



KEEPING YOUR MARKET IMMUNE FROM UNWANTED CRITTERS

What to look for to help prevent market customers from leaving the market with more than they bargained for!

Lisa M. Dearden

Owner/Manager, Chiknegg Incubator Kitchen

Executive Director, RVAg

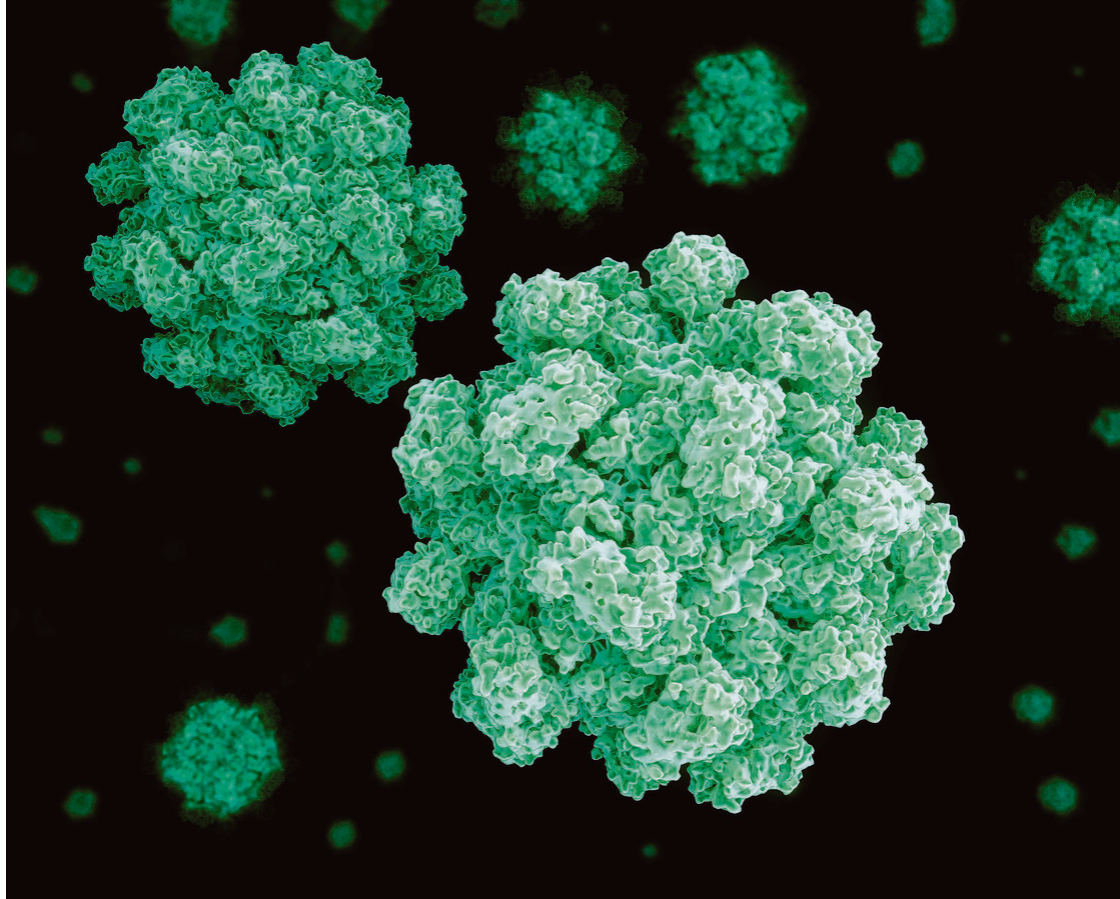
ServSafe® Instructor/Proctor

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BINGO



If you see or hear a word during this presentation that corresponds with your BINGO card, just cross through the word. The first person to get a BINGO wins a prize. Just shout out "BINGO"!



WHAT COULD
BE LURKING
AT YOUR
FARMERS
MARKET?

FOODBORNE ILLNESS OUTBREAK!

