

FARMER'S MARKET PRODUCE SAMPLING GUIDELINES

Produce samples can be offered in a safe and sanitary fashion using the following practices:

- The person preparing the samples must have hand-washing facilities available to clean hands prior to preparing samples as well as anytime when hands will become soiled to prevent contamination of prepared samples.
- Practice good hygiene. Hands must be washed after smoking, eating, drinking, using the restroom, or anytime necessary when contamination occurs.
- Proper hand washing involves: wet hands with clean, warm water; apply soap and work into a lather; rub hands together for 20 seconds; clean under the nails and between fingers; rinse under clean, running water; dry hands with a paper disposable towel.
- Produce used for samples must be washed with cool water and if it is thick-skinned produce, scrub with a clean vegetable brush. This removes nearly all insects, dirt, bacteria and some pesticide residues that can contaminate the interior of the produce once it is cut.
- If washed produce is not cut immediately for samples, store in a clean container to prevent re-soiling of the exterior surface prior to cutting.
- Hold all cut samples or samples that have been cooked (e.g. edamame soybeans or other cooked vegetables) on ice or in a cool ice chest at 41°F. If samples are not held cold, they must be disposed of after 4 hours if held at air temperature.
- Cut samples must be covered or protected if flies are present, the area is dusty or weather conditions are such that the samples could become contaminated.
- Use clean and sanitized knives, utensils and cutting boards for cutting produce. Wash with soapy water, rinse with clean water, sanitize (described below) and air dry.
- Placing knives, utensils and cutting boards in 75°F water that has one tablespoon of unscented chlorine bleach per gallon of water, for one minute, can accomplish sanitization.
- Cleaned and sanitized knives and cutting boards that are only used for cutting produce need to be re-cleaned and re-sanitized every four hours and whenever contaminated with unwashed hands, dirt, floors, or raw animal products. If facilities are not available for cleaning, bring additional already cleaned and sanitized knives and cutting boards that can be switched for soiled when the 4-hour time limit has expired or when knives or cutting boards are dropped on the ground and need replacement.
- Keep all cleaned and sanitized knives and cutting boards in a clean container during transport and storage.
- Use single service items to distribute samples to customers. Examples would be paper plates, cups, napkins, plastic utensils or toothpicks. The customer can then dispose of single service items once the product is consumed.
- Minimize bare hand contact with cut produce. This can be done by using single service items, which are listed above. If single service gloves are used, be aware to change the gloves often to prevent soiled gloves from crosscontaminating samples. Remember to wash hands between changing gloves.