

# Safe Food at Powwows, Fairs and Community Events



Cooking and selling food at powwows and other community events is a family tradition and a way to earn a bit of money while enjoying the event. When you sell food it is very important that you know the food safety rules and regulations. The health and safety of your customers depends on you.



## Who is likely to get sick from foodborne illness?

- Infants and young children (under 5 years of age)
- Elders
- Pregnant women and the unborn baby
- People with chronic illness (diabetes)
- People with weakened immune systems (cancer treatment, HIV or AIDS, kidney disease, and transplant patients)

- A healthy adult might have mild diarrhea, nausea or vomiting.
- A young child or elder might develop bloody diarrhea, a fever and other symptoms that require medical treatment.
- Numbness, blurred vision, weakness, and jaundice, are examples of foodborne illness symptoms that require medical treatment

## Why does food make people sick?

We may not see it, smell it or taste it but bacteria can grow on food and can cause illness. Food that is not properly cleaned, cooked, stored and transported is a good place for bacteria to grow and become illness causing bacteria (pathogen).



## What are the rules for selling food?

Contact your local health department or tribal health office for information. A permit may be required before you begin selling food. You will be required to have a certificate of participation in a food safety class taught by the Tribal Environmental Health Officer or the local health department.

Some jurisdictions require ServSafe® certification. The National Restaurant Association produces ServSafe® books and exams. Go online for more information [www.servsafe.com](http://www.servsafe.com).

United Tribes Technical College does provide foodservice food safety classes based on ServSafe®. More information is available at [www.uttc.edu](http://www.uttc.edu).



## What is the food code?

The Food Code is a food safety and handling guideline for state, tribal and local health departments. The national food code is written by the US Food and Drug Administration (FDA). The local regulatory authority adopts the FDA Food Code and may add requirements for their jurisdiction. An example is Tribal Health requiring anyone serving food to participate in their 2 hour food safety class and pass an exam.

## Food Booth Safety

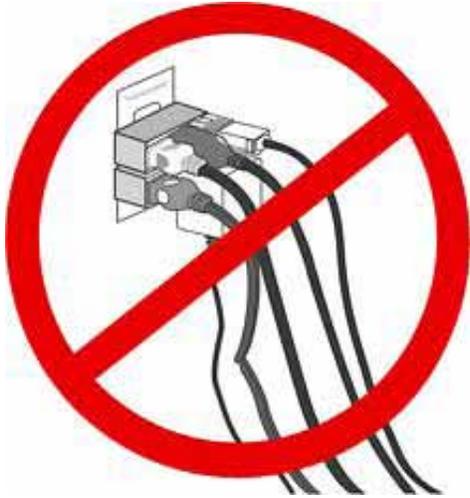


Self contained food booths are strongly recommended and may be a requirement. A tent or pop-up canopy will provide overhead covering but needs additional screening. A camper, trailer or bus can be adapted for safe food service. The food preparation and service area is to be entirely enclosed except for a small service window and an entry door. All openings are to be screened with 16 mesh per inch screening to keep insects out.

Work surfaces and floors are to be smooth, easy to clean and non-absorbent. Check with the local regulatory authority about flooring requirements for temporary food booths.

Only food workers are permitted inside the food preparation area. No small children or animals





## Electricity

The electrical power source needs to be safe for outdoor use. Do you have enough electricity to support the equipment you plan to use? Avoid overloading electrical circuits. Power cords and extension cords cannot be taped or spliced. An electrical inspection is recommended.

## Water

Safe (potable) water is needed for handwashing, sanitation and cooking. If a private water system or well water is being used the water needs to be tested annually. Public water systems are considered safe.

Water transported in water jugs, tanks or barrels needs to be from a tested source. The water container, pump and hoses used for hauling may not be used for other purposes.



## Handwashing

**Handwashing is the first line of defense in preventing foodborne illness.** Every kitchen needs to include at least one handwashing station in the food preparation area. If you have multiple food preparation areas include another handwashing station. Running water (potable) from a plumbed sink is best. Some jurisdictions will allow you to use a beverage carrier with a spigot to create running water. Collect wastewater in a bucket placed under the spigot.

The handwashing station needs to have a good supply of liquid soap and paper towels, with a wastebasket nearby.

Teach good handwashing procedures to all staff and repeat the training whenever you see a worker taking a short cut.

- Wash hands when entering or leaving the food booth.
- Wash hands whenever you change tasks.
- Dampen hands with running water.
- Add soap and scrub thoroughly for 15 to 20 seconds.
- Rinse under running water to wash off soap and bacteria.
- Dry hands with disposable paper towel.
- Put on disposable gloves to prepare and serve ready to eat foods.



Disposable gloves and hand sanitizers provide an additional barrier to contamination but handwashing is the most effective step.





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## Foodhandling

Avoid hand contact with ready-to-eat foods (breads, relishes, chips, etc.) and food contact surfaces. Use disposable gloves, tongs, napkins or other tools to handle food. Wash hands and change gloves between tasks.

Use tools when cooking and serving. At the grill have one tool for the raw meat and another tool to remove the cooked meat from the grill. Heat does sanitize, tools kept on the hot grill will be safe.

When serving food use a different serving tool for each item to avoid cross contamination.

Assign one person to take orders, collect money, wash tables and other non-food handling tasks. Have other workers put food on the plates or in bowls, wrap sandwiches and refill food containers.

## Cooking

- Keep all foods refrigerated or frozen until you are ready to cook and serve.
- Cook all food in licensed and inspected kitchens or in your food booth.
- Cook foods fresh every day. Do not use "leftovers".
- Foods cooked or preserved at home are not to be sold.
- Some jurisdictions will allow for the sale of home baked goods.
- Use a food thermometer to check that a food has reached a safe cooked temperature.



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## Minimum Cooking Temperatures and Holding Times

- **165 °F (74 °C) 15 seconds**
- Poultry-chicken, turkey, duck, goose-whole, parts or ground
- Soups, stews, stuffing, