**Municipality of Anchorage**

**Department of Health and Human Services**

Feem Tswj Xyuas Kev Noj Qab Haus Huv, Phiaj Xwm Kev Nyab Xeeb Ntawv Zaub Mov & Kev Nyiam Huv   
825 L Street

343-4200 [www.muni.org/health](http://www.muni.org/health)

**DAIM NTAWV TSO CAI COV TSEV ME MUAG KHOOM NOJ FAQ**

Cov tsev me muag khoom noj yog dab tsi?

Cov tsev me muag khoom noj yog cov khoom noj uas tsis muaj feem txaus ntshai ua hauv tsev coj mus muag rau cov neeg yuav khoom uas tsis tas yuav siv lub sij hawm/cua kub txias los tswj kev nyab xeeb (TCS). Cov Cov tsev me muag khoom noj muaj xws li cov khaub noom ncu, zaub zaub lossis zaub tsau dej, kua txob, kua ntsw, khaub noom, tshuaj ntsuab ziab qhuav thiab zaub noj raws caij nyoog, kua qaub, thiab lwm yam.

Nyob hauv Municipality of Anchorage (MOA), daim ntawv tso cai cov tsev me muag khoom noj ($25) yuav tsum muaj ib xyoos ib zaug. Cov piv txwv ntawm cov khoom uas tsis yog cov tsev me muag khoom noj thiab yog li ntawv yuav tsum tau ua hauv cov tsev ua khoom noj lag luam suav nrog cov nqaij nyoos lossis nqaij qhuav, cov khoom noj txaum ncauj, cov kua zaub nyoos thiab cov tsis yog khoom noj ntim kaus poom (cov ntawv ua pov thawj xa nrog Daim Ntawv Tso Cai Ua Tsev Me Muag Khoom Noj muaj cov ntsib lus qhia meej). Kev muag khoom noj hauv cov tsev me muag khoom noj rau lub tsev noj mov, cov chaw muag khoom noj, hauv internet, hauv xovtooj lossis ncaj qha hauv chaw xa ntawv yuav tsis tau txais kev tso cai. Kev muag khoom yuav tsum yogi b xyoos ib zaug xwb tsis pub tshaj $25,000.

Cov Kev Xav Tau ntawm Kev Tawm Ntawm Tso Cai

Yog tias muag hauv MOA, cov muag khoom noj noj yuav tsum muaj daim ntawv tso cai hauv ib xyoos. Cov tsev me muag khoom noj tsuas yog ua cov khoom noj tshwj xeeb uas muaj npe ntawm lawv daim ntawv tso cai xwb. Txhawm rau thov daim ntawv tso cai, cov neeg muag yuav tsum tau:

* Muab cov pov thawj ntawm tus neeg thov daim npav neeg ua khoom noj noj tau tso cai los ntawm Lub Cheeb Tsam Nroog lossis lwm cov npav ua khoom noj noj tau tso cai los ntawm Lub Nroog. Mus saib hauv https://[www.muni.org/foodcard](http://www.muni.org/foodcard) kom tau txais daim npav ua khoom noj noj.
* Muab cov npe uas sau tseg cov khoom sib xyaw hauv cov khoom noj thiab cov txheej txheem npaj ua cov khoom noj.
* Muab ib daim ntawv theej ntawm pH cov ntsuas tau los rau cov khoom noj uas yog zaub qaub thiab qhuav (daim ntawv ua pov thawj Daim Ntawv Ua Pov Thawj Tso Cai Ua Tsev Me Muag Khoom Noj txhawm rau txhiav txim seb yam khoom noj twg yuav tsum tau ntsuas pH thiab/lossis cov haujlwm ntsuas dej). Cov cim daim ntawv tso cai nrog rau lub npe, chaw nyob, thiab npawb xovtooj ntawm tus neeg ua khoom noj noj **lossis** nrog Alaska tus npawb daim ntawv tso cai ua lag luam;
* Coj daim npav tso cai kom cov neeg yuav khoom noj pom meej, coj daim npav, lo daim daub ntawm qhov chaw muag khoom lossis lub cim ntawm txhua cov khoom noj uas qhwv zoo raws li cov ntsiab lus txuas ntxiv no: “THESE PRODUCTS ARE NOT SUBJECT TO STATE OR MUNICIPAL INSPECTION (COV KHOOM LAG LUAM NO TSIS XAM UA LUB XEEV LOSSIS CHEEB TSAM NROOG COV KEV TSHUAJ XYUAS).” (Muaj nyob ntawm tus website.)
* Kom paub tseeb tias txhua tus neeg koom nrog hauv kev ua khoom noj noj thiab qhwv cov khoom noj noj ntawm cov tsev me muag khoom noj:
  + Tsis ua haujlwm hauv lub tsev ua mov thaum cov roj;
  + Ntxuav lawv ob txhais tes ua ntej ua ib co khoom noj thiab qhwv cov khoom noj noj;
  + Zam tsis txhob siv tes kov cov khoom noj uas ua tiav lawm uas yog yuav tau siv ib lub hnab looj tes, cov ntaub qhwv, lossis tus ciaj tais, lossis lwm yam tais diav;
  + Tsis txhob pub menyuam lossis tsiaj los nyob hauv lub tsev mov thaum lub sij hawm ua khoom noj noj ntawm lub tsev me ua khoom noj.