CDC estimates 48 million people get sick, 128,000 are hospitalized, and 3,000 die from **foodborne diseases each year** in the **United States**. CDC provides estimates for two major groups of **foodborne illnesses** – known **pathogens** and unspecified agents.

Norovirus is the leading cause of **foodborne illness** in the United States. It causes 58% of **foodborne illnesses** acquired in the United States.

WE WANT ALL OUR CUSTOMERS
TO BE SAFE AND HAPPY!





NO ONE
WANTS THEIR
MARKET IN THE
NEWS DUE TO A
FOODBORNE
ILLNESS



How Food Becomes Unsafe

- The Centers for Disease Control and Prevention (CDC) has identified the five most common risk factors that cause foodborne illnesses:
 - Purchasing food from unsafe sources
 - Failing to cook food adequately
 - Holding food at incorrect temperatures
 - Using contaminated equipment
 - Practicing poor hygiene



THREE TYPES OF CONTAMINANTS

Biological



Chemical



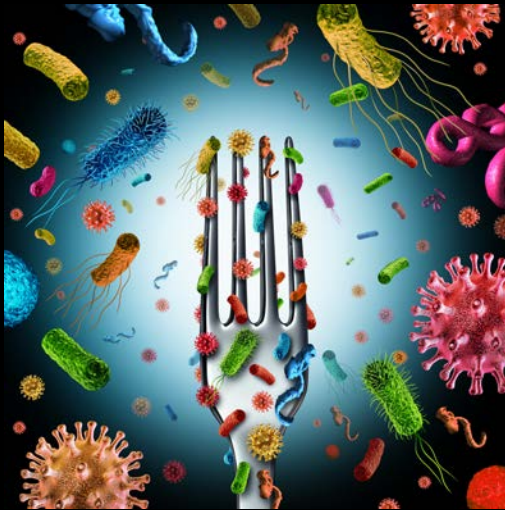
Physical



HARMFUL PATHOGENS CAN ONLY BE SEEN THROUGH A MICROSCOPE

They can be on food,

Bacteria, Viruses and Parasites can all cause foodborne illness.



on our hands,

Norovirus is the leading cause of foodborne illness.



and on containers.

Regular cleaning & sanitizing can reduce the risk that harmful substances will cling to surfaces.



DO NOT PASS GO!

Some of the symptoms of a foodborne illness from bacteria or viruses could be Nausea, Diarrhea, Jaundice or Sore Throat with a Fever. These are the symptoms that we should be most worried about.

If you, your staff, or one of your market vendors complains of any of these symptoms in particular, they cannot work around food and must stay home until they are cleared to come back with a doctor's note.



WHAT'S THE BEST WAY TO PREVENT BIOLOGICAL CONTAMINATION?

WASH YOUR HANDS!

- Wet your hands
- Lather up
- Scrub for a minimum of 10-15 seconds
- Rinse
- Dry with a paper towel
 - Turn off faucet and open door with paper towel

The whole process should take 20 seconds. Try humming your ABC's or Twinkle Twinkle two times.



WHAT IS AN APPROVED FOOD SOURCE?



- Food must be purchased from a commercial supplier (such as a grocery store)
- Suppliers are licensed and permitted
- Farmers can sell raw agricultural commodities, and are exempt (in Virginia) from selling processed foods that they produce and sell ONLY at farmers markets with appropriate labeling
 - Exempt foods must be labeled appropriately with "NOT FOR RESALE – PROCESSED AND PREPARED WITHOUT STATE INSPECTION"
- Farmers markets fall in this category, but all meats (other than poultry and rabbit) must be USDA inspected
- All seafood must come from a permitted supplier
- Eggs are not considered to be from an Approved Food Source unless they are USDA graded
 - Safe to sell, but do not use in chef demos or in food trucks

WATCH OUT FOR CHEMICALS

We all want food that is free of chemical contaminants. That's a main reason why we purchase food from the farmers we know and trust.

What are some of the risks of chemical contamination that we should be concerned about at farmers markets?

