

Entrepreneurs and Their Communities

Food Safety for Farmers Market Vendors

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Outline

- Importance of food safety
- Best practices for food safety
- Regulations
- Equipment needed



Why food safety?

- Provide products as safe as possible
- Assure customers that product quality and safety, and their health, is important to you
- Protect markets



Foodborne Illness (FBI)

- Each year, CDC estimates 1 in 6 people get sick from foodborne illness in US
 - ~48 million get sick
 - ~128,000 are hospitalized
 - ~3,000 deaths
 - **Highly under-reported**
 - Does occur in small scale ag
- Large outbreaks occurring recently
- Affects markets; reduces consumer confidence



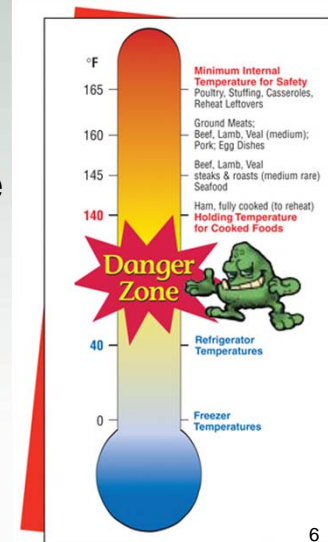
Persons of interest

- Young- day care facilities
- Old
- Pregnant
- Sick
 - chronic illness
 - immune disorder
 - chemo patients



Bacteria like it warm!!

- 40-140°F: danger zone
- 60-110°F: very fast growth
- Reduce time in danger zone
 - Stop bacterial growth
- Note cooking temperatures



Food safety best practices

- Transport, store foods at proper temps to prevent rapid bacterial growth
 - Hot prepared foods: $>135^{\circ}\text{F}$ (140°F better)
 - Foods sold at room temp (whole produce, canned goods, most baked goods): $< 80^{\circ}\text{F}$
 - Cold perishable foods (potato salad, most dairy products): $32^{\circ}\text{F} - 40^{\circ}\text{F}$
 - Frozen foods (frozen meats) $<15^{\circ}\text{F}$
 - Coolers and ice packs or ice
- *NOTE: regulations vary by location*



Best practices-2

- Reduce possible cross-contamination: can transfer bacteria from one food to another
 - Ensure that raw meat does not contact ready-to-eat food or fresh produce.
 - If re-using bags, ensure they are clean
 - Wash, rinse, sanitize food contact surfaces, equipment, utensils between uses.



Best practices-3

- Practice good personal hygiene (clean clothes, clean hands) to prevent transferring bacteria to your food
 - Shaking hands, touching money, animals, soiled vegetables, utensils
 - Wash hands often
 - Gloves as needed
 - No eating in booth



Farmers Markets- samples

- Regulations vary by location; use best practices
- Prepare samples ahead of time if possible- in a sanitary manner
- Servers should keep barrier between hands and food
- Cover samples to protect food from contamination



Samples- 2

- Provide disposable single-use utensils (toothpicks, plastic forks, etc)
- Put out small amounts of a sample
- Perishable samples at room temp <2 hours
- Keep perishable food cold or hot
- If using cutting utensils at market, bring clean potable water and dish detergent



Samples- 3

- For consumers with food allergens: good practice to post a list of all ingredients and clearly identify any common allergens
- Any fresh fruits and vegetables should be washed before cutting and offering
- Display food for sampling separate from food that will be sold



Farmers Markets regulations- general

- ***Ingredients or food used to prepare food for market must be from safe sources***
 - Inspected meat
 - Milk from a licensed producer
 - Ingredients from reputable suppliers
- Specific regulations in various areas



Regulations- produce

- Follow good practices
- FSMA rules may affect produce growers
 - rules still in comment period
- Some states, localities may have regulations



Farmers Markets- meat

- ***Selling red meat or inspected poultry: may need licensing***
 - Poultry exemption exists in some areas
- Transport and store food at proper temperatures
- Label properly- safe handling instructions, etc



Farmers Markets- eggs

- ***Egg carton must be clearly labeled with your address***
- ***Comply with labeling, grading standards***
- Some locations may have temperature regs



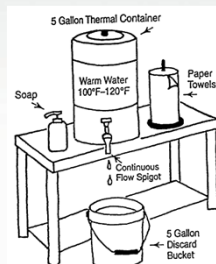
Farmers Markets- dairy

- **All dairy products (milk, cheese, etc.): follow licensing and labeling regs**
- **Follow temp requirements (44°F in VT)**
- States vary on raw milk requirements



