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Kauai District Health Office

3040 Umi Street
Lihue 96766
(808) 241-3614

The Kauai DHO serves the community with proficiencies in emergency preparedness, family health services, public health nursing, services for the developmentally delayed, environmental health services which includes vector control, clean air, clean water, and sanitation programs, vital statistics (births, marriages, deaths), and mental health services.

Important Phone Numbers:

| | |
|---|----------|
| <u>Bioterrorism Preparedness Program</u> | 241-3555 |
| Case Management | 241-3406 |
| <u>Chronic Disease Management and Control</u> | 241-3564 |
| Communicable Disease Control | 241-3563 |
| Community Health Services | 241-3387 |
| <u>Developmental Disabilities</u> | |
| Environmental Health Services | 241-3323 |
| <u>Family Health Systems Services</u> | 241-3565 |
| Kauai Community Mental Health Center | 274-3190 |
| <u>Kauai Laboratory</u> | 241-3353 |

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Hawaii State Department of Health · 1250 Punchbowl Street · Honolulu, HI 96813



HAWAII STATE
DEPARTMENT
OF HEALTH

GUIDELINE FOR HANDLING FRESH FRUITS AND VEGETABLES
IN FOOD ESTABLISHMENTS

There has been an increasing number of food-borne illness outbreaks linked to fresh fruits and vegetables (fresh produce) in recent years. People have gotten sick after eating lettuce, spinach, tomatoes, bean sprouts, and melons. Every food establishment that serves or sells fresh produce must handle the produce in a safe and sanitary manner in order to provide the public with the safest food possible.

1. Raw fresh fruits and vegetables must be thoroughly washed in water to remove soil and other contaminants before being cut, combined with other ingredients, cooked, or served to the customer in a form ready to be eaten.
2. Pre-packaged fresh fruits and vegetables that are labeled "ready-to-eat", "washed" or "triple washed" and were processed in a facility inspected by a regulatory authority are not required to be washed in the retail food establishment before use or service, unless specifically directed on the label. These products are ready to be eaten and must be properly handled and protected just like any other ready-to-eat foods. Re-washing may be done but is generally not recommended since the produce was processed in a controlled food manufacturing environment. If harmful "germs" are still present in the fresh produce after commercial washing treatments, it is not likely that re-washing in a retail food establishment will remove or destroy the germs. In fact, the risk of cross-contamination from food handlers and unclean food equipment in the retail setting may over-ride any safety benefit that further washing may deliver.

RECOMMENDATIONS FOR HANDLING RAW FRESH PRODUCE:

Buy fruits and vegetables from reputable sources. Know your suppliers. Avoid fresh produce that is excessively soiled or has visible mold, discoloration, or off odors.

Store your fresh produce properly. Prevent cross-contamination. Segregate raw meats and poultry from fruits and vegetables by storing raw meats and poultry on separate shelves in the refrigerator. Never store raw meat, fish or poultry above produce.

Discard the outer leaves of leafy vegetables such as lettuce and cabbage before washing. Remove wilted discolored, damaged or bruised portions; studies have shown that if lettuce or other leafy greens have visible rot or decay, there is a possible increased risk of having harmful germs present.

Rinse fresh fruits and vegetables thoroughly under running tap water to remove surface contamination. Fresh produce having a firm skin or hard rind like carrots, potatoes, melons or squash may be scrubbed with a clean vegetable brush while rinsing. Wash all whole fruits and vegetables (especially melons) before preparing them – even if the skin or rind will not be eaten. This helps to prevent germs from being transferred from the outer skin to the inside of the fruit or vegetable when it is cut.

If fresh produce is soaked in a sink or tub during the washing procedure, extra care must be taken to prevent cross-contamination. The wash sinks or containers must be cleaned and sanitized before use. The water must be kept clean and must be changed at an appropriate frequency. Water used in the washing of the produce could spread contamination if the wash water contains germs or other harmful substances. A series of washes may be needed. If anti-microbial products are used in the wash water, these products must be approved by EPA or FDA for such use. They must be properly labeled and used according to directions provided by the manufacturer. Household bleach is generally not acceptable for this use. Anti-microbial disinfectant concentrations should be checked to make sure that proper levels are maintained during the soaking or washing. It must be understood that the purpose of the disinfectant in the wash water is to prevent germs from being spread by contaminated wash water, NOT to "sanitize" or kill germs on the surface of the produce being washed. Germs can stick to the surface of fruits and vegetables and may be found in the cracks and crevices where water and wash water disinfectants cannot reach.

