

# **WASAGA BEACH**

## **FARMERS MARKET**

### **FOOD HANDLING GUIDE**

## Wasaga Beach Farmers Market Food Handling Guide

- Vendor Products: Wasaga Beach Farmer's Market is a producer-based farmers' market. We promote the sale of locally produced goods of many kinds.
- Products must comply with Provincial or Federal regulations (example: all eggs sold must be graded, and all meat must be inspected, at a government-approved facility).
- Prepared foods must be labelled with vendor name and contact info, and an accurate list of ingredients.
- Canning must be presented in new jars with new rings/lids.
- Baking/candy for sale must be covered or packaged and labeled accordingly.

### Food Transportation and Storage

- 1) Transport foods quickly from place to place. Use thermal insulated containers with hot packs to maintain hot foods at an internal temperature of 60°C (140°F) or higher. Use thermal insulated containers with cold/ice packs to maintain cold foods at an internal temperature of 4°C (40°F) or lower. Containers must be equipped with an accurate indicating thermometer.
- 2) Foods are to be covered during transportation and storage to protect them from dust, dirt, insects and other foreign objects.
- 3) Food is to be transported and stored in food grade containers that are not used for any other purpose.
- 4) Food must be stored on shelves located at least 15 cm (6 in.) off the floor.
- 5) Frozen food must be kept frozen.
- 6) Probe thermometers must be used to check food temperatures. High risk foods cannot be left out at room temperature.
- 7)
- 8) Containers should prohibit the entrance of insects and rodents.

### Food Source

- 1) The sale of grade C and/or ungraded eggs is prohibited. Eggs must be graded at an approved egg grading station before being offered for sale. Proof of grading must be available. Eggs are to be sold at 4°C or less.
- 2) The sale of uninspected meat is prohibited. Meat and meat products must be inspected by Canadian Food Inspection Agency (CFIA) or Ontario Ministry of Agriculture and Food (OMAF). Proof of grading must be available.
- 3) For regulations and specifications regarding the sale of other farm fresh foods, such as, but not limited to honey, maple syrup and apple cider, contact the OMAF at 1-888-466-2372 or look online at [www.omaf.gov.on.ca](http://www.omaf.gov.on.ca)
- 4) All canned or bottled foods (jams, jellies, pickles, etc.) must be packaged in new jars and must be sealed with vacuum lids. Refer to our guide for Home Canning Guidelines for

specific requirements regarding this procedure; pH testing of the product may be required.

## **Labelling**

- 1) All foods that are to be sold in a packaged form and are to be labelled with the person's/business's name and the date the food was prepared and ingredient list.
- 2) Contact the Canadian Food Inspection Agency (CFIA) at 1-800-667-2657 for information regarding ingredient labelling. Or start with the most to the least ingredient. For safety measure always include may contain seeds or nuts.

## **Food Handlers**

- 1) Food handlers are to be clean and wear clean outer garments.
- 2) Food handlers are not to smoke while handling or preparing food.
- 3) Hair is to be confined.
- 4) Food handlers must be free from infectious agents that may be spread through food or water, and not handle food when ill.
- 5) Food handlers are to wash their hands whenever necessary.
- 6) No double-dipping of utensils when tasting food (e.g., dipping a utensil in the food, tasting and then dipping again with the same utensil). Instead, ladle a small amount of food into a dish and taste the food from the dish with a spoon. Do not reuse the spoon.
- 7) When serving or dispensing food, use utensils such as tongs, ladles, lifters and spoons. Never serve with your bare hands, use food safe gloves. Never use the knife to eat from that you use to slice meats or cheese to serve to customers. This will be just cause to fire you as a vendor.
- 8) No throwing food on the ground, keep a garbage can at your booth.
- 9) Keep fingernails short and never wear jewellery when preparing food.
- 10) Wear non-latex based gloves if you have a cut or burn on your hands. Do not handle food directly while wearing a bandage.
- 11) Food handlers are to wash their hands whenever necessary; before handling or preparing foods, after using the restroom, sneezing, coughing, blowing the nose or handling money AND after any other possible point of contamination.
- 12) Pets are to be excluded from your private kitchen when conducting food preparation.