Contamination from chemicals used:

- to clean packing & holding facilities
- to clean storage containers for fruits and vegetables
- to clean equipment for food demonstrations or for cooking prepared foods

Always store chemicals away from or below food!



WHAT WOULD YOU DO IF YOU SAW
DIRTY OR POTENTIALLY CONTAMINATED
CONTAINERS OR FOOD PRODUCTS
(SUCH AS EGGS) AT ONE OF YOUR
VENDOR BOOTHS?

PHYSICAL CONTAMINANTS

Physical contamination occurs when actual objects contaminate the food.

Common **physical contaminants** include hair, glass, metal, pests, jewelry, dirt and fake nails.

What types of physical contaminants can occur at your market, and how can you prevent them?



TAKE COVER!

Tents or Umbrellas



Domes, Foil or Plastic



Individually Wrapped





FOOD ALLERGENS

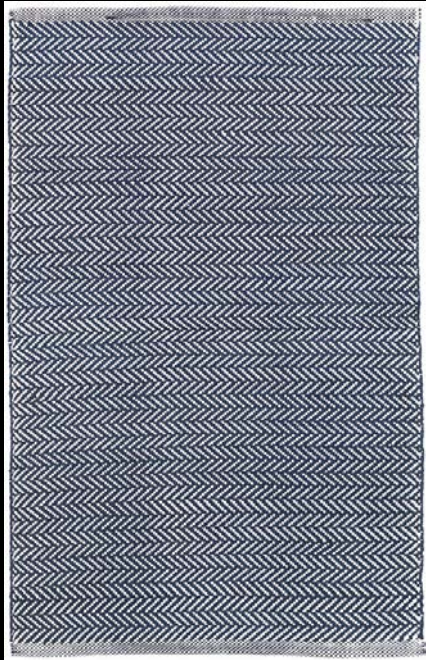


PREVENT FOOD CONTAMINATION!

- **Cross-contamination** is how bacteria can spread. It occurs when juices from raw meats or germs from unclean objects touch cooked or ready-to-eat **foods**. By following a few simple steps as you shop, store, cook, and transport **foods**, you can greatly reduce your risk of **food** poisoning.
- **Cross-contact** occurs when an allergen is inadvertently transferred from a food containing an allergen to a food that does not contain the allergen. Cooking does not reduce or eliminate the chances of a person with a food allergy having a reaction to the food eaten.

PREVENT GROUND CONTAMINATION, TOO!

All prepared food vendors *MUST* have a ground cover!



Handwashing stations must have a catch basin.



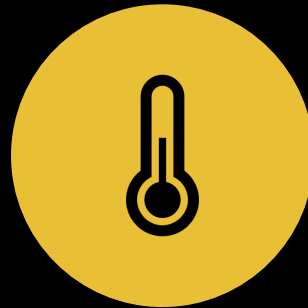
Do not dump graywater onto the ground.



TCS & READY-TO-EAT FOODS



FOOD THAT IS MOST VULNERABLE FOR PATHOGEN GROWTH IS FOOD THAT NEEDS TIME AND TEMPERATURE CONTROL FOR SAFETY, OR **TCS FOOD** FOR SHORT.



TO CONTROL TEMPERATURE, FOOD HANDLERS MUST KEEP TCS FOOD OUT OF THE TEMPERATURE DANGER ZONE.



READY-TO-EAT FOOD, OR FOOD THAT CAN BE EATEN WITHOUT FURTHER PREPARATION, WASHING, OR COOKING, ALSO NEEDS CAREFUL HANDLING TO PREVENT CONTAMINATION.



READY TO EAT TCS FOOD
PREPARED IN HOUSE AND STORED AT 41DEGREES OR BELOW MUST BE THROWN OUT AFTER 7 DAYS.

