

Food Safety Training for Home-based Food Processors



New Mexico State University

New Mexico Environment Department
Environmental Health Division



Home-based Food Processor

- Allowed Foods:
 - high sugar containing jam/jellies
 - Baked goods (yeast and quick breads, cookies cakes, fruit pies, etc.)
 - no cream filled
 - tortillas
 - candy/fudge
 - dry mixes (made with commercially processed ingredients)



Home-based Food Processor

- Sell directly to the consumer
 - Farmers markets
 - Roadside stands
 - Fiestas, etc.
- Not sold in stores or on the internet
- Display Sign:
“Home based food processor” w/ permit



Home based Food Processor

- Food grade packaging
- Proper Label
- Attend food safety training class within the last 5 years will be available on-line through NMSU-CES Food Technology
- Complete permit application
- \$100 permit fee



Food Safety Training for Home based Food Processors

- Completing this training program will prepare you to take the NMED home- based food business certification exam.
- The training program can be taken on-line or any food safety training venue.
- The NMED home- based food business certification exam is only offered at a local NMED office.
- Exam can be taken when submitting permit application and meeting with NMED food specialist.



Sections

- Module 1: Foodborne Illness
- Module 2: Biological Hazards
- Module 3: The Food Handler
- Module 4: Process Control
- Module 5: Home-Based Food Processing Operation
- Module 6: Examination

Module 1: Foodborne Illness



Learning objectives:

- Definitions
- Symptoms
- Hazards
- Contamination
- Risk factors

Foodborne Illness (FBI)

FBI definition:

- An illness caused by eating contaminated food or beverages

FBI Statistics:

- 76 million cases yearly
- 323,914 hospitalizations
- 5194 deaths

FBI outbreak

- Two or more cases of a similar illness resulting from eating a common food (except botulism & e-coli cases)



Cost of Foodborne Illness

- \$10 billion - \$83 billion each year
- Estimated cost of outbreak –about \$75,000 (NM Restaurant Association)
 - lost business
 - law suits
 - medical costs
 - business closure

Who is most at risk for FBI?

- Infants
- Preschool age children
- Elderly – 65 years and older
- Pregnant Women
- Immunocompromised Population
- Those on certain medications

Symptoms of Foodborne Illness

- Common symptom
 - Diarrhea
 - Nausea
 - Vomiting
 - Fever (low grade)
- Less Common symptoms
 - Numbness
 - paralysis

**More than 250 foodborne illnesses have been identified. Most are caused by microorganisms
*Bacteria, Viruses, Parasites***

What is a hazard?

- A hazard is a biological, chemical, or physical contaminant that can cause a health risk
- Examples:
 - **Biological:** bacteria, viruses, parasites (cause illness)
 - **Chemical:** toxins, cleaning agents, sanitizers, pesticides (cause illness)
 - **Physical:** bone, fingernails, wood, metal (cause injury)

Contamination of food

- Any food can become contaminated
 - while being processed
 - mis-handled by food handler
 - contact with contaminated equipment
 - contact with animals, insects, rodents
 - from contaminated water, air, soil
 - cross-contaminated by other Food (raw)

Food Safety Risk Factors



Risk factors are those practices or procedures that pose the greatest potential for foodborne illness.

The risk factors are determined by the Center for Disease Control and Prevention (CDC) and the US Food and Drug Administration (FDA)



Food Safety Risk Factors

- **Food Source**
 - Food from unapproved or uninspected source
 - Unsound condition of food, adulterated food
 - Food source information unavailable
- **Inadequate Cooking**
 - Improper cooking temperatures
 - Improper reheating temperatures
- **Improper Holding**
 - Unsafe cooking
 - Lack of date marking
 - Improper cold/hot holding temperatures

Food Safety Risk Factors

- **Contamination**

- Raw meats not separated from ready-to-eat foods
- Species not separated
- Equipment not properly cleaned and sanitized

- **Poor Personal Hygiene**

- Improper hand washing
- Bare hand contact with ready-to-eat foods
- Ill food workers
- Eating, drinking or using tobacco in prep areas
- Inadequate hand sink - lack paper towels, soap, or hot water

Food Safety Risk Factors

- **Environmental Contamination**
 - Improper storage, labeling, or usage of chemicals
 - Presence of insects or rodents
 - Lack of potable water
 - Improper sewage disposal

Module 1 Foodborne Illness Review

- **Definitions-**
 - FBI & Outbreak:**
 - FBI Symptoms:**
- **Hazards- three categories:**
- **Contamination- sources**
- **Risk factors- source, handling, personnel**