## **Temporary Handwashing Station Setup**

- 1) Food booths that are preparing, serving, and/or sampling on site must have a temporary handwash station set up. It must be accessible without leaving the vendor's side of the booth but may be shared between booths.
- 2) Set up a water jug, equipped with a spigot that allows the water to run free without having to hold open, and a five-gallon receiving bucket. Fill the water jug with hot water, set it on a chair or on a counter, and then set the receiving bucket directly under the spigot.
- 3) Empty the receiving bucket, as needed, into a sink and NOT onto the ground or into the storm sewer.
- 4) Supply paper towels as well as liquid soap in a pump dispenser.

## **Market Vendors Offering Samples and/or Serving Food**

- 1) Prepare all foods as close to serving time as possible.
- 2) Never thaw foods at room temperature. See APPENDIX B for safe thawing methods.
- 3) Use your probe thermometer to verify cooking, cooling, hot holding and cold holding temperatures.
- 4) Refer to the chart in APPENDIX C to ensure that the minimum internal temperatures are reached.
- 5) Hot foods must be cooled from 60°C (140°F) to 20°C (68°F) within the first 2 hours, then from 20°C (68°F) to 4°C (40°F) within an additional 4 hours. See APPENDIX B for safe cooling practices.
- 6) Microwaves are to be used only to reheat individual food portions that will be served immediately after reheating.
- 7) Never reheat leftovers more than once.
- 8) Work surfaces for food preparation must be cleaned and sanitized after each use. Clean work surfaces by washing the area with hot soapy water, rinse with water and then sanitize by spraying with a sanitizing solution. Sanitizing solutions may be made with chlorine (bleach), iodine, quats (quaternary ammonium) or any other agent that is approved by the public health inspector. Cloths used for cleaning can be stored in a sanitizing solution using 2 tablespoons of household bleach in 4 litres of water.
- 9) Provide enough extra utensils (e.g., enough to last the day) and store them in a clean container OR wash on-site according to APPENDIX D. Change serving utensils every 2 hours.
- 10) Customer samples must be protected from contamination (i.e. individual toothpicks, serving spoon). Cleaning & Maintenance
- 11) If facilities are available, utensils and equipment used to handle foods are to be washed, rinsed and sanitized on-site. See APPENDIX D.
- 12) If facilities are not available, utensils and equipment are to be taken to an approved home or other approved food premises for cleaning and sanitizing. See APPENDIX D.
- 13) All garbage and waste is to be disposed of in containers made of durable, leak proof and non-absorbent material. Garbage must be removed as often as necessary

**Appendix A – Handwashing**



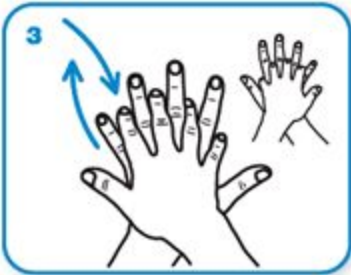
Wet hands with water



apply enough soap to cover all hand surfaces.



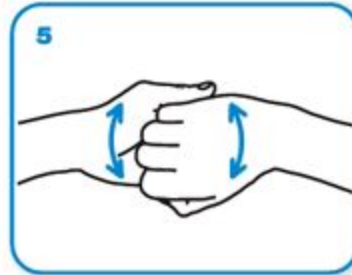
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



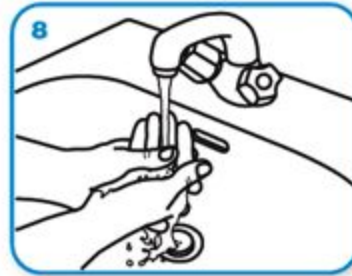
backs of fingers to opposing palms with fingers interlocked



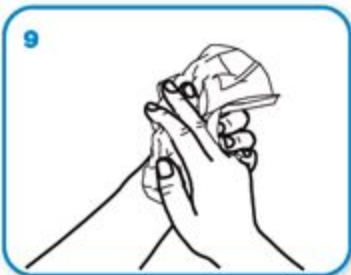
rotational rubbing of left thumb clasped in right palm and vice versa



