



Food Safety Training

www.wyomingfarmersmarkets.org



Prevent Injury

Providing a safe and accident-free market is one of a market manager's primary responsibilities. By planning and taking steps to minimize risks, you can keep your sellers and customers safe, and you can respond effectively to issues that may arise!

Minimizing the Risk

1- Be sure your sellers know what insurance the market carries.

- What it covers, and what it does not or if the market carries it.
- Provide written notices:
 - » Rules
 - » Membership
 - » Application
 - » Or Other Means



Minimizing the Risk

2- Check the entire market every day for common safety hazards.

- Trip Hazards- be sure electrical cords are covered.
- Outdoor electrical outlets- must be protected by GFCIs.



Minimizing the Risk

3. Sidewalks and Curbs:

- Must be painted
- Orange cones
- Or highlighted with some other indicators.
 - This allows your customers to see hazards allowing them not to trip over broken sidewalks and curbs.
- * Managers need to contact local zoning authorities and/ or local fire marshals.



Minimizing the Risk

4. Sharp or pointed objects.

- **Equipment**
- **Edges of Tables**
- **Tents**
 - **Repair immediately.**

Minimizing the Risk

5. Tent weights

- Pop-up canopies
- Market umbrellas
 - **MUST BE WEIGHTED OR STAKED DOWN**
 - 40 pounds on each corner of a 10x10 tent
 - Double if 10x20 tent.



Animal Safety

- **Animals should not be allowed in food market areas due to the safety of the product.**
- **Foods close to the ground become at risk of being contaminated.**
- **Animal exception is stated in the Wyoming Food Safety Rule book 5-5:**
 - » **Patrol dogs**
 - » **Service animals**



Wyoming Guidelines For Farmer's Markets

What can be sold without a license?

- **Agricultural producers who sell fresh whole raw fruits and vegetables. Food products such as whole wheat, beans, potatoes, onions, etc. Herbs and sprouts sold as a food product, not as nursery stock.**
- **Wyoming un-graded eggs must meet labeling and temperature requirements.**



What can be sold without a license?

- Pet treats that are not considered “Pet Food”. Pre-packaged pet treats must be labeled with name of product, processor name and address, ingredient statement, net weight and protein, fat and fiber declaration.
- If sold in bulk, only an ingredient placard is needed at point of sale. All of these products do need to be registered with WDA Technical Services Division.

When is a License required?

- Any person processing, distributing storing or preparing any food for wholesale or retail use shall obtain a food license from the department of agriculture or local health department.
- Examples are:
 - Agricultural products bought from another source
 - Meat and poultry from a Wyoming state or federally inspected plant
 - Processors
 - Processed foods such as honey, salsas, relishes, dressings, spices, etc.



Cottage Food Business



These products are not allowed for sale to restaurants, retail stores, institutions, child care facilities or other food service establishments.

- The following may be prepared in private home kitchens.
- Food products that are not potentially hazardous will be allowed to be made in home kitchens.
- Some examples of non-potentially foods, but not limited to, would be baked breads, cookies, muffins, double crusted pies, dried cake and seasoning mixes, jams and jellies that are not low sugar or made with artificial sweeteners.

Cottage Food Business

- **Examples of foods that are NOT allowed to be prepared in home kitchens and sold are, but not limited to, salsas, relishes, sauces, salad dressings, home canned foods including pickles, cream pies or cream filled pastries, flavored oils, meat/poultry and dairy products.**

What other license maybe needed?

- **Temporary food establishment – prepare food at the market must meet requirements and obtain a temporary food permit from the department of agriculture or local health department.**
- **The permit is valid for 14 consecutive days. (Wyoming Food Safety Rule Chapter 1, Section 8 (clxvi))**

Temporary Sampling Establishment

~ “Temporary sampling establishment” – This is only if a vendor is giving out free samples. Does not include if they are handing out whole produce. An establishment that operates for a period no more than fourteen (14) individual days within three (3) consecutive months in conjunction with a farmers’ market or other events held at a single location. . ~

This means a temporary license must be issued.

What cannot be sold?

