

# FOOD SAFETY MATTERS: TIPS FOR FARMERS' MARKETS



## CLEAN



- Wash hands often and well.
- Always wear clean disposable gloves if you have a cut or bandage on your hand.
- Change gloves when you change activities or after sneezing, coughing, touching your face or hair or handling money.
- Gloves and hand-gel sanitizers are not a substitute for proper hand washing.
- Sanitize countertops and other food contact surfaces as often as possible using a bleach and water solution (one

teaspoon bleach per four cups of water).

- Do not handle food when you are sick – especially if you have been vomiting or have diarrhea.
- A potable water source must be accessible at the Market.
- If there is not a plumbed sink for handwashing, a portable hand wash station must be available.

## SEPARATE



- Protect food from contamination using food grade material and sneeze guards.
- Keep food that is being stored at least 15 cm (6 inches) off the ground.

- Keep control of sample distribution to decrease excessive contact by customers.
- Use single-serving methods such as toothpicks, and paper cups.
- Ensure that proper temperature conditions of samples are maintained less than 4°C (40°F).

### Food Samples

- Display only a few samples at a time so that there is frequent turnover.

## COOK



- Use of a probe thermometer is the only way to ensure proper cooking temperatures.

### Preparation

- Food handling and preparing at the market should be limited to those vendors who have access to a handwash sink. Handling includes slicing, cutting, juicing

and mixing. As much food as possible should be brought to the market ready-to-serve in order to limit unnecessary handling. Utensils should be used to handle food items where possible.

- Handwash sinks may be shared by food vendors, but only if the vendors are located directly beside one another.

## CHILL



### Transportation

- Transport & maintain food in covered, insulated containers to keep:
  - hot foods hot above 60°C (140°F).
  - cold foods cold less than 4°C (40°F).
  - frozen foods frozen solid.
- All high-risk potentially hazardous food must be kept out of the temperature danger zone between 4°C (40°F) and 60°C (140°F). Keep Hot Foods Hot and Cold Foods Cold.
- Transport hot and cold foods quickly from place to place. Use clean thermal insulated containers with cold or hot packs or refrigerated trucks to maintain temperatures.
- Use thermometers to monitor food temperatures.

### Display

- For potentially hazardous foods that need to be kept cold, a refrigerator, cooler with ice packs or freezer is required with an accurate indicating thermometer.
- Do not over pack! Cool air must be able to circulate to keep food safe.
- Use a probe thermometer to measure the internal temperature of potentially hazardous foods.