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* Hauv qhov chaw uas muaj kev ua txhaum cai, cov neeg yuav khoom noj tsis txaus siab lossis cov khoom noj ua rau muaj mob plab lub chaw haujlwm hauv cheeb tsam nroog yuav tshuaj xyuas cov khoom noj ntawm lub tsev me ua khoom noj rau ib lub sij hawm raws li qhov laj thawj, rau lub hom phiaj kev thsuaj xyuas uas muaj xws li kev suav sau cov khom noj ua piv txwv txhawm rau coj mus tshuaj xyuas.

Cov lus qhia ua piv txwv txog cov khoom noj nyab xeeb

Cov khoom siv ib qho xws li cov tais diav siv rau ib qho, cov diav tais, thiab lwm yam, yuav tsum muab rau cov khoom noj ua piv txwvv. Cov khoom noj npau los ua piv txwv yuav tsum tsis pub siv tes kov. Ob txhais tes yuav tsum tau ntxuav tas li thiab so kom qhuav ua ntej ua khoom noj thiab txhua cov piv txwv yuav tsum tau npaj siv cov ciaj tais, siv lub hnab looj tes, siv cov ntaub, lossis lwm yam cuab yeej kev nyiam huv txhawm rau kom cov khoom noj nyab xeeb. Muaj qhov chaw ntxuav tes ib ntus thiab, muaj cov tais diav txaus coj los sib hloov siv txhua plaub teev lossis raws li qhov nquag siv yog tias lo av. Qhov kev xaiv, cov neeg muag khoom tuaj yeem nruab peb lub dab ntxuav tais diav, txhuav dej thiab ua kev nyiam huv rau cov tais diav uas huv nyob hauv ib hnub. Cov khoom ua kev nyiam huv uas tau txais kev tso cai yuav tsum tau nthuav tawm rau siv hauv cov kev tu tais diav. Yog tias siv cov tshuaj dawb los ntxuav tais diav, yuav tsum tau siv cov tshuaj 50ppm lossis siv tshuaj 200ppm rau cov tshuaj ntxuav tais diav.

Daim Ntawv Tso Cai Lub Tsev Me Ua Khoom noj Cov Ntawv Txheeb Cov Cov Neeg Muag Khoom

Ib txwm yuav tsum tau:

DHHS Muaj Daim Ntawv Tso Cai Rau Ua Lub Tsev Me Muag Khoom Noj

Cov Npe Khoom noj Noj nrog rau cov khoom sib xyaw thiab cov txheej txheem ua khoom noj, npaj thiab qhwv

Luam Daim Npav Ua Khoom noj Noj Hauv Municipality of Anchorage (mus rau <https://www.muni.org/foodcard>)

Tus Nqi Daim Ntawv Tso Cai ($25)

Tej zaum yuav tsum:

PH thiab/lossis Cov Dej Siv rau cov zaub uas ua zaub qaub lossis ziab qhuav

(Daim Ntawv Pov Thawj Tso Ua Lub Tsev Me Muag Khoom Noj Muaj Cov Npe khoom noj uas yuav tsum tau ntsuas)

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##### COV TSEV ME MUAG KHOOM NOJ

##### ZAM TSIS MUAJ DAIM NTAWV TSO CAI

##### Tsab Cai Cov Kev Zam MOA Khoom Noj niaj hnub no

* Cov tshuaj ntsuab ziab qhuav thiab cov tshuaj ntsuab ziab qhuav sib xyaw
* Cov tshuaj yej qhuav
* Cov kua qaub (suav nrog cov kua qaub nquag haus)
* Paj pob kws, paj pob kws xyaw taum

