

“The Lake Region District Health Unit is committed to promoting healthy lifestyles, preventing disease, and protecting the environment”.

Lake Region District Health Unit



Items ALLOWED at LRDHU Markets:

Fresh fruits, vegetables, herbs, cut flowers, homemade handicrafts, canned jams and jellies, frozen prepared meats or meat products which have been processed at a state or USDA inspected facility, baked products, honey, small grain products such as flax, pinto beans, and lentils. *Cut food samples are allowed when proper training and handling requirements are followed (as per guidelines in this brochure).*

Items NOT ALLOWED at LRDHU Markets:

Those food items that could pose a potential public food safety & present food illness concerns are not allowed unless proper certification and licensing is followed. These foods could include but are not limited to:

Home preserved foods including but not limited to: pickles, salsas, fruits, vegetables, meats, and meat products; dairy and dairy products, baked products or custards requiring refrigeration; home butchered meats and home-prepared meat products; eggs (Eggs fall under the “dairy” category and are not allowed. However, IF a vendor is properly licensed OR if eggs are sold, they must be clean, refrigerated, dated, and sold on site from a refrigerated container). The sale of live animals is prohibited.

To promote food safety and prevent food-borne illnesses from occurring, vendors shall observe the following health and safety guidelines at Farmers Markets in Benson, Eddy, Pierce, and Ramsey Counties:



- Foods offered for sale shall be protected from contamination. Any produce samples offered shall be covered with clear plastic or glass to provide protection from insects, dust, and germs.
- When serving samples, single service items such as individual plates, cups, plastic utensils, toothpicks, wooden sticks, or napkins shall be used to distribute to customers. Vendors shall minimize bare hand contact with cut produce and other items offered for sampling by using tongs and/or gloves while handling them.
- In most cases, vendors will cut up produce to be sampled off-site. When vendors cut up produce on-site, those food items shall first be washed with clean, cool, running water, prior to cutting.
- All knives, utensils, and cutting boards used to slice or prepare samples shall be washed, rinsed, and sanitized prior to use in sampling, between uses, and when they become contaminated.
- Cold foods must be kept cold! If washed produce is cut up on-site and not served immediately, it shall be kept cold at a temperature of 41° F. or colder. Containers of cut produce shall be held on ice or in a clean cool ice chest or in an insulated cooler. A thermometer shall be available to check temperatures.
- Samples of foods that require temperature control for safety, that have not been served to consumers within 2 hours shall be discarded.



EXCEPTIONS to Items NOT Allowed:

You may sell **home-processed, home-canned and home-baked foods** (e.g. pickles, vegetables, or fruits having a natural pH of 4.6 or lower) and non-temperature-controlled baked goods that do not require refrigeration.

To ensure your home-processed or home-canned food product is at a pH of 4.6 or lower, annual testing of the product by a certified lab is required. Contact one of these labs to have your product(s) tested:

- **MVTL Lab (Bismarck): 1-800-279-6885**
 - **First District Health Unit Lab: (701) 852-1376**
- All product recipes and/or pH results must be immediately available upon request.

Product Labeling Requirements:

The seller must display a sign or placard at the point of sale which states:

“These canned goods/baked goods are homemade and not subject to state inspection”.

Each food container and/or food item sold must include the seller’s name, address, phone number, ingredients, and the following statement:

“These food products were produced in an uninspected home kitchen where major food allergens may also have been handled and prepared, such as tree nuts, peanuts, eggs, soy, wheat, milk, fish, and crustacean shellfish”.

Sanitizing Standards and Options for Vendors Offering Samples and/or Handling Potentially Hazardous Food Items:

- Vendors shall provide a sanitizing solution (1 teaspoon of unscented bleach in one gallon of water) for on-site wiping cloths and for sanitizing hard surfaces when they become contaminated.
- An appropriate hand washing station and/or chemically treated towelettes or hand sanitizer shall be available for use by vendors .



The objective of a Farmers Market is to increase access to and encourage the use of fresh locally grown products.



The objective of Lake Region District Health Unit is to assure that all foods offered for sale at Farmers Markets in Benson, Eddy, Pierce, and Ramsey counties are safe and wholesome.



Consequently, vendors engaged in food product sampling or other potentially hazardous food handling practices shall be aware of the importance of practicing the basic principles of food safety and ensuring that the foods they are selling are safe for consumers to buy.



Vendors shall have basic food safety and hygiene knowledge for storing, transporting, and displaying foods that are potentially hazardous .



Although regular health inspections of Farmers Markets in Benson, Eddy, Pierce, and Ramsey counties do not take place, the Lake Region District Health Unit, or its agents, may monitor and follow up on any vendors engaged in product sampling and any other potentially hazardous food handling and serving practices.



Questions regarding this brochure or other food safety and handling question shall be directed to Lake Region District Health Unit (LRDHU) at (701) 662-7035.



Public Health
Prevent. Promote. Protect.

Lake Region District Health Unit

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Food Safety Guidelines for Farmers Markets, Community, and Non-Profit Events in Benson, Eddy, Pierce, and Ramsey Counties



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Health Unit**

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