



Safe Plates at Farmers' Markets Basics of Food Safety

In 2010, 53 people became ill with *Salmonellosis* as a result of consuming guacamole, salsa or uncooked tamales from farmers' markets in Iowa. The outbreak was a result of inadequate refrigeration on a warm day. Knowing and understanding good food safety practices can prevent illnesses such as these in Iowa from occurring.

Food Safety Culture

Food safety culture is built on shared values that are followed to produce and provide food in a safe manner. As part of a good food safety culture, farmers' market managers and vendors should:

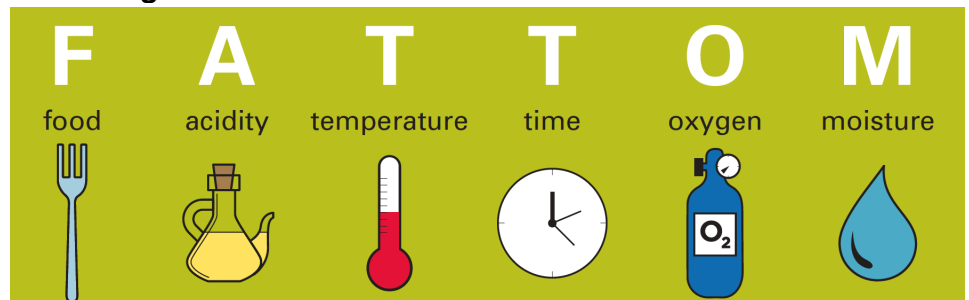
- Know risks associated with the products or meals they are producing
- Understand the importance of managing the risks
- Effectively manage potential risks
- Support evidence-based food handling behaviors

Factors Contributing to Foodborne Illness

- Food purchased from unsafe sources
- Failure to cook food to correct temperature
- Improper holding temperatures
- Dirty or contaminated utensils and equipment
- Poor personal hygiene



Microorganism Growth and Control



Foods Regulated by North Carolina Department of Agriculture and Consumer Sciences (NCDA & CS)

- Packaged food other than meat products
- Seafood
- Dairy products, including milk, frozen dessert, cheese and butter
- Eggs
- Raw agricultural commodities
- Meat and meat-containing products through the Meat and Poultry Inspection Service