

The Do's and Don'ts at a Farmer's Market

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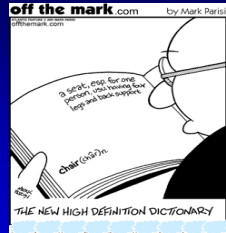
Outline

- Definition of a Farmers' Market
- AHS involvement
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- Vendor Requirements
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 - Food products
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 - Food Protection
 - Display
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Farmers' Market Defined

Approved by the Minister of Agriculture as an approved farmer's market program under the department of Alberta Agriculture and Rural Development and which has been issued a Farmers' Market permit by AHS



Public Health Involvement



- Approvals & Permitting
- Inspections
- Risk Assessment
- Education
- Enforcement

Importance of food safety

- Consumers should be able to enjoy local farmers market products without food safety being compromised.
- One illness/outbreak or bad experience not only can hurt the food producers/processors reputation but can also potentially cause serious illness.
- Social Media can be helpful yet harmful.



Outbreaks Associated with Farmers' Markets

	Location	Implicated Product	Microbial Hazard	Number of Cases/hospitalized/death
2002	Alberta	Unpasteurized Cheese	<i>E.coli</i> 0157:H7	13/5/0
2002	B.C.	Soft-ripened cheese (pasteurized)	<i>Listeria Monocytogenes</i>	86/NR/NR
2006	PEI	Yogurt	<i>Salmonella Typhimurium</i>	5/NR/NR
2010	Iowa, USA	Guacamole/salsa	<i>Salmonella Newport</i>	44/NR/NR
2012	Michigan, USA	Apple Cider	<i>E.coli</i> 0157:H7	4/4/0

Source: Food Safety at Farmers Markets: A Knowledge Synthesis of Public Health Research. J Food Protection, Vol 80, no 12, 2017, pp 2033-2047.



AHS Legislation

Public Health Act Food Regulation (AR 31/2006) Part 3 Farmers' Markets

- a) Section 33 Farmers' Market Permit
- b) Section 34 General Building Requirements
- c) Section 35 Regular Duties of Permit Holder
- d) Section 36 Stallholder Requirements



Food Permit Requirements for the Market

- The operator of an Alberta Agriculture approved farmers' market must apply for a farmers' market permit and it must be approved by AHS.
- Permits are non-transferable.
- The permit holder is responsible for ensuring that the market operates in accordance with the Regulations and any terms/conditions/restrictions placed on the permit.



Permit Requirements for Vendors

X- No Food Processing in stall	✓ - Food Processing in stall
<ul style="list-style-type: none"> • stall holder can operate under the Farmers' Market Permit and they can prepare samples on site providing proper equipment is available 	<ul style="list-style-type: none"> • Stall holder will require <u>their own</u> Food Handling Permit • i.e. A vendor wanted to sell ice cream, hot dogs, sandwiches or hamburgers etc., must comply with Part 2 of the Food Regulation which deals with commercial food establishments. <p>Concessions:</p> <ul style="list-style-type: none"> • Indoors: Must have a permanent location / set up • Outdoors: Limited to permitted mobiles and carts



Farmer's Market Vendor vs Concession



Farmers' Market	Concession
<p>Low risk prepared foods do not have to come from approved (inspected) facilities.</p> <p>i.e. cakes, cookies, jams, pickles, breads etc. can be made in a vendors home which is not an inspected facility.</p>	<p>All foods being sold must come from an approved facility.</p> <p>i.e. selling of cookies, cakes, pickles, ice cream, sandwiches, hot dogs etc., must be made in an approved facility</p>

Permitting continued



Food Processing/Sampling

- Any mixing, assembling, forming or preparation of food. Includes heating, cooking for service and scooping of ice cream for service (as opposed to heating, cooking or scooping for sampling only).
- Processing does not include serving or portioning of products for sampling purposes.
- Samples are bite-sized portions of foods that are handed out for promotion only at no cost.



Allowable Food Products

- Prepared foods do not have to come from approved (inspected) facilities.
 - i.e. cakes, cookies, jams, pickles, breads etc. can be made in a vendors home which is not an inspected facility.



Allowable Food Products



Home-canned products

- Only jams, jellies and pickles can be sold. These products have physical and chemical characteristics which help to inhibit the growth of bacteria which can cause foodborne illness.
- Freezer jams must be kept frozen during transport and storage.
- Standard safe canning methods must be followed i.e. new approved lids (click lids, 2 piece snap lids)

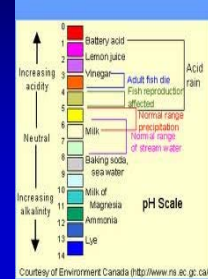


Home canned goods continued

Pickled Products	Jams and Jellies
pH <4.6; Aw <0.86; Salt >10%	60%-65% solids (fruits plus 55% sugar)

Table 1. Common spoilage organisms and their a_w limits for growth.