After fresh produce is washed and prepared, it must be handled like any other ready-to-eat food.

Good hygienic practices are extremely important. Workers must wash hands properly before handling the fruits and vegetables. Whenever possible, avoid using bare hands to touch the washed produce or any other ready-to-eat food (instead use utensils or disposable gloves). Any utensil, equipment or surface that will touch the fresh produce must be properly washed, rinsed and sanitized (e.g. colanders, knives, peelers, vegetable scrub brushes, cutting boards, sinks, countertops, storage containers). If possible, provide separate work areas for preparing fresh produce and meat/poultry/fish products, or at least use different knives and cutting boards for cutting fresh produce and meat products. Store the prepared foods in covered containers. Prevent cross-contamination!

TEMPERATURE REQUIREMENTS FOR HOLDING FRUITS AND VEGETABLES:

"Potentially hazardous foods" are foods in which harmful germs can grow and multiply to levels that can make people sick. Meat (beef and pork), poultry (chicken, turkey), seafood (fish, shellfish, crustaceans), eggs, milk and other dairy products are all potentially hazardous; in most cases these foods must be either kept cold (45°F or below) or hot (140°F or above) in order to prevent germs from growing and to keep the food safe for eating.

Fruits and vegetables can also be potentially hazardous!!!! RAW seed sprouts, CUT melons, and CUT tomatoes are potentially hazardous and MUST be kept cold at 45°F or below (they have caused many food-borne illness outbreaks nationwide.). Once any fruit or vegetable has been cooked or "heat-treated", it becomes potentially hazardous (germs can grow to dangerous levels in it).

Other raw fresh fruits and vegetables, although not considered "potentially hazardous", should be stored and displayed under refrigeration for best quality.

◆◆◆NOTE: This guideline is not intended to cover all possible situations regarding fresh produce. For questions or comments, please contact the Department of Health at the following:

| | | | |
|--------------------------|----------------|---------------------------|----------------|
| Sanitation Branch – Oahu | (808) 586-8000 | Sanitation Branch – Maui | (808) 984-8230 |
| Sanitation Branch – Hilo | (808) 933-0917 | Sanitation Branch – Kauai | (808) 241-3323 |
| Sanitation Branch – Kona | (808) 322-1507 | Food and Drug Branch | (808) 586-4725 |

- I. If you want to sell food, a permit from the Hawaii State Department of Health is required.
 - A. What is food? - Food as defined by the FDA Food Code means a raw, cooked, or processed edible substance, ice beverage, or ingredient used or intended for use or for sale in whole or in part for human consumption or chewing gum.
2. Types of Food Establishment Permits:
 - A. Food Establishment / Food Manufacturer (renewal of permit every 2 years) ex. traditional restaurants, manufacturing establishments.
 - B. Mobile Food Establishment (Mobile Unit + Commissary permits required) ex. lunch wagons, hot dog carts, etc.
 - C. Temporary Food Establishment (Vending location is site specific; vending is limited to 20 days in a 120 day period.) ex. carnivals, huli huli chicken sales, school fundraisers, etc.
3. Why get a permit?
 - A. Penalty of \$1,000.00 per day per violation
 - B. Operating without a valid Food Establishment permit is a misdemeanor and if found guilty, the penalty is 1 year in jail plus the fines previously imposed.
 - C. Regular inspections incurred with a Food permit can reduce the possibility of:
 1. People getting sick, dying, and food borne illness outbreaks
 2. Lawsuits
 3. Loss of reputation and business.
4. Permit Process:
 - A. Contact the County Building Department to see if buildings permits will be required.
 - B. Contact the Planning Department to see if use permits will be required to build on the property.
 - C. Obtain and complete a "Basic Requirements for Preliminary Review" form.
 - D. Submit properly drawn architectural drawings and the plan review application.
 1. Fee's: for the plan review application:
 - A. \$200.00 for new establishments
 - B. \$150.00 for existing food establishments being remodeled.
5. When the plan review process is completed, an inspection of the food establishment will be conducted. Once the establishments' premise is found to be satisfactory, a Food Establishment permit application will be issued upon receipt of the application and appropriate Fee (\$50.00, \$100.00, \$150.00, depending on complexity).

