winter - December 11, 2020

Previous Educational Seminar

Our FALL EDUCATIONAL SEMINAR was held on September 20, 2019 at the Fraternal Order of Police Lodge 5 in Northeast Philadelphia. This was our second meeting at the FOP hall.

The central theme of this seminar was intentional consumer deception in the food and dietary supplement industries. Each of our four speakers focused on raising awareness to the bad actors in the food industry and the harmful and potentially fatal consumer products they bring to market. Most importantly, the speakers addressed how consumers, food regulators, and industry personnel can spot and report fraudulent or even criminal activity before they cause harm.

The seminar was kicked off with a presentation entitled "FDA's Intentional Food Adulteration Rule" by Matthew Noonan who serves as an FDA Compliance Officer with the Human and Animal Food Division East 2. He spoke about the Intentional Adulteration Rule which is one of seven foundational regulations issued under the Food Safety Modernization Act. It requires human food facilities with more than \$10 million in annual food sales to conduct a vulnerability assessment for potential food terrorism



intended to cause wide-scale public harm. For any vulnerabilities deemed significant, a food defense plan must be developed and implemented. The rule started its phase-in in July 2019 and inspections are planned to start in March 2020. Matt discussed how to conduct the vulnerability assessment, mitigation strategies, management components (monitoring, corrective action, verification), recordkeeping, training, and examples. The rule can be found under [21 CFR Part 121](#) and FDA's [guidance](#) can be found on the FDA website. Furthermore, the Food Safety

Preventive Controls Alliance offers free course material online for training on the Intentional Adulteration Rule.

The next presentation was entitled "An Overview of FDA Health Fraud" which was presented by Calvin Edwards who is a Captain in the US Public Health Service with FDA. Captain Edwards spoke about his experience serving with the FDA's Office of Regulatory Affairs (ORA) Health Fraud Branch which included an overview of the branch's functions and the types of fraudulent products that he investigates. The branch prioritizes its investigations on adulterated and misbranded products available on web-based marketplaces such as Amazon, eBay, and Facebook. To date, the FDA has identified 937 fraudulent products available on the web with the most common fraudulent products being male enhancement drugs which are marketed as dietary supplements. Other common fraudulent products include: infant formulas, unapproved cancer treatments, and breast cancer cure products. Captain Edwards explained how the FDA simply cannot investigate every fraudulent product on the internet as the unit is comprised of a staff of less ten employees.



Captain Edwards shared some of the most common indicators for fraudulent products which include:

- 1 The directions for use on dietary supplements products resemble that of currently approved drug products on the market.
- 2 Vague directions for use.
- 3 Products marketed to diagnose, cure, treat or prevent ailments which are not approved drugs.



He explained the dangers of dietary supplements with active pharmaceutical ingredients (APIs) as they are unapproved and can be fatal. Products that make false and misleading claims for curing ailments may prevent consumers from seeking true cures and may make their conditions worse. Captain Edwards closed by stating that fraud is everywhere and has predated the FDA. The best way to avoid fraudulent products is to be an informed consumer and to remember the timeless phrase "If it seems too good to be true, it probably is".



Howard Rabinovitch presented the next presentation entitled "Food Fraud, The Quiet Crime". Howard serves as the Food & Agriculture Sector Chief with Philadelphia Chapter of Infragard. He brought a wealth of knowledge about Anti-Counterfeiting and Product Protection as provided to him from the School of Criminal Justice at Michigan State. Howard spoke about how food fraud is not a new concern. It has been around a long time with practices such as: watering wine, adding chalk to flour, and adding wood fiber to cheese. At present, this practice is classified as economically motivated adulteration (EMA). Other EMA practices include "blending" of extra

virgin olive oil, pulp wash solids in orange juice, and high fructose corn syrup added to maple syrup. Food fraud may also result in food safety issues such as the melamine addition to infant formula which resulted in deaths and rapeseed oil in olive oil which resulted in illness and deaths in Spain.

Howard discussed other areas of fraud which may include: falsification of records regarding claims of inspection of products and religious approval (Halal, Kosher and similar). He discussed an actual scenario in which horsemeat in the European Union was identified as beef. In summary, the absence of capable guardians also contributes to the "Nobody Looking-Nobody Cares" effect. This mentality not only affects food but the brand and a great way to prevent such activity is by gathering intelligence and partnering with suppliers.