- Home canned products such as green beans, tomatoes, pickles
- Raw (unpasteurized) milk
- Meat and poultry that have not been processed under state or federal inspection
- Cream pastries or pies
- Pet foods not meeting federal regulations

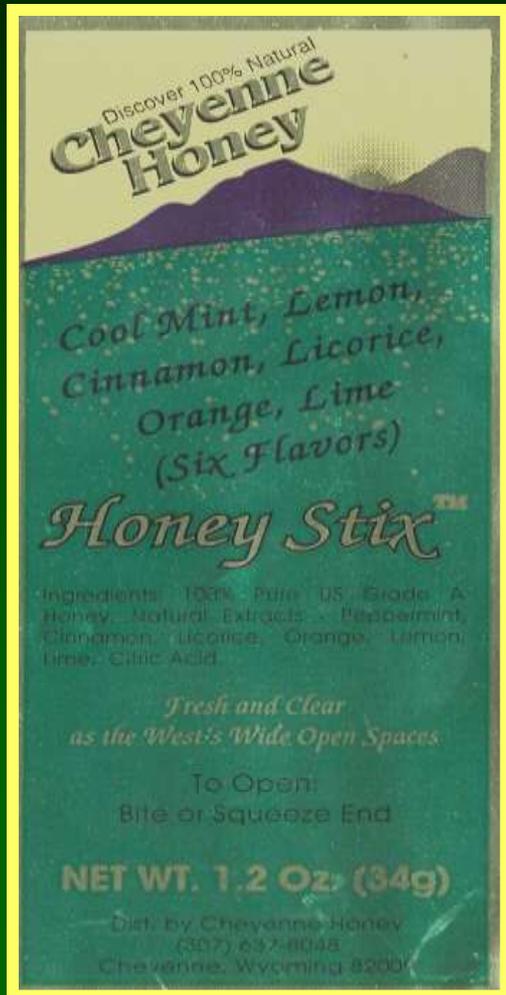


What are the methods of sales?

- Food products should be priced by the piece, bunch, bag or by weight.
- Product packaged (bagged) on site the day of sale for sanitary conveyance is acceptable. These products do not require labeling. Wyoming Weights and Measures Law 40.10-117 (a) (vii).



What are the methods of sales?



- Any products that are packaged prior to arriving at a market must meet all labeling requirements of Wyoming Food Safety Rule and Weights and Measure laws and regulations. These require name of product, ingredient statement, processor/distributor, name and address and net weight.

Licensing Fees:

- **Weights and Measures** \$25.00 annual
- **Seed Dealers** \$25.00 annual
- **Nursery Stock** \$25.00 annual
- **Pet Treats** \$20.00 per product / annual registration
- **Food License initial \$100.00, \$50.00 annual renewal**
- **Temporary – 14 consecutive days \$25.00**
- **Temporary (Free Sampling)- 14 individual days \$25.00**

**All of these guidelines can be found on the Wyoming
Farmers Market Association web site at:**

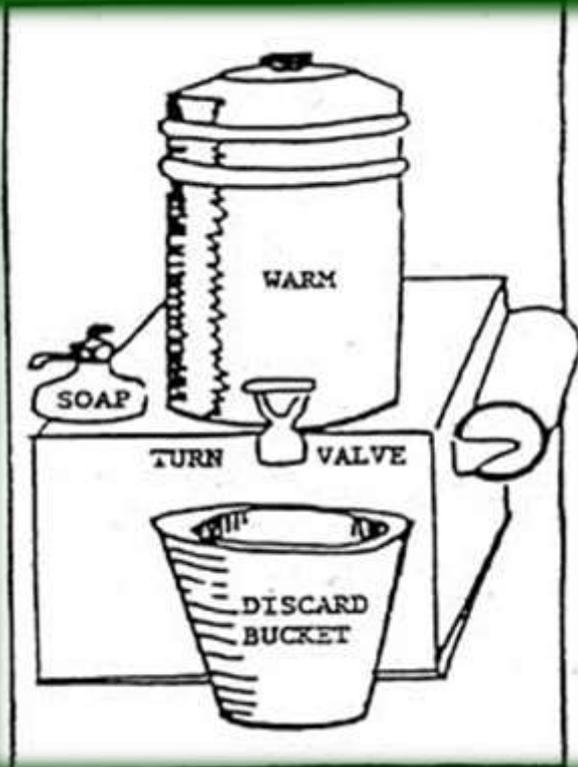
<http://www.wyomingfarmersmarkets.org/start.htm>



Food safety



Temporary Hand Washing



- Warm water can be held in a 5-gallon insulated container with a spigot that allows continuous flow.
- A bucket can be used to collect dirty water.
- Dispose of waste water in approved waste system.
- Liquid soap and paper towels should be provided and a trash receptacle for discarded paper towels.