Microbial Group	Example	a_w	Products Affected
Normal bacteria	<i>Salmonella</i> species <i>Clostridium botulinum</i>	0.91	Fresh meat, milk
Normal yeast	<i>Zygosphaera</i> species	0.88	Fruit juice concentrate
Normal molds	<i>Aspergillus fumigatus</i>	0.80	Jams, jellies
Hydrophilic bacteria	<i>Wolstenholmeia salis</i>	0.75	Honey
Xerophilic molds	<i>Aspergillus ochraceus</i>	0.65	Flores
Osmophilic yeast	<i>Saccharomyces uvarum</i>	0.60	Dried fruits



High Risk Foods



- a food with a pH or a water activity level, or a combination of both, that will support the growth of pathogenic micro-organisms or the production of their toxins
- i.e. cheese, milk, poultry, sauces, antipasto, meats, pyrogies, cabbage rolls, baked goods with cream filling, meringue pies, cheesecake, sausage rolls

Stall holders intending to sell these items MUST discuss with public health inspector first!



No-go Foods



- Raw meats unless stamped, tagged, labelled or confirmed as inspected with a certificate
- Unpasteurized milk or milk products unless: written CFIA approval, AHS zone approval, producers license issued by Alberta Agriculture.
- Home canned foods other than jams, jellies or pickles
- Mishandled or contaminated foods
- Eggs stored at temperature >7°C, broken/cracked shells, soiled eggs, eggs in soiled containers
- Temperature abused foods (>4°C for cold foods; < 60°C for hot foods)
- Products made with 1 or more of these prohibited foods
- Home prepared potentially hazardous foods



Advertising

facebook



- Advertising foods for sale over Facebook, Kijiji etc. Is allowed BUT the exchange for cash and food can ONLY be done at the approved Farmer's Market where the seller is a regular market vendor.
- Food cannot be picked up from the vendors home or any other location, other than the farmer's market and the food cannot be delivered to the customer.
- Foods made at home can ONLY be sold at an approved farmer's market!



Home Requirements



- Area to be clean and sanitary before food preparation begins.
- Prevent cross contamination - clean and sanitize surfaces, cutting boards and equipment after contact with raw meat, poultry or fish.
- Water samples from wells to be submitted for bacteriological sampling 2 x per year



Sanitizer Solutions



Sanitizer	How to Mix	Solution Strength
Chlorine Solution using household bleach	<ul style="list-style-type: none"> Mix ½ to one teaspoon (2 to 5 mL) bleach into 1 litre water Mix one to two tablespoons (½ - 1 ounce) bleach into 1 gallon water 	100–200 ppm (200 ppm may be used for sanitizing surfaces in-place)
Commercial Chlorine Solution	Follow manufacturer's instructions	
Quaternary Ammonia Solution (QUATS)	Follow manufacturer's instructions	200 ppm
Iodine Solution	Follow manufacturer's instructions	Between 12.5ppm - 25 ppm

<https://www.albertahealthservices.ca/assets/w/ef/ef-01-ef-01-how-to-use-an-approved-sanitizing-solution.pdf>



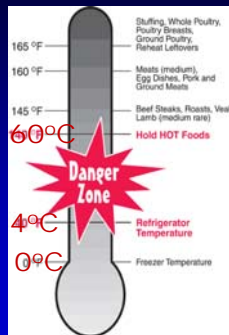
Hygiene



- Wear clean clothing and footwear
- Exhibit cleanliness and good personal hygiene
- Ensure that food is not contaminated by hair
- Wash hands frequently to prevent contamination of food, food contact surfaces, equipment, utensils**
- No smoking, eating or drinking during food preparation
- No food preparation or handling if ill with nausea, vomiting, diarrhea, severe stomach cramps or fever.



