

Cov Khw Uas Tau Kev Tso Cai Muag Khoom Noj

THAWJ KAUI RUAM XAIV COV KHOOM ZOO LOS MUS UA NOJ

Cov cai tswj

Yuav cov khoom noj los ntawm cov khw uas ua raws nraim cov cai tshwj xeeb. Cov khw uas tau kev tso cai muag khoom noj muaj xws li:

- Cov neeg cog qoob loo hauv zos, hauv cheeb tsam, los sis txawv teb chaws
- Cov chaw tsim khoom noj
- Cov neeg muag khoom noj los sis cov uas muag khoom noj ua lag luam

Nws yog lub luag hauj lwm ntawm tus neeg tswj xyuas (PIC) kom cov khoom noj no tsis txhob muaj kev khaws cia tseg los sis npaj nyob hauv tsev.

Ib lub chaw muag khoom noj tuaj yeem yuav tau cov qoob loo ncax qha ntawm tus neeg cog. Tus neeg cog tuaj yeem cog tau thiab muag tau cov qoob loo ntawm lawv daim teb, yam tsis muaj daim ntawv tso cai ua zaub mov. Tab sis lawv yuav tsum muaj daim ntawv tso cai yog tias lawv yuav cov khoom noj mus muag ntxiv rau lwm tus. Txawm tus neeg cog muaj los tsis muaj daim ntawv tso cai, lawv yuav tsum xyuas kom cov khoom noj uas lawv muag los sis pub rau lwm tus tau raws li cov cai tswj hwm.

Cov cai tshwj xeeb

Muaj qee yam khoom noj uas yuav tsum ua raws li cov cai tshwj xeeb. Cov no suav nrog:

- Kua mis nyuj thiab cov khoom noj muaj kua mis: cov kua mis ntawd yuav tsum los ntawm cov chaw ua mis raws li cov txheej txheem "Grade A", uas yog txoj kev muab cov mis rhaub kom tua kab mob.

- Nqaij ntses: Yuav tsum yog cov ntses ua raug ntes raws cai, los sis yuav tsum yog cov ntses raug ntes uas coob txaus rau kev lag luam, thiab hom uas tau kev pom zoo los ntawm cov thawj coj tswj hwm kom muag tau los sis siv tau.
- Nqaij thiab nqaij qaib: Yuav tsum raug tshuaj xyuas thiab pom zoo los ntawm USDA los sis Minnesota Department of Agriculture.
- Nqaij tsiaj qus: Yuav tsum raug tshuaj xyuas thiab pom zoo los ntawm USDA los sis Minnesota Department of Agriculture.
- Qe: Yuav tsum tau txais cov qe uas huv thiab tsis tawg raws li "Grade B" los yog zoo dua.
- Qe kua, qe khov, qe qhuav los sis lwm yam khoom muaj qe: Yuav tsum muab cov qe rhaub kom tua kab mob thaum tau txais lawv.
- Zaub mov ntim kaus poom, hnab los sis ntim kaw tsis dim pas: Yuav tsum yuav ntawm cov chaw ua zaub mov uas muaj daim ntawv tso cai.
- Tsiaj nruab deg: Yuav tsum yuav ntawm chaw muag uas muaj npe nyob hauv [Interstate Certified Shellfish Shippers List](#).
- Nceb uas yuav noj tau: Yuav tsum yuav ntawm tus neeg cog los sis cov neeg kawm tiav txog hom nceb ntawd lawm.

Cov kev coj uas raug cai

Nrhiav cov khoom uas muaj kev pom zoo

- Saib tus neeg muag khoom daim phiaj qhia txog txoj kev nyab xeeb (food safety plan).
- Xyuas lub tsheb thauj khoom noj.
- Xyuas cov khoom noj xa tuaj kom paub meej tseeb tias yog cov khoom nyab xeeb thiab zoo.
- Thov daim ntawv receipt thiab muab khaws rau ib qho chaw zoo.

Hennepin County Environmental Health

479 Prairie Center Drive Eden Prairie, MN 55344

612-543-5200 | www.hennepin.us/envhealth

Approved sources for food products_Hmong_HC_6-25

Content courtesy of the [Minnesota Department of Health](#)



Kev tso npe tseg

Daim ntawv yuav khoom yuav tsum muaj cov nram no:

- Hnub uas tau txais khoom noj
- Lub npe ntawm tus neeg tau txais khoom noj
- Yog khoom pub los sis yuav nqi
- Kev piav qhia thiab seb cov khoom noj ntau npaum cas
- Lub npe ntawm lub khw, chaw nyob, thiab xov tooj los sis email

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