Hand Washing Stations



Proper Hand Washing

- **Wet hands with clean, warm water.**
- **Apply soap and work into a lather. Rub hands together for 20 seconds.**
- **Clean under the nails and between fingers.**
- **Rinse under clean, running water.**
- **Dry hands with disposable paper towel.**

Produce Washing/ Sampling

- **Produce used for samples must be washed with cool water.**
- **If it is thick-skinned produce, scrub with a clean vegetable brush. This removes nearly all insects, dirt, bacteria and some pesticide residues that can contaminate the interior of the produce when it is cut.**



Produce Washing/ Sampling



- If washed produce is not cut for samples, immediately store it in a clean container to prevent re-soiling of the exterior surface prior to cutting.

Improper Sampling

- **Cut samples must be covered or protected if flies are present, the area is dusty, or conditions are such that the samples could become contaminated.**



Samples



- **Minimize bare hand contact with food. This can be done by using single service items or clean utensils.**
- **If single service gloves are used, change the gloves often to prevent soiled gloves from cross-contaminating samples.**
- **Remember to wash hands between changing gloves.**



Samples

- **Use single service items to distribute samples to customers.**
 - Examples are paper plates, cups, napkins, plastic utensils or toothpicks.
 - The customer can then dispose of single service items once the product is consumed.
 - Allow a waste receptacle for sample waste or sample container waste.



Storing Food

- Store all food in food-grade containers or packing materials.
- Garbage bags are not food-grade – they're treated with mold-inhibiting chemicals.
- Don't reuse old bread sacks or grocery bags: These may have been contaminated by the food already stored in them.



Cold Holding



Cold Holding

- **Ice cannot directly touch food that is not packaged.**
- **Ice must be drained at all times.**
- **Potentially hazardous foods must be held at 41 degrees or below.**
- **Frozen foods must be kept frozen**
- **Recommend dry ice (make sure to use safety precautions)**

Clean & Sanitize Equipment

- Use clean and sanitized dishes, knives, utensils and cutting boards for cutting and displaying produce.
- Wash with soapy water, rinse with clean water, sanitize and air dry.



Clean & Sanitize Equipment

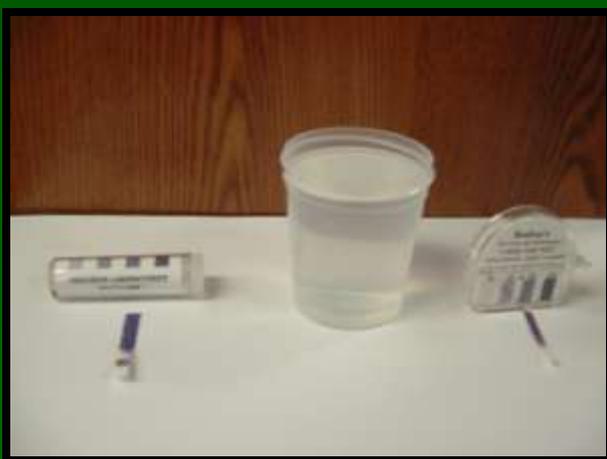
- To sanitize dishes, knives, utensils and cutting boards: place the items in warm water (slightly cool to the touch) that has one teaspoon of regular, not scented, chlorine bleach per gallon of water, for one minute, then allow to air dry.
- Chlorine 50-100 ppm
- Test with chlorine test strips



Clean & Sanitize Equipment



Clean & Sanitize Equipment



Tips

- **Keep garbage containers covered, and empty them often. It is recommended that each vendor supplying samples provide a small garbage can for used sampling containers or utensils.**
- **Store chemicals, including cleaning solutions, away from food.**

TIPS



- **Prevent creature contact – don't let rodents, insects, birds, etc., get at your food.**
- **Netted table tents keep flies and bugs off; they're lightweight and come off easily when you need to serve or sell your product.**

Labeling

- **Product packaged for wholesale and retail must be properly labeled**
- **Nutritional exemption or claim**
- **Name of product**
- **Ingredients if more than two**
- **Net weight in standard and metric**
- **Name, Address and /or Phone of Processor**

Labeling

Discover 100% Natural
**Cheyenne
Honey**

Cool Mint, Lemon,
Cinnamon, Licorice,
Orange, Lime
(Six Flavors)

Honey Stix™

Ingredients: 100% Pure US Grade A
Honey, Natural Extracts - Peppermint,
Cinnamon, Licorice, Orange, Lemon,
Lime, Citric Acid.