140 °F

Veal, Poultry,
Steaks, Chops

Ham, fully cooked
(to reheat)

**Holding Temperature for
Cooked Food**

**Danger
Zone**

40 °F

Refrigerator Temperature

THESE ARE TCS FOODS AND CAN HARBOR PATHOGENS

Cut Leafy Greens



Cut Tomatoes

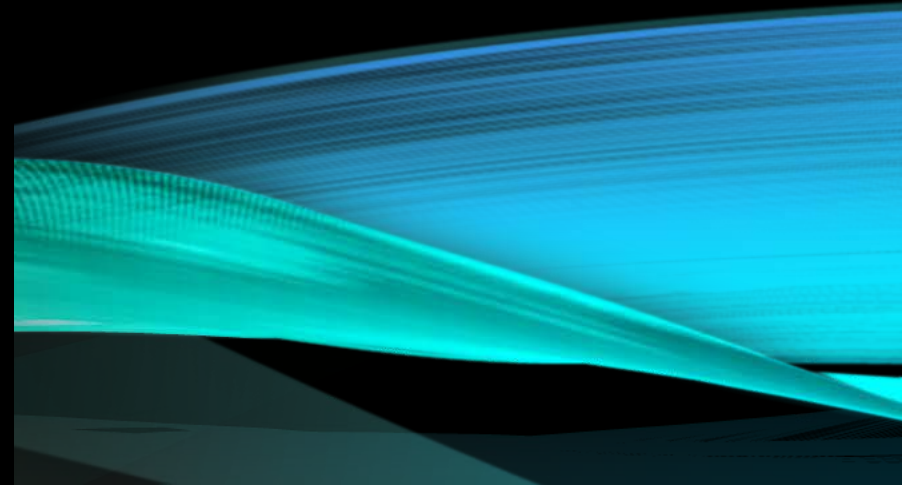
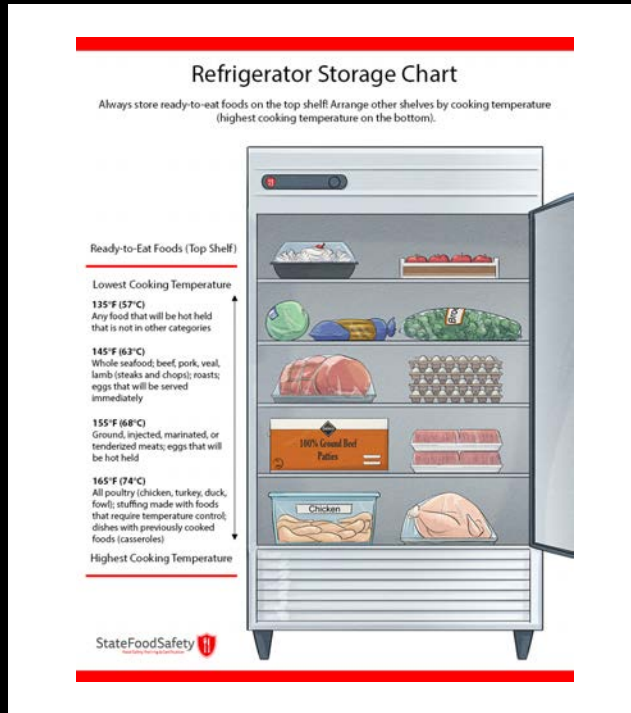


Cut Melons





WHAT ABOUT COOLERS?



A close-up photograph of a hand holding a large, ripe red apple. The hand is positioned in the center-right of the frame, with fingers wrapped around the apple. The apple is a deep red color with some yellow-green highlights. The background is blurred, showing hints of other fruits like bananas. Overlaid on the image are several translucent, wavy bands of color: a bright yellow-orange band at the top left, a vibrant red band at the bottom left, and a teal-blue band at the bottom right. The text "WHAT ELSE CAN YOU DO TO KEEP YOUR MARKET SAFE?" is written in a clean, white, sans-serif font, centered over the apple and hand.

WHAT ELSE CAN YOU DO
TO KEEP YOUR MARKET
SAFE?