* It is recommended that the applicant obtain and review the Chapter 12 Food Establishment Rules prior to submitting an application.

Building Division building permits.

By ordinance, any person, firm or corporation who may erect, construct, enlarge, repair, move, improve, remove, convert, or demolish any building or structure in the County of Kauai, or cause the same to be done, is required to obtain a building permit. Separate plumbing and/or electrical permits may also be required.

If you are undertaking any of the work listed above, please contact the Building Division at (808) 241-4854 or stop by the Kauai County Civic Center at 4444 Rice Street, Mo`ikeha Building, Room 175, in Lihu`e. Office hours are Monday- Friday from 7:45 a.m. to 4:30 p.m.



STATE OF HAWAII
DEPARTMENT OF HEALTH
KAUAI DISTRICT HEALTH OFFICE
3040 UMI STREET
LIHUE, HAWAII 96766

DILEEP G. BAL, M.D., M.S., M.P.H.
KAUAI DISTRICT HEALTH OFFICER

BASIC REQUIREMENTS FOR PRELIMINARY REVIEW OF FOOD SERVICE AND FOOD ESTABLISHMENTS.

Listed below are the general requirements of the Department of Health, that should be addressed before you can start a food service operation.

1. **Provide a letter of intent.** Letter of intent should include the following:
 - a. Your name, mailing address, phone number and name of new establishment;
 - b. Types of food being prepared (a menu can be submitted if available);
 - c. Hours of operation (e.g. M-F 7 am – 9 pm);
 - d. Type of sewage disposal system (e.g. county/private sewer – cesspool/septic tank*)
*if the proposed establishment is serviced by an existing cesspool/septic tank, a wastewater generation statement shall be provided.
*If the proposed establishment is using/sharing an existing restaurant kitchen, then a wastewater generation statement for existing restaurant and the proposed establishment shall be included.
 - e. Location of proposed food service operation.

2. **Provide two (2) sets of floor plan and plan review application fee:**
Plan review fee of \$200.00 for a new establishment and \$150.00 for remodeling of an establishment.
Floor plans should include the following:
 - a. Equipment location (e.g. handsink, three-compartment sink with drainboards at each end, refrigerator, freezer, stove, meat slicer, dishwasher, mop sink, walk-in refrigerator/freezer, ice-machine etc.);
 - b. Plumbing (e.g. hot/cold water line, floor drains, etc.);
 - c. Provide equipment specifications (e.g. Specifications for high heat dishwasher, convection oven, mixer, warmers, etc.);
 - d. Storage areas (e.g. storage locations for paper goods, cleaning equipment, toxic cleaning products, dry pantry etc.);
 - e. Mechanical drawings for kitchen exhaust hood/air conditioner*)
* Kitchen exhaust hood less than 2100 cfm, or air conditioner with less than 55,000 Btu need to submit a non-form 1 application to Kauai, Department of Health.
* Kitchen exhaust hood greater than 2100 cfm, or air conditioner that is 55,000 Btu or greater need to submit mechanical plans and form 1 Air Condition/Ventilation application for review and approval by Oahu's Noise,

* Kitchen exhaust hood greater than 2100 cfm, or air conditioner that is 55,000 Btu or greater need to submit mechanical plans and form 1 Air Condition/Ventilation application for review and approval by Oahu's Noise, Radiation, Indoor Air Quality Branch. 591 Ala Moana Blvd., Honolulu, Hawaii, 96813.

- f. Outside garbage enclosures (show location of exterior refuse container on machine laid asphalt or concrete surface);
 - g. Type of window (e.g. jalousie, double-hung, single-hung) and size of windows if natural ventilation will be used;
 - h. Finish schedule (type of finish for floor, walls and ceiling);
 - i. Location of sanitary facilities (restroom for employees) and textures provided.
3. Provide elevation drawings:
- a. Interior elevations (of kitchen);
 - b. Exterior elevations (show exhaust ducts)

Some these requirements may not apply to all food service operations.

The Department of Health Chapter 12 Food Establishment Sanitation Rules can be found at www.hawaii.gov/health/environmental/sanitation/index.html

If you have any questions, please call the Sanitation Program of the Kauai District Health Office at 241-3323.