##### PIV TXWV DAIM NTAWV TSO CAI UA LUB TSEV ME MUAG KHOOM NOJ

Cov khoom noj tsis muaj feem txaus ntshai

**Cov Khoom Noj Ci**

* Cov ncuav ci (lossis zoo ib yam li cov khoom   
  noj ncu)3
* Khej (suav nrog cov khej ua kev zoo siab)3
* Cov ncuav qab zib thiab cov muffins uas muaj cov kua txiv hmab txiv ntoo lossi zaub xyaw   
  (xws li cov taub dag lossis cov qe taub dag)3
* Cov txiv hmab txiv ntoo siav3
* Khaub noom3
* Cov khoom noj ncu uas muaj cov cawv xyaw   
  (xws li cov ncuav phom qab zib)
* Ncuav kib3

Cov Khoom Noj Ntim Hwj/Ntim Hub

* Cov Zaub Hob2
* Cov kua lim tawm – xws li cov txiv tsawb thiab cov txiv qaub3
* Cov dib tsau dej2
* Kua Ntsw BBQ2
* Kua qaub2
* Cov kua qab2
* Cov kua txob txiv lws2
* Cov dej carbonated ntim hwj3
* Kua txiv (cov berry thiab zaub)
* Cov txiv hmab txiv ntooj nyoj thiab tsau hauv lub hub iav uas tuaj yeem muab tso rau ntawm qhov chaw sov tau

Khaub noom/kev ua khoom noj noj

* Khaub noom qab zib3
* Cov Kua Truffles3
* Cov khoom kib nkig3
* Cov chocolate xyaw cov prezels, cov marshmallows, graham crackers, lossis kua txiv hmab txiv ntoo3

**Cov Khoom Noj Muab Pos Cia**

* Kombucha2 lossis 3
* Cov kua txiv hmab txiv ntoo thiab zaub   
  (xws li zaub pob qaub thiab kimchee)2

**Lwm Cov Tsev Me Muag Khoom Noj**

* Cov khoom noj ci sib xyaw ua ke (xws li cov ncuav ci,   
  cov khej, lossis cov khaub noom sib xyaw ua ke)3
* Cov zaub ncu qhuav lossis cov zaub hlab sib xyaw3
* Cov zaub qhuav lossis txiv hmab txiv ntoo qhuav3
* Cov pasta qhuav ua los ntawm cov qe1
* Cov txiv laum huab xeeb: tev tawv lossis tsis tev tawv3
* Cov roj kas fes
* Waffle cov khob hliav qab3
* Cov Tortillas3
* Cov Ncuav Nthuav Hau (muaj ob lub pob ntseg ntxhw)3
* Cov Tawv Txiv Hmab Txiv Ntoo3

##### COV PIV TXWV NTAWM COV TSEV ME MUAG KHOOM NOJ UAS TSIS TAU TXAIS KEV TSO CAI

Cov khoom noj muaj feem txaus ntshai uas yuav tsum muaj lub sij hawm thiab/lossis cov kev tuav tswj cua kub txias kom nyab xeeb yuav tsis tau txais kev tso cai rau muag hauv cov tsev me muag khoom noj noj thiab yuav tsum ua hauv cov tsev ua khoom noj kev lag luam.

* Cov nqaij thaib cov khoom yog nqaij xws li cov nqaij nyoog thiab nqaij qhuav (nqaij sawb)
* Cov ntses thiab cov khoom noj yog ntes (xws li cov salmon ncho pa, cov kaus poom ntses salmon, thiab lwm yam)
* Cov kaus taum nyoos
* Cov qij dos xyaw roj
* Cov khoom noj ncu uas yuav tsum tso rau hauv lub tub txias (xws li cheesecake, custards, txiv qaub meringue)
* Mis nyuj khov
* Cov khoom noj niaj hnub (suav nrog cov ice cream)
* Cov khoom noj kaus poom uas tsis muaj-acidic (piv txwv li cov zaub kaus poom uas tsis yog zaub ncu lossis zaub pos)
* Pesto
* Cov kua zaub nyoos
* Cov khoom noj haus uas xyaw nrog cov zaub uas tsis muaj cov kuab acidified
* Cov taub dej

*Cov ntaub ntawv sau hais txog hom khoom noj uas raug ntsuas uas yuav tsum ua tiav qhia pom tias cov khoom noj tsis muaj feem txaus ntshai.*

1. Cov hauj lwm ntsuas dej yuav tsum ua tiav ntawm cov khoom siv thiab muab xa nrog daim ntawv thov kev tso cai.
2. PH qhov kev ntsuas yuav tsum ua tiav ntawm cov khoom siv thiab muab xa nrog daim ntawv thov kev tso cai.
3. Cov khoom sib xyaw ua ke thiab cov ntsiab lus piav qhia ntawm cov txheej txheem yuav raug xa mus nrog daim ntawv thov kev tso cai. hloov kho tshiab thaum Lub Xy hli ntuj 31, 2018