PRACTICE GOOD PERSONAL HYGIENE

- Wash your hands – OFTEN!
- Ensure handwashing stations are well stocked:
 - Potable water container with spigot that stays on without holding it
 - Soap
 - Paper towels
 - Catch basin
 - Trash can
- Do not work with or around food when ill
- Wear clean clothing



- Avoid all unnecessary contact with ready to eat foods such as salads, cooked meat or fruit. This has been proven to significantly reduce the risk of food contamination.
- If you cough or sneeze into your hands, always ensure you wash your hands thoroughly and replace any gloves.
- Never touch your face, hair, jewelry or clothing while preparing food.
- Do not taste food with your fingers or with utensils that are then returned into the food.
- Do not smoke. If you do need to smoke, always ensure it is done well away from all food preparation areas, and ensure your hands and face are washed thoroughly afterwards.
- Wipe perspiration from your face away using a cloth or paper towel, then wash your hands thoroughly.
- Avoid chewing gum while preparing food.
- Replace any protective clothing such as aprons and gloves when moving from one area of the kitchen to another.



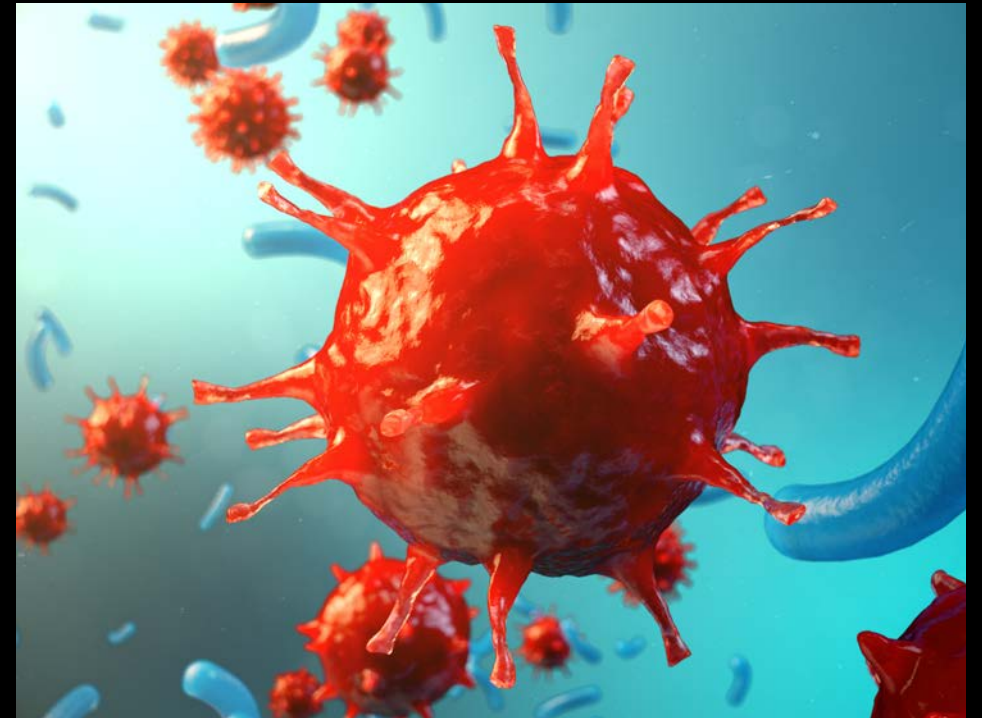
WHAT IS THE SINGLE MOST IMPORTANT THING YOU CAN DO TO KEEP YOUR MARKET SAFE?



Wash your hands and encourage your vendors and prepared food workers to wash theirs!

WHAT DID WE LEARN?

- Risk Factors & Hazards
- Ways to Prevent Contamination
- Approved Food Sources
- TCS Foods & the Temperature Danger Zone
- Stacking Foods
- How to be a Good Role Model



LISA DEARDEN

ServSafe® Food Protection Manager Instructor\Proctor
ServSafe® Food Handler Instructor

Monthly Classes in Central VA OR will come to you!

manager@chiknegg.com www.chiknegg.com

manager@rvagriculture.org www.rvagriculture.org

804-314-9141