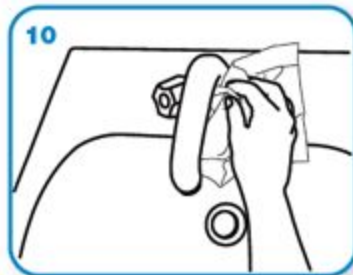
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



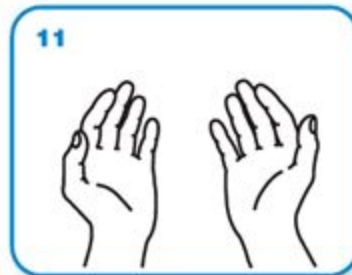
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

## Appendix B – Safe Thawing Techniques

Never defrost poultry, seafood or meats at room temperature.

### Refrigerator Method

1) The safest way to thaw foods is to place them in a refrigerator.

Place food in its wrapping on a drip-proof tray, a plate or in a container. Store raw foods on lowest shelves to prevent them from dripping or splashing other foods. Allow 6-9 hours per pound (14-20 hours/kg) to defrost.

### Cold Water Method:

- Unwrap the frozen meat, poultry, or fish and place in a container.
- Place this container in a clean and sanitized sink under the water tap.
- Pour cold **RUNNING** water on the food in the container.
- Let the cold water run constantly or add ice to the water (and change this water often) to make sure that the water stays cold. Ensure the sink is cleaned and sanitized after thawing is completed.
- Allow 30 minutes per pound (1 hour/kg) to defrost.

### Microwave Method:

- Thawing uncooked frozen meat in a microwave is only recommended if the food is to be cooked immediately after thawing.
- Microwave heat is often uneven and the outside portions of foods should be removed as they thaw. This will keep the outside from starting to cook before the inside is fully thawed. Refrigerate the removed portions until the food is cooked.

### Safe Cooling Techniques

- Hot food must be cooled rapidly to reduce the time it spends in the Temperature Danger Zone which is between 4°C (40°F) and 60°C (140°F).
- Never put extremely hot foods in a refrigerator!

- Foods must cool from 60°C (140°F) to 4°C(40°F) within 6 hours:

Stage 1 – during the first two hours, foods must cool from

60°C (140°F) to 20°C (68°F)

Stage 2 – during the next four hours, foods must cool from

20°C (68°F) to 4°C (40°F)

- When cooling large batches or pieces of food:

Break or cut the food up into smaller pieces.

Divide large batches into several smaller ones.

Stir the foods as they cool.

Place food in shallow pans and/or an ice water bath.

## Appendix C – Internal Cooking Temperatures

<ul style="list-style-type: none"> <li>▪ Before cooking, rinse poultry and seafood thoroughly in cold water and drain well.</li> <li>▪ Always use a meat thermometer to ensure that meat is thoroughly cooked.</li> </ul>	
<b>Food Item</b>	<b>Minimum Internal Temperature</b>
Turkey, other poultry or ground poultry	165° F/74° C
Beef, veal, and lamb steaks, roasts and chops	145° F/63° C
Ground beef, veal and lamb	160° F/71° C
Pork, including ham	160° F/71° C
Stuffed meat, poultry and fish and any food stuffed with fish, meat or poultry	165°F/74° C
Eggs and foods containing raw eggs	145° F/63° C





## Appendix D – Dishwashing

### Two Sink Dishwashing Method

**1 Scrape**  
food from utensils and pots

**2 Wash**  
in clean, hot, soapy water

**3 Rinse**  
under warm running water

**4 Sanitize**

- use clean hot water with small amount of household bleach (2 tablespoons of bleach in 3 gallons of water)
- let soak for at least 45 seconds

**5 Air Dry**  
on a draining rack

**simcoe muskoka**  
DISTRICT HEALTH UNIT  
Your Health Connection

### Dishwashing – 3 Sink Method

**Scrape**  
food from utensils and pots

**Wash**  
in clean, hot, soapy water

**Rinse**  
in clean water at >43 C (110 F)

**Sanitize**

- use clean warm water, >24 C (75 F) with small amount of household bleach (2 tablespoons of bleach in 3 gallons of water)
- or Quaternary Ammonium to make a mixture no weaker than 200 ppm
- let soak for at least 45 seconds

**Air Dry**  
on a draining rack

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