

## Astaynta Taariikhda

### DATE MARKING

#### XADIGGA TODOBADA MAALMOOD EE CUNTADA DIYAARKA U AH IN LA CUNO

#### SEVEN DAY LIMIT FOR READY-TO-EAT FOOD

### Somali

#### Waxa taariikhda lagu astaynaayo

Astaynta taariikhdu waa in qasaca cuntada la calaamadeeyo si loo muujiyo xakamaynta waqtiga/heerkulka ee badqabka cuntada (TCS) la diyaarshay ama la furay, ama marka ay qasab tahay in la isticmaalo ama la daadsho. Ku astee taariikhda cuntada buuxinaysa **DHAMMAAN** shuruudahaan:

- Cuntada TCS ee diyaarka u ah in la cuno
- Cunta talaagada lagashay
- Cuntada lagu hayay xarunta wax ka badan 24 saac

#### Sida taariikhda loogu asteeyo

Qaabka taariikh ku astaynta oo waxtar leh waxaa ku jiri kara adeegsiga taariikhda kalaandarka, maalmaha asbuuca ama astaamaha midabka lagu asteeyay. Shaqaaluhu waa inay adeegsadaan ayna awoodaan inay u sharxaan qaabka cuntada ee xarunta maamulka sharciyaynta marka laga codsado.

Adeegso qaabka waxtarka leh ee astaynta taariikhda si aad qaab fasiix ah ugu muujiso mudada todobada maalmood ah. Qaabka xaruntaadu adeegsato ayaa adeegsan kara midkood taariikhda biloowga ama taariikhda dhamaadka.

### English

#### What to date mark

Date marking is marking food containers to show when time/temperature control for safety (TCS) food was prepared or opened, or when food must be used or discarded. Date mark food meeting **ALL** of these criteria:

- Ready-to-eat TCS food
- Refrigerated
- Held in the establishment for longer than 24 hours

#### How to date mark

An effective date marking method can include using calendar dates, days of the week or color-coded marks. Employees must use and be able to explain the food establishment's method to the regulatory authority upon request.

Use an effective date marking method to clearly indicate the seven-day period. Your establishment's method can use either the start date or the end date.

Day one is:

- The day food is prepared (for food prepared in the food establishment)

Maalinta koobaad waa:

- Maalinta cuntada la diyaarshay (cuntada lagu diyaarshay goobta cuntada)
- Taariikhda qasaca asalka ah la furay (ee cuntada lagu diyaarshay laguna baakadeeyay warshada cunto samaynta)

## Kaydinta cunto lagu qoray taariikhda

Waxaad ku hayn kartaa cuntada TCS ee diyaarka u ah in la cuno talaagada ilaa todobo maalmood. Baraf ka dhigida cuntada ayaa joojinaysa saacada taariikhda ku astaysan, laakiin dib umasoo bilaabayso. Markasta geli cuntada TCS ee diyaarka u ah in la cuno ee taariikhda lagu asteeyay heerkulka 41°F ma ka hoos, ayna ku jirto dhalaalintu.

## Daadinta cuntada taariikhda lagu asteeyay

Bixi, iibi ama iska daadi dhammaan cuntada TCS ee diyaarka u ah in la cuno ee talaagada la gashay todobo maalmood gudahood. Haka badin taariikhda isticmaalka ee ku qoran qasaca asalka ah ee soo-saaraha cuntada.

## Shardi dhaafyo

Cuntooyinka qaar waxaa laga dhaafi karaa taariikh ku astaynta waayo waxaa lagusoo saaray laguna baakadeeyay warshadaha cuntada sameeya oo sharciyaysan waxayna buuxsheen shuruudo gaar ah. Cuntooyinka waxaa ku jiri kara:

- Saladka deli ee ganacsiga loo diyaarshay, sida saladka hilibka khaansiirka, saladka cuntada badda, saladka digaaga, saladka ukunta, saladka baastada, saladka baradhada iyo saladka makarooniga
- Burcadka adag qaarkood, sida cheddar, gruyere, parmesan reggiano iyo romano

- The day the original container is opened (for food prepared and packaged by a food processing plant)

## Storing date marked food

You can keep ready-to-eat TCS food in the refrigerator for up to seven days. Freezing food stops the date marking clock, but does not reset it. Always store date marked ready-to-eat TCS food at 41°F or below, including during thawing.

