



## **Safe Plates at Farmers' Markets**

Module 3: Preparing and Serving Food Samples

# Case Study

## July 24, 2010 Iowa

- Health dept. warned the public not to eat guacamole, salsa or tamales prepared by La Reyna Supermarket & Taqueria
  - Products served at farmers' markets in two counties
  - *Salmonellosis* outbreak affected 53
  - Caused by inadequate refrigeration



# Learning Objectives

- Select appropriate preparation methods for food samples
- Utilize appropriate cleaning and sanitizing methods for utensils and equipment
- Assess food safety risks associated with food sampling
- Select protective actions for food samples



# Key Terms

- **Clean** – make something free from dirt, food, soil or residue
- **Food contact surface** – any surface that is touched by food
- **Sanitize** – reduce number of pathogenic microorganisms to safe levels

# Key Terms

- **Sanitizer** – Heat or chemical that destroys pathogenic microorganisms to safe levels
- **Temperature abuse** – when TCS foods are kept in the Temperature Danger Zone for an extended period of time
- **Temperature Danger Zone (TDZ)** – range in temperature (above 41°F to below 135°F) where pathogens grow most rapidly



# Preparation

- Prevent temperature abuse
  - Heating, cooling, reheating
- Clean and sanitize utensils and equipment
- Prevent cross-contamination
- Use good personal hygiene



# Cooking Temperatures

Food Item	Minimum Temperature
Cooked plant foods	135°F
Commercially processed foods	135°F
Pork, veal, lamb and fish	145°F
Ground meats and eggs	160°F
Poultry, including ground chicken	165°F
Stuffing, including stuffed foods and casseroles	165°F
Reheating already processed foods	165°F



# Tools for Sampling

- Characteristics
  - Food-grade
  - Easy to clean
  - Good condition
  - Stored and covered to prevent contamination
- Clean and sanitize before use





# Cutting Boards

- Best practices:
  - Place on sanitized food contact surfaces
  - Use food-grade wood or plastic (polypropylene)
- High risk practices:
  - Use the same cutting board for raw foods and RTE foods
  - Use table surfaces in place of a cutting board



**Cutting boards can be a source of contamination.**

# Steps for Cleaning and Sanitizing

1. Scrap off excess debris
2. Clean with soap and water
3. Rinse well
4. Sanitize using a food-grade sanitizer
5. Air dry before use



# Wiping Cloths

- Single-use paper towels are recommended
- When using wiping cloths:
  - Use separate cloths for washing and sanitizing
  - Rinse surface in between steps
  - Store cloth in sanitizing solution
  - Monitor concentration of sanitizer



# Sanitizers

- Common sanitizers:
  - Chlorine based  
ex. Clorox
  - Quaternary Ammonium Compounds (Quats)  
ex. Pine-Sol, Fantastik
- Monitor concentration of sanitizing solution
  - Use test strip when preparing sanitizing solution
  - Do not assume that “more is better”
  - Sanitizers lose concentration over time
- Store chemicals away from food



# Sample Protective Actions

- Keep food items at least six inches above the ground
- Cover samples to protect from insects, dust, etc.
- Prevent patrons from touching any other sample than the one they are taking
  - Toothpicks are helpful, stick one into each sample to discourage reuse
  - Use sample cups, spoons or napkins
  - Serve customer directly
  - Monitor sampling area
- V** – Children should not sample without adult guardian

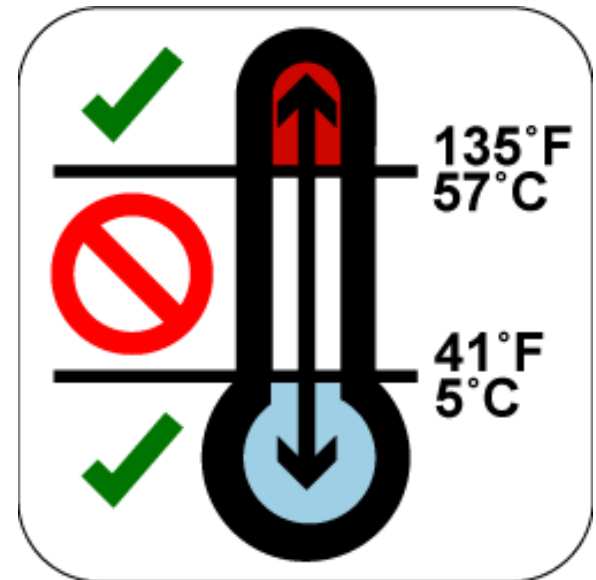


# Sampling at Farmers' Markets



# Sampling Foods

- Sample small amounts and replenish frequently
- Time and temperature control for bacterial growth
  - Cook all TCS foods to approved temperatures for the required amount of time
  - Discard TCS foods out of refrigeration after 4 hours, after 1 hour if the outdoor temperature is over 90°F
  - Use a calibrated digital tip thermometer



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# Time as Public Health Control

## 4 Hours

- Evidence-based
- Food starts at 41°F or colder or 135°F or hotter
- Air temperature 70°F
- Used by the FDA
  - FDA Food Code 2013

## 2 Hours

- Includes extra time for consumer error
- Used by consumer focused materials written by the USDA
  - EFNEP
  - Partnership for Food Safety Education (Fight Bac!)

*When air temp is 90°F or above, cool or store within 1 hour*





# Fresh Cut Produce

- Keep chilled
- Prepare fresh
- Never mix freshly cut produce with old
- Avoid dropping and mishandling



# Special Considerations

- Freshly cut produce such as melon, leafy greens and tomatoes are TCS foods.
- Keep refrigerated and remember to discard if held out of refrigerated temperatures according to TCS guidelines.
- Science-based best practice; 85°F or hotter discard after 1 hour if out of fridge



# Preventing Cross-Contamination

- Keep raw and prepared food separate
- Hands should be washed before handling any food and between handling different food items
- Clean and sanitize food contact surfaces thoroughly after handling uncooked foods
  - Cutting boards
  - Counters
  - Knives and other utensils



# Activity

## Vendor Food Sampling Plan

- Make sure your plan includes the following:
  - Proper preparation steps
  - Storage methods
  - Cleaning and sanitizing methods
  - Transportation considerations
  - Associated food safety risks
  - Preventative actions
  - Possible mishaps and corrective actions

# Activity Recap

- What are our action items?
- What do we need to keep in mind when it comes to Farmers' Market food samples?

# Review

- Preparation
- Cleaning and sanitizing for utensils and equipment
- Food safety risks associated with food sampling
- Protective actions