Temperatures



• Temperature control applies to storage, transport and display of perishable foods:

- ✓ ≤4°C for cold
 - ✓ >60°C for fully cooked hot foods
 - ✓ frozen
- Frozen foods to be thawed in the refrigerator, cooked from frozen, thawed in microwave



Temperature Control Tips

- Frozen foods are the easiest to maintain
- Mechanical refrigeration works best.
- Coolers with sufficient amount of ice packs
- Consider:
 - Outside temperatures
 - Travel time & containers
 - Opening coolers to retrieve product
 - Insulating properties of packaging
 - Display (stacking & "for display only")
- Use a thermometer
- Maintain temperature records



Storage and Display - Packaging

- Food must be adequately protected from contamination and customer handling (except whole fruits/vegetables).
 - Sneeze guards
 - Clean, food-grade containers with lids
 - Clean, food-grade plastics, wraps, bags



Food packaging not acceptable

- Do not use:
 - Used jars and lids (baby food, Cheez Whiz®, etc.).
 - Chemical pails
 - Garbage bags
 - Canning jars for food products that are not jams, jellies or pickles – people may assume foods are shelf stable



Food Labeling

- Labeling of food products is regulated by the Canadian Food Inspection Agency (CFIA). Includes certified organic labeling
- Potentially hazardous foods to have date of preparation
- Canned goods must have, "Refrigerate After Opening"
- It is the responsibility of the stallholder that their products are labeled in accordance with federal regulatory requirements
- <http://www.inspection.gc.ca/english/fssa/labeli/guide/toce.shtml>



Food sampling

- Free, bite-size
- Preferable to pre-portion off site
- Protect from contamination and customer handling (use toothpicks, single use containers) covers, sneeze guards
- Replace high risk samples after 1 hour of display
- Discard leftover and contaminated samples
- No cooking of samples on-site unless approval obtained by AHS and cooking equipment located at back of stall, thermometer (hot foods internal temperature of 74C), sanitizer available, hand-washing sink requirement met.



Vendor Stalls



- Food display / food preparation surfaces clean, sanitary, smooth, easy to clean
- Garbage receptacles
- Hand sinks and sanitizer if required
- Thermometer to monitor perishable food temperatures
- Contact information available (producer's name, contact #)
- AHS Farmers' Market Home Study Course



Sink Requirements

Non-permitted Stall Holder Open 1 day/week or less

Low risk foods, pre-portioned off site, handled with utensils	• Hand sanitizer and <u>access</u> to hand sink
Low risk samples portioned on site Or Pre-portioned high risk food samples	• Hand sink in booth (temporary ok)
High risk food samples and/or heating of foods on site	• Hand sink in booth (temporary ok) • Approved sanitizer (chlorine or quat) • Duplicate utensils
High risk foods cooked from raw on-site for sampling purposes only	• Hand sink in booth (temporary ok) • Approved sanitizer (chlorine or quat) • Separate utensils for raw/cooked product • Duplicate utensils • Access to 2 compartment utility sink with hot/cold running water

Temporary Hand sink

- coffee urn or camp cooler with a spigot, filled with warm water
- container to catch water (vendors must ensure it does not overflow)
- soap and paper towel



Sink Requirements

Non-permitted Stall Holder for Markets Open more than 1 day/week

Low risk foods, pre-portioned off site, handled with utensils	• Hand sanitizer and <u>access</u> to hand sink
Low risk samples portioned on site Or Pre-portioned high risk food samples	• Hand sink in booth equipped with hot/cold running water
High risk food samples and/or heating of foods on site	• Hand sink in booth (temporary ok) • Approved sanitizer (chlorine or quat) • Duplicate utensils
High risk food samples handled (portioned, cooked or reheated) onsite for sampling purposes	• Two compartment sink with hot/cold running water in booth, soap, paper towel, dish soap • Approved sanitizer (chlorine or quat) • Additional (separate) handsink may be required if food handling activities limit the vendors access to the utility sink

Market Manager Responsibilities

- Toilet and handwashing facilities available
- Hot/cold potable water
- Garbage must be contained / removed
- Enforce that live animals are not permitted in food areas with the exception of service animals
- Ensure stall holders intending to sell high risk foods review food preparation procedures with AHS prior to selling.
- Maintain a list of all food vendors at the market and provide AHS upon request



Public health inspection

- Food establishments and Farmers' Markets are subject to inspection by AHS.
- Frequency ranges from 1 to 3 times per year.
- Limited to the market only... not vendor's homes!



The permit holder and stall vendor are jointly responsible for safe food!



Take Home Points



1. Farmers' Market requirements are standardized provincially.
2. There are differences in the regulatory requirements for each kind of operation.
3. If you are going to be moving markets, please call us.
4. Know what kinds of foods can be sold. Consult with a PHI if a vendor wants to sell a high risk food.
5. Home study course for market vendors is available online: www.albertahealthservices.ca/8302.asp
6. If you have questions or concerns feel free to call us!



Contact us!

- Don't hesitate to contact us! We have important resources and information that can help you!
- Online: <http://www.albertahealthservices.ca/eph.asp> go to contact us and click on the map to get the contact number of the office closest to you.



Thank you!



Questions are guaranteed in life; Answers aren't.