## Disposing of date marked food

Serve, sell or discard all refrigerated ready-to-eat TCS food within seven days. Do not exceed the use-by date placed on the original container by a food manufacturer.

## Exemptions

Certain products may be exempt from date marking because they are manufactured and packaged in a regulated food processing plant and meet other specific requirements. These products may include:

- Commercially prepared deli salads, such as ham salad, seafood salad, chicken salad, egg salad, pasta salad, potato salad and macaroni salad
- Certain hard cheeses, such as cheddar, gruyere, parmesan reggiano and romano

- Qaar kamid ah burcadka qayb ahaan jilicsan, sida blue, edam, gorgonzola, gouda iyo Monterey jack
- Waxyaabaha laga sameeyo caanaha, sida yooqadka, kareemka caanaha iyo burcad
- Cuntooyinka kaluunka ee la kaydiyay, sida kaluunka la jeexay kadibna la qalajiyay ama cuntada lagu daray iyo cuntooyinka kale ee kaluunka aasidka lagu daray
- Maraqa qaanada la gelin karo, oo la qalajiyay, sida barbarooniga iyo Genoa salami
- Cuntooyinka qaanada la gelin karo ee cusbada lagu daaweeyay, sida prosciutto iyo Parma (hiblib khaansiir)

Cuntada kale ee TCS ee diyaarka u ah in la cuno ee aan u baahnayn in taariikh lagu asteeyo waxaa ku jirta:

- Qolof-badeedka (Shellstock)
- Qaybaha cuntada gaarka ah ee la baxshay ama loo baakadeeyay in la iibsho lagana soo baxshay qasaca cuntada badan marka macmiil codsado

## Su`aalaha Inta badan la Isweydiyo

### Waa maxay “diyaar u ah in la cuno?”

Cunto diyaar u ah in la cuno ayaa la filayaa inay si macquul ah u tahay mid qaabkaas lagu cuni karo. Cuntada ayaa la cuni karaa ayadoon la dhaqin, la karin ama lagu samayn diyaarin dheeraad ah.

- Certain semi-soft cheeses, such as blue, edam, gorgonzola, gouda and Monterey jack
- Cultured dairy products, such as yogurt, sour cream and buttermilk
- Preserved fish products, such as pickled herring and dried or salted cod and certain other acidified fish products
- Shelf-stable, dry fermented sausages, such as pepperoni and Genoa salami
- Shelf-stable salt-cured products, such as prosciutto and Parma (ham)

Other ready-to-eat TCS food that does not require date marking includes:

- Shellstock
- Individual meal portions served or repackaged for sale from a bulk container upon a consumer’s request

## Frequently asked questions

### What is “ready-to-eat?”

Ready-to-eat food is reasonably expected to be eaten in that form. The food is edible without washing, cooking or additional preparation.

**Haddii cunto ka timid qasacyada gaarka ah ee taariikhda lagu asteeyay ay tahay mid isku dar ah, taariikhdee la waafajinayaa?**

Adeegso astaanta taariikhda ee cuntada ugu wayn oo noqonaysa taariikhda lagu astaynaayo cuntada la iskudaray. Tani waxay qabanaysaa labadaba qasacyada labada ah ee la isku daray ee cuntada isku midka ah iyo diyaarinta cunto kale ayadoo la adeegsanaayo taariikhda lagu asteeyay cuntada.

Tusaale, maalinta Talaadada, digaaga ayaa la karshaa, la qaboojiyaa kadibna lagu asteeyaa taariikhda. Maalinta Khamiista, digaaga ayaa lagu daraa maadooyin kale si looga dhigo salarka digaaga. Qasaca salarka digaaga ayaa taariikhda lagu asteeyaa si loo muujiyo in Talaadadu tahay maalinta la diyaarshay.

**If food from individually date marked containers is mixed, what date applies?**

Use the date mark for the oldest food as the date mark for the combined food. This applies to both combining two containers of the same food and to preparing a separate food product using date marked food.

For example, on Tuesday, chicken is cooked, cooled and date marked. On Thursday, the chicken is combined with other ingredients to make chicken salad. The chicken salad container is date marked to show Tuesday as the date of preparation.

## **Macluumaadka (Resources)**

[Minnesota Department of Health Food Business Safety \(http://www.health.state.mn.us/foodbizsafety\)](http://www.health.state.mn.us/foodbizsafety)

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*Si aad xogtan ugu hesho qaab kale, wac: 651-201-4500 or 651-201-6000.*

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