Farmers Markets- RTE

- Preparing (any altering or heating of food on-site) foods at market to sell:
 - **Check on licensing and temp requirements**
 - **Reheat cooled foods properly (>165°F) before serving or hot holding (>140°F)**
 - In VT, need hand-washing station in your stand



Farmers Markets- RTE

- Preparing RTE food at home, bringing it to market packaged and ready for sale
 - VT: Home/commercial caterer license required
- ***Hold hot foods at proper temp (>140°F)***
- ***Hold potentially hazardous cold foods properly (< 41°F)***
- ***Clean, food grade packaging***



Farmers Markets- Baked goods

- ***Follow food labeling requirements (general requirements)***
 - Name of the product
 - Name, address of seller
 - Quantity of the product; and
 - Product ingredients
- ***Check licensing requirements***



Farmers Markets- Jams, jellies, canned foods, other

- **Follow food labeling requirements**
- **Check licensing requirements**
- Follow good practices



Transporting hot food~ >135F

Item	Options	Where to buy	Cost
Thermometer	Bimetallic, stem dial	Grocery store	\$5-10
Chafing dish	Best: Stainless steel pan (photo)	Online	\$40
	2: <u>single use</u> disposable aluminum tray	Discount or grocery store	\$2.50 each
Chafing dish cover	Best- stainless steel cover	With above	Above
	2: Aluminum <u>disposable</u> cover	Discount or grocery	\$1
	3: <u>single use</u> aluminum foil (2 layers)	Grocery/Discount	\$3
Thermal Carrier	Best- "Cambro" food carrier	Online supply	\$200
	2: Insulated "ice" chest	Walmart or other	\$20
	3: Blanket or wrap	Available	



Transporting/holding cold food ~ < 40°F

Item	Options	Where to buy	Cost
Cooler	Various sizes available	Walmart (or other)	\$20
Coolant	Ice packs	Pharmacy	\$3
	Ice	Stores	\$2
Thermometer	Bimetallic, stem dial	Grocery store	\$5-10



Keeping food hot ~ >135F

Item	Options	Where to buy	Cost
Thermometer	Bimetallic, stem dial	Grocery store	\$5-10
Chafing dish	Best: Stainless steel pan	Online	\$40
	2: <u>single use</u> disposable aluminum tray	Discount or grocery store	\$2.50 each
Chafing dish cover	Best- stainless steel cover	With above	Above
	2: Aluminum <u>disposable</u> cover	Discount or grocery	\$1
	3: <u>single use</u> aluminum foil (2 layers)	Discount or grocery	\$3
Wire chafing frame		Discount or grocery	\$9
Heat source	Sterno cans- may need 2-3/pan; aluminum foil for wind protection	Discount store	\$5 for 2
Electric heat source	Slow cooker/crock pot	Walmart or other	\$20

Heating food- heat to >165F, hold at >135F

Item	Options	Where to buy	Cost
Heat source	Deep fryer (for samosas, etc)	Discount or other	\$30
	Grill- electric or gas (for meat, etc)	Discount or other	\$25
	Electric hot plate	Discount or other	\$20
Thermometer	Bimetallic, stem dial	Grocery store	\$5-10



Keeping booth/food clean

Item	Options	Where to buy	Cost
Dishpans-3	Buckets also OK	Discount or other	\$2 each
Dishsoap	Any	Any store	\$2
Dishrags	Must be clean	Any store	\$1
bleach	Any brand	Any store	\$1
	*Chlorine wipes	Any store	\$5/75 ct.
Chlorine test strips		Ag, pool, or restaurant supply	\$11/200
Food handling	Disposable gloves	Discount or other	\$4
	Tongs	Discount or other	\$2

- Note: 3 dishpans for washing, rinsing, sanitizing dishes, equipment, etc.

Additional information

- UVM Extension Food Safety information
 - Upcoming trainings
 - Fact sheets
 - Links
 - www.uvm.edu/extension/food/?Page=food_safety.html
- VT Food Safety Task Force
 - <http://vt.foodprotectiontaskforce.com/>

Questions??



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Thank You!

Upcoming topics:

May 9 - *Tracking sales & collecting customer feedback to learn what your customers really think, Mary Peabody, UVM Extension*

June 13 – *Are you a supermarket vendor or a super market vendor, Ginger Myers, UMD Extension*