Jen Dyott, Senior FBI Intelligence Analyst, US FBI in Philadelphia, PA, began our afternoon session with a presentation entitled "Terrorism Threat Overview." Jen's presentation introduced a historical evolutionary perspective on the development, progression, and innovation made available to formally recognized terrorist organizations due to advances in social media culture and internet information sharing and connectivity. Jen also overviewed changes in terrorist tactics (use of legal weapons), target choices (soft civilian targets), and inspiration from long time frame radicalization to rapid ideological mobilization. On the domestic side, lone individual action based upon ideological hatred (racial/ethnic, religious, animal related, human rights, sovereign rights, environmental rights) has resulted in a rise in fatal attacks since 2015 -- all the while arrests have actually declined. Jen pointed out that "hate" is not a crime but that action based upon hate can be a crime, subjecting the individual to arrest.

Jack Welte of the Pennsylvania Department of Agriculture presented a slide series entitled "Seafood Fraud, Buyer Beware" which showed the similarity of lower cost fish loin/muscle and fillet characteristics compared with more expensive fish. A common species substitution to defraud consumers to pay more includes selling tilapia or red perch as "red snapper." Smart red snapper buyers will only buy this type of fish if the skin is



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still intact on the fillet to indicate that the fish is really red snapper due to its distinctive skin characteristics. Other common substitutions include selling aquaculture fish for wild caught, while direct comparison of the same species will show a more distinctive flesh color for the more expensive wild caught version. Other common substitutions include using Opah loin or Mako shark for swordfish, or Channel catfish for Chilean Sea Bass. The best defense against these practices is to be an informed buyer.

Stay Happy and Healthy this Holiday Season with Proper Food Safety Practices

FDA reminds consumers to stay safe with good food handling practices. Although the U.S food market remains to be one of the safest in the world, the federal government still estimates approximately 48 million cases of foodborne illness per year. Of those 48 million illnesses, an estimated 128,000 cases result in hospitalization and 3,000 result in death. Following good food handling and cooking practices during the holiday hosting season can help you and your family avoid needless illness and unhappiness. Below are some helpful food handling tips for you and your family to follow.

For food preparation including produce and meat remember to:

Clean- food contact surfaces and hands thoroughly.

Separate- raw meats from other foods. Separate raw meats, poultry, seafood, and eggs from ready-to-eat finished foods and ingredients. Keep utensils, cutting boards, and plates used in raw food ingredients preparation separated from finished food ingredients.

Cook- thoroughly raw food ingredients according to the below cooking temperature guide and ready-to-cook products according to the cooking instructions.

Chill- Before going to the couch to chill with family, remember to place those pre-made food dishes or leftovers in the refrigerator to maintain the products below 40 degrees F.

See the below chart as a reference for cooking temperatures as reference with a stem thermometer.

Food Type	Internal temperature
Beef, Pork, Veal, and Lamb (chops, roasts, steaks)	145°F with a 3 minute rest time
Ground Meat	160°F
Ham, uncooked (fresh or smoked)	145°F with a 3 minute rest time
Ham, fully cooked (to reheat)	140°F
Poultry (ground, parts, whole, and stuffing)	165°F
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
Fin Fish	145°F or flesh is opaque & separates easily with fork
Shrimp, Lobster, and Crabs	Flesh pearly & opaque
Clams, Oysters, and Mussels	Shells open during cooking
Scallops	Flesh is milky white or opaque and firm
Leftovers and Casseroles	165°F

For more guidance with safe food handling practices from FDA see the below weblink.
Happy Holidays!

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

Philadelphia Conference of CASA Officers

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Nancy Wilson, Wawa Inc.	Vice President
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Megan Lauff, U.S. FDA	Treasurer
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Anitra Brown-Reed, U.S. FDA	Member-At-Large
Matthew Noonan, U.S. FDA	Member-At-Large
Danielle Bytheway, NJ Department of Health	CASA Representative
Lynn Bonner, Retired, U.S. FDA	Past President
Caroline Friel, Wawa, Inc.	Associate Representative

Editor's Note

Share your interests, information, and announcements with your fellow professionals. If you take great notes, contribute to the Bell Ringer and recount your training or meeting adventures. Please email: Matthew.Noonan@fda.hhs.gov or Daniel.Johnson@fda.hhs.gov.

