



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**

# Food Safety at Farmers Markets

---

Paige VanLoo-Anderson  
Retail Food Program Manager

# Overview

- Commonly Used Terms
- Person In Charge
- Foodborne Illnesses
- Prevention of Illnesses
- Foods Meeting Regulations
- Contacting Environmental Specialists
- Resources
- Contact Information
- Questions
  - If you have specific questions, please contact the Retail Food Program

# Commonly Used Terms

- **DHSS**-Missouri Department of Health and Senior Services
- **LPHA**-Local Public Health Agency
- **Potentially Hazardous Food (PHF)**-food that is natural or synthetic that requires temperature control for food safety
  - Animal food that is raw or heat-treated
  - Plant food that is heat-treated or consists of raw seed sprouts
  - Cut melons
  - Cut leafy greens
  - Cut tomatoes or mixtures of cut tomatoes
  - Cooked starches
  - Garlic-in-oil mixtures
- **Non-Potentially Hazardous Food (NPHF)**-Food that does not require temperature control for food safety
- **Person in Charge**-Individual present at a food establishment who is responsible for the operation at time of inspection

# Person In Charge

- There must be a person in charge present at the food establishment at all hours of the operation
- Must be knowledgeable about:
  - Operations throughout the establishment
  - Policies and procedures of the establishment
  - Regulations of the food code
  - Prevention of foodborne illness
  - Relationship between foodborne illnesses and food
  - Food safety
- Shall ensure that:
  - Employees are handling food safely
  - Those in food areas are approved employees/individuals
  - Foods are from approved sources
  - Food area and equipment is properly cleaned and sanitized
  - Employees are properly trained in food safety, including allergy awareness
  - Employees are informed of their responsibility to report information about their health as they relate to diseases that are transmissible through food

# Foodborne Illnesses

- 48 Million cases
- 128,000 hospitalizations
- 3,000 deaths

Why may this number not be entirely accurate?



# Preventing Foodborne Illnesses

- Starts with you!
- Includes:
  - Proper hygiene
  - Not working when you are sick
  - No bare-hand contact with foods that are ready-to-eat
  - Foods being kept at proper temperatures
  - Foods are from approved sources
  - Foods being sold meets requirements

# Proper Hygiene

- Proper hand washing
  - Step 1: Wet hands
  - Step 2: Lather with hand soap
  - Step 3: Scrub for 20 seconds
  - Step 4: Rinse hands
  - Step 5: Dry with paper towels or air dryer
- When to wash:
  - After touching face, clothes, hair, etc.
  - After using the restroom
  - After coughing, sneezing, eating, drinking, or smoking
  - After handling soiled utensils/equipment
  - When switching tasks
  - Before applying new gloves
  - After other activities that could cause contamination



# Bare Hand Contact with Food

- No bare-hand contact with ready-to-eat food
- Use something to provide a barrier between hands and food
  - Gloves
  - Deli paper
  - Spatula
  - Tongs





# Food Temperatures

- Temperatures
  - Hot holding: 135 °F or higher
  - Cold holding: 41 °F or lower
  - Danger Zone: 41 °F to 135 °F
    - Keep foods out of this zone as much as possible
    - Prime temperature for pathogen growth



# Foods From Approved Sources

- Food must be from an approved source
  - “Approved” source means that the facility where the food is prepared, processed, or produced meets the minimum standards of the responsible regulatory agency
  - A source that is inspected by local, state, or federal government
  - Examples:
    - Grocery store
    - Reputable supplier

# Food Meeting Regulations

- Can be inspected by local, state, or federal agencies
  - Local health department
  - Missouri Department of Health and Senior Services
  - Missouri Department of Agriculture
  - FDA
  - USDA
- Missouri is a home-rule state
  - Each jurisdiction can have a more strict Food Code than the State of Missouri

# What You Can Sell

(Without prior inspection or approval)

- Missouri Cottage Law
  - Baked Goods
    - Breads, cookies, cakes, breads, Danish, donuts, pastries, pies, and other items by baking the item in an oven. Does not include potentially hazardous items
  - Jams, Jellies, and Preserves
    - Made from high-acid fruits only
  - Dried herb and dried herb mixes
- Raw Agricultural Commodities
  - Examples
    - Whole, uncut produce
    - In-shell nuts
    - Fresh herbs
    - Honey
    - Grains
    - Saps



# Labeling Requirements

- Name and address of the person preparing food
- Common name of the food
- Name of all the ingredients in weight order
- Net weight of the product measured in metric and English units
- Statement: This product is prepared in a kitchen that is not subject to inspection by the Department of Health and Senior Services

# What You Cannot Sell

(Requires prior inspection or approval)

- Eggs
- Dairy products
- Beef, pork, poultry, and other meats
- Salsa, pickles, and BBQ sauces
- Cut fruits and vegetables
- Sprouts and wild mushrooms
- Fermented foods
- Wild game
- Hot pepper jams and jellies
- Jams and jellies with “No Sugar Added” or “Sugar Free”
- Baked goods garnished with fresh fruits
- Freeze dried foods
- Products that must be temperature controlled for food safety
- And more...



# Activities Requiring Inspection

- Contact your local health department if you are:
  - Sampling food on site
  - Preparing food on site
  - Serving food on site
  - Any hot or cold holding of food on site
  - Wishing to sell food items that do not fall under exemption
  - Wishing to sell food items that are potentially hazardous



# Contacting Environmental Specialists

- Here to help you!
  - Questions or concerns about food safety
  - Illnesses and complaints
  - Becoming an inspected facility/event
  - So much more!

The screenshot shows the 'Directory of Local Public Health Agencies' page. At the top, there is a dark blue header with the title 'Directory of Local Public Health Agencies'. Below the header, a breadcrumb trail reads 'DHSS Home > Healthy Living > Local Public Health Agencies > Local Public Health Agencies'. The main heading is 'Locate or learn about Public Health Agencies & Services'. Below this, there is a search section with the text 'Select a county or city:' followed by a dropdown menu showing 'Adair' and a 'submit' button. A list of links follows, including 'Printable LPHA Listing', 'Region Printable LPHA Listings' (with sub-links for regions A through I), 'LPHA Regional Map', 'Local Public Health Agencies by Governance (Map)', 'Map Showing Food Ordinances', 'Map Showing Onsite Sewage', and 'Public Health Works Orientation Manual'. Each link is accompanied by a small red icon.



# Contacting Environmental Specialists

- DHSS
  - Website: <https://health.mo.gov>
  - Missouri Cottage Law: <https://revisor.mo.gov/main/OneSection.aspx?section=196.298>
  - Missouri Food Code: <https://health.mo.gov/safety/foodsafety/pdf/missourifoodcode.pdf>
- LPHA Directory
  - <https://health.mo.gov/living/lpha/lphas.php>
- Farmers Market Handbook
  - <https://agrimissouri.com/pdf/fmhandbook.pdf>



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**

# QUESTIONS?

Paige VanLoo-Anderson  
Retail Food Program Manager



[RetailFood@health.mo.gov](mailto:RetailFood@health.mo.gov)



573-751-6095



[Health.Mo.Gov](http://Health.Mo.Gov)