*Fresh and Clear
as the West's Wide Open Spaces.*

To Open:
Bite or Squeeze End

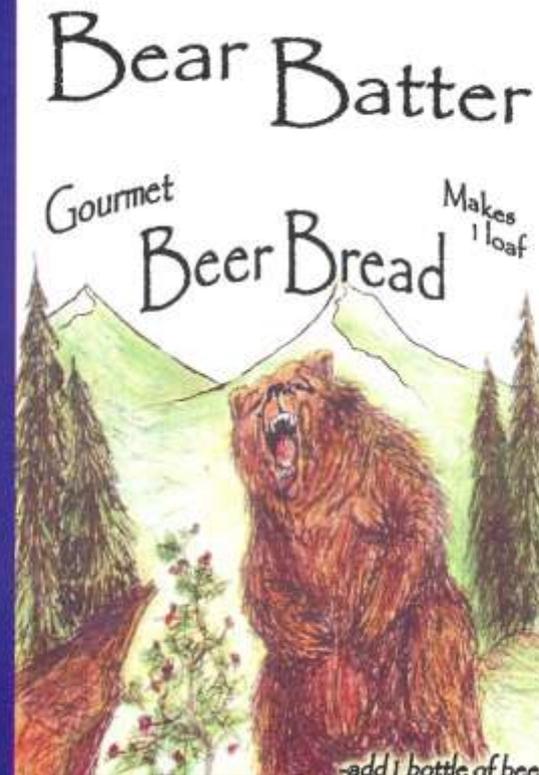
NET WT. 1.2 Oz. (34g)

Dist. by Cheyenne Honey
(307) 637-8048
Cheyenne, Wyoming 82001

YOU NEED:
1 12oz. beer

MIX:
Pour mix into bowl, add
beer and mix until
moistened. Pour into a
greased 9x5x3 pan.

BAKE:
Bake at 350 for 45-60
minutes. Place toothpick
in center, bread will be
done when it comes out
clean. Remove bread
from pan, allow to cool
before slicing.
Makes 1 loaf.



INGREDIENTS:
Enriched bleached flour
(bleached flour, malted
barley flour, niacin, iron,
thiamine mononitrate,
riboflavin, folic acid), salt,
sugar, baking powder.
This product may contain
nut and peanut traces.

Huckleberry Mountain

PO Box 15270
Jackson, WY 83002
800-272-2999
Product of USA

www.huckleberrymountain.com



Labeling

- Eggs must be labeled and in new unmarked cartons.
- Label must state “Wyoming Ungraded”.



Do not use
previously labeled or
used cartons.



Food Outbreaks

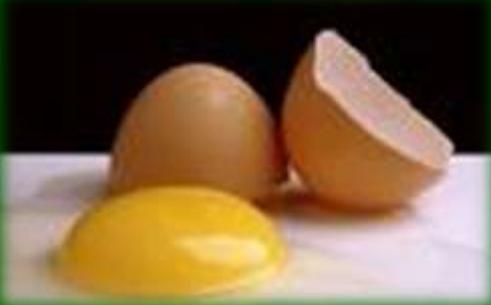


Salmonella

- Most persons infected with *Salmonella* develop diarrhea, fever, and abdominal cramps 12 to 72 hours after infection.
- The illness usually lasts 4 to 7 days, and most persons recover without treatment.
- The infection may spread from the intestines to the blood stream, and then to other body sites and can cause death unless the person is treated promptly with antibiotics.
- The elderly, infants, and those with impaired immune systems are more likely to have a severe illness.



Salmonella



- Salmonella is usually transmitted to humans by eating foods contaminated with animal feces.
- Contaminated foods usually look and smell normal.
- Contaminated foods are often of animal origin, such as beef, poultry, milk, or eggs, but any food, including vegetables, may become contaminated.
- Food may also become contaminated by the hands of an infected food handler who did not wash hands with soap after using the restroom.

Outbreaks of Salmonella

- Cantaloupe March 2008 in Oregon
- Tomatoes April- May 2008 9 States
- Peanut Butter May 2007 44 States
- Jalapeño Pepper July 2008 Texas



Salmonella Prevented

- Salmonella are killed when food is thoroughly cooked.
- Cross-contamination--where food is contaminated in the kitchen after it has been cooked--may be avoided by using different utensils, plates, cutting boards and counter tops before and after cooking.
- Cooked food that stands at room temperature for a long time, especially poultry, is at risk.
- Cold foods shall be held at 41 degrees or colder.



Salmonella Prevented

- Fruits and vegetables have now been identified as a source of salmonella, it is important that these food items be thoroughly washed in running water before they are eaten, or cut for samples.
- Clean and sanitize utensils with approved sanitizers.
- Wash hands thoroughly after using the restroom and before handling food. Do not allow an infected person to handle food or work in the booth.



E. coli

- *E. coli* is a large and diverse group of bacteria. Although most strains of *E. coli* are harmless, others can make you sick.
- Some kinds of *E. coli* can cause diarrhea, while others cause urinary tract infections, respiratory illness and pneumonia, and other illnesses.



E. coli Prevented

- **WASH YOUR HANDS** thoroughly after using the restroom and before preparing or eating food. **WASH YOUR HANDS** after contact with animals or their environments (at farms, petting zoos, fairs, even your own backyard)
- **COOK** meats thoroughly. Ground beef should be cooked to 155°F. It's best to use a thermometer, as color is not a very reliable indicator of "doneness."
- **AVOID** raw milk, unpasteurized dairy products, and unpasteurized juices (like fresh apple cider).
- **PREVENT** cross contamination in food preparation areas by thoroughly washing hands. Clean and sanitize counters, cutting boards, and utensils after they touch raw meat.

E. coli Outbreaks

- **Spinach September 2006 in 26 States**
- **Lettuce November 2007 California**
- **Ground Beef June 2007 California**
- **Raw Milk September 2006 Washington**



NOROVIRUS

- Infection with norovirus affects the stomach and intestines, causing an illness called gastroenteritis, or “stomach flu.”
- Noroviruses are members of a group of viruses called caliciviruses also known previously as “Norwalk-like viruses.”
- It takes fewer than 100 norovirus particles to make a person sick.



NOROVÍRUS

- Food can be contaminated either by direct contact with contaminated hands or work surfaces that are contaminated with stool or vomit, or by tiny droplets from nearby vomit that can travel through air to land on food, or inhaled by a human.



Symptoms

- **Norovirus infection causes gastroenteritis, which is an inflammation of the stomach and the small and large intestines.**
- **The symptoms of gastroenteritis are nausea, vomiting, and/or diarrhea accompanied by abdominal cramps.**
- **Some people also complain of headache, fever/chills, and muscle aches.**
- **Symptoms usually last for 1 or 2 days.**
- **Symptoms usually begin 24 to 48 hours after ingestion of the virus, but can appear as early as 12 hours after exposure**

How is norovirus spread?

- Eating food or drinking liquids that are contaminated with norovirus.



- Touching surfaces or objects contaminated with norovirus, and then placing their hand in their mouth. The virus can live up to four weeks on: door handles, handrails, tables, etc.



- Having direct contact with another person who is infected and showing symptoms (for example, when caring for someone with illness, or sharing foods or utensils with someone who is ill).

Norovirus infection is important for food handlers.

- **People working with food who are sick with norovirus gastroenteritis are a risk to others because they handle the food and drink that other people will consume.**
- **Since the virus is so small, a sick food handler can easily – without meaning to – contaminate the food he or she is handling.**
- **Many of those eating the contaminated food may become ill, causing an outbreak.**

Prevent Norovirus

- Many local and state health departments require that food handlers and preparers with gastroenteritis *not* work until 2 or 3 days after they feel better.
- Food items that may have become contaminated with norovirus should be thrown out. Items such as linens (including clothes, towels, tablecloths, napkins) should be promptly washed at high temperatures.





Wyoming Department of Agriculture

Consumer Health Services

(307) 777-7211

<http://agriculture.wy.gov/CHS/about.htm>

Temperatures to keep your food safe

Minimum Cooking Temperatures:

- Poultry and Stuffed Meat Products - 165° F
- Ground Beef and Pork - 155° F
- Pork, Fish and Lamb - 145° F
- Eggs - 145° F - 155° F

Store cold foods at 41° F or colder.

Store hot foods at 135° F or hotter.



TEMPERATURE DANGER ZONE: 41° F - 135° F

Types of Thermometers



**Min-Max
Memory
Thermometer**

Bi-stem



**Dual Temp
Infrared with
Probe**





Farmer's Markets provide opportunities for producers to sell food products for added income. If customers are unhappy with the products they purchase from a stand, they will not be back. Have a wonderful market year!

Questions?

<http://www.wyomingfarmersmarkets.org/>

<http://wyagric.state.wy.us/divisions/chs.htm>