Please consider suggesting topics, ideas, or speakers for our quarterly educational seminars via email to plawn@montcopa.org. Thanks so much!

We look forward to your feedback and participation.

Space is available for advertising in the Bell Ringer.



PHILADELPHIA CONFERENCE

FOUNDED  AUGUST 3, 1923

OF THE CENTRAL ATLANTIC STATES ASSOCIATION OF FOOD AND DRUG OFFICIALS
IN ASSOCIATION WITH A.F.D.O.

and Co-Sponsored with the **SUSQUEHANNA CONFERENCE**



December 13, 2019 Friday

WINTER/HOLIDAY EDUCATIONAL SEMINAR **NJ CEU's – APPROVED 5 CEU's**

Trevoze Fire House
MEI Catering/Twining Hall
4900 Street Road
Trevoze, PA 19053
215-364-2130

08:00 – 09:00	Registration
09:00 – 10:00	“Disaster Response at a Retail Food Facility – Fires/Floods/Power Outages” Nancy Wilson, Director, QA, Risk Management & Safety Wawa, Inc./Wawa, PA
10:00 – 10:15	Break & Silent Auction
10:15 – 12:00	“Disasters: Imminent Health Hazards from Floods, Fires, Power Outages, at All Types of Food Facilities” Howard Rabinovitch, Infragard Sector Chief Food & Ag/Phila PA Kyle Hobson, Investigator/ US FDA/Wilmington, DE Matt Noonan, Compliance Officer/ US FDA/Philadelphia, PA Jennie Webb, ServSafe(R) Certified Instructor/Proctor-ASQ Certified HACCP Auditor/Owner of Quality in Process/Levittown, PA Harry Pfender, Sanitarian/Bucks County Health Department Pam Lawn, Director-Environmental Field Services/Montgomery County Health Department Nancy Wilson, Director, QA, Risk Management & Safety Wawa, Inc./Wawa, PA
12:00-1:00	LUNCH (Catered by MEI Catering - \$ 10.00) and Silent Auction
1:00 – 2:00	“Inspection of Reclamation Centers/Salvage Operations and Potential Food Safety Issues” Jack Welte, Food Sanitarian/PA Depart.of Agriculture/Harleysville, PA

2:00-2:15	Break and Silent Auction
2:15 – 3:45	<p>“Food Safety Hazard Identification Exercise During Disasters & Other Experiences” Howard Rabinovitch, Infragard Sector Chief Food & Agriculture Kyle Hobson, Investigator/ US FDA Matt Noonan, Compliance Officer/ US FDA Jennie Webb, ServSafe(R) Certified Instructor/Proctor-ASQ Certified HACCP Auditor/Owner of Quality in Process Jack Welte, Food Sanitarian/PA Department. Of Agriculture Nancy Wilson, Director, QA, Risk Management & Safety/Wawa</p>
3:45-4:15	Q & A and Evaluation

NOTE: Pre-Registration is required no later than close of business, Friday – December 6, 2019. Everyone must register with Lynn Bonner at LSBonner@comcast.net

Please state if you plan to attend the lunch!

COST: The following fees apply:

- Current 2019 Members – Registration Fee of \$5.00
- Non-members/Delinquent Members–Dues & Registration Fee of \$5.00
- Dues: Regulator - \$15.00
- Associate - \$35.00
- Academic - \$10.00
- Student - \$10.00
- Retired - \$10.00

CEUs: A New Jersey continuing education credit application will be submitted to NJLMN for this course. The total number of credits submitted for this agenda is approximately 4.0 to 5.0. This course will be listed on NJLMN web upon approval and you will then be able to register for the CEU’s (<https://njlmn.njlincs.net>).

***PLEASE bring items for donation for our quarterly CASA food drive to help the needy. Items will be donated to “The Unforgotten Haven” in Blackwood, NJ. Check them out on Facebook to see all that they do for those in need!**

Food Items: instant coffee, bottled water, canned foods, juice, drink mixes, peanut butter, jelly, jello, pudding, pasta, tomato sauce, hamburger helper, rice, pancake mix, syrup, cereal, condiments, etc. (Basically, any type of canned or dry goods food).

Paper products: toilet paper, paper towels, tissues, women’s hygiene products such as sanitary pads, Tampax, etc.

Toiletries – soap, toothpaste, shampoo, conditioner, deodorant, disposable razors, toothbrushes*