Entrepreneurs and Their Communities

Food Safety for Farmers Market Vendors

Londa Nwadike, UVM Extension Food Safety Specialist
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RRDC
REGIONAL RURAL DEVELOPMENT CENTERS

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°F (140°F better)
  - Foods sold at room temp (whole produce, canned goods, most baked goods): < 80°F
  - Cold perishable foods (potato salad, most dairy products): 32°F - 40°F
  - Frozen foods (frozen meats) <15°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

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**Transporting hot food~ >135°F**

<table>
<thead>
<tr>
<th>Item</th>
<th>Options</th>
<th>Where to buy</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thermometer</td>
<td>Bimetallic, stem dial</td>
<td>Grocery store</td>
<td>$5-10</td>
</tr>
<tr>
<td>Chafing dish</td>
<td>Best: Stainless steel pan (photo)</td>
<td>Online</td>
<td>$40</td>
</tr>
<tr>
<td>Chafing dish cover</td>
<td>2: single use disposable aluminum tray</td>
<td>Discount or grocery store</td>
<td>$2.50 each</td>
</tr>
<tr>
<td>Chafing dish cover</td>
<td>Best- stainless steel cover</td>
<td>With above</td>
<td>Above</td>
</tr>
<tr>
<td>Chafing dish cover</td>
<td>2: Aluminum disposable cover</td>
<td>Discount or grocery</td>
<td>$1</td>
</tr>
<tr>
<td>Chafing dish cover</td>
<td>3: single use aluminum foil (2 layers)</td>
<td>Grocery/Discount</td>
<td>$3</td>
</tr>
<tr>
<td>Thermal Carrier</td>
<td>Best- “Cambro” food carrier</td>
<td>Online supply</td>
<td>$200</td>
</tr>
<tr>
<td>Thermal Carrier</td>
<td>2: Insulated “ice” chest</td>
<td>Walmart or other</td>
<td>$20</td>
</tr>
<tr>
<td>Thermal Carrier</td>
<td>3: Blanket or wrap</td>
<td>Available</td>
<td></td>
</tr>
</tbody>
</table>
## Transporting/holding cold food ~ < 40 °F

<table>
<thead>
<tr>
<th>Item</th>
<th>Options</th>
<th>Where to buy</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooler</td>
<td>Various sizes available</td>
<td>Walmart (or other)</td>
<td>$20</td>
</tr>
<tr>
<td>Coolant</td>
<td>Ice packs</td>
<td>Pharmacy</td>
<td>$3</td>
</tr>
<tr>
<td></td>
<td>Ice</td>
<td>Stores</td>
<td>$2</td>
</tr>
<tr>
<td>Thermometer</td>
<td>Bimetallic, stem dial</td>
<td>Grocery store</td>
<td>$5-10</td>
</tr>
</tbody>
</table>

## Keeping food hot ~ >135F

<table>
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<tr>
<td>Thermometer</td>
<td>Bimetallic, stem dial</td>
<td>Grocery store</td>
<td>$5-10</td>
</tr>
<tr>
<td>Chafing dish</td>
<td>Best: Stainless steel pan</td>
<td>Online</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>2: single use disposable aluminum tray</td>
<td>Discount or grocery store</td>
<td>$2.50 each</td>
</tr>
<tr>
<td>Chafing dish cover</td>
<td>Best: Stainless steel cover</td>
<td>With above</td>
<td>Above</td>
</tr>
<tr>
<td></td>
<td>2: Aluminum disposable cover</td>
<td>Discount or grocery</td>
<td>$1</td>
</tr>
<tr>
<td></td>
<td>3: single use aluminum foil (2 layers)</td>
<td>Discount or grocery</td>
<td>$3</td>
</tr>
<tr>
<td>Wire chafing frame</td>
<td></td>
<td>Discount or grocery</td>
<td>$9</td>
</tr>
<tr>
<td>Heat source</td>
<td>Sterno cans - may need 2-3/pan; aluminum foil for wind protection</td>
<td>Discount store</td>
<td>$5 for 2</td>
</tr>
<tr>
<td>Electric heat source</td>
<td>Slow cooker/crock pot</td>
<td>Walmart or other</td>
<td>$20</td>
</tr>
</tbody>
</table>
Heating food—heat to >165°F, hold at >135°F

<table>
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<tr>
<th>Item</th>
<th>Options</th>
<th>Where to buy</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat source</td>
<td>Deep fryer (for samosas, etc)</td>
<td>Discount or other</td>
<td>$30</td>
</tr>
<tr>
<td>Grill- electric or gas (for meat, etc)</td>
<td>Discount or other</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Electric hot plate</td>
<td></td>
<td>Discount or other</td>
<td>$20</td>
</tr>
<tr>
<td>Thermometer</td>
<td>Bimetallic, stem dial</td>
<td>Grocery store</td>
<td>$5-10</td>
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</tbody>
</table>

Keeping booth/food clean

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

- 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](http://www.uvm.edu/extension/food/?Page=food_safety.html)

• VT Food Safety Task Force

Questions??
Contact Details

Londa Nwadike
Food Safety Specialist
UVM Extension
617 Comstock Rd.
Berlin, VT 05602-9194
Phone: 802-223-2389 Ex. 216
Email: londa.nwadike@uvm.edu
www.uvm.edu/extension/food/

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 supermarket vendor, Ginger Myers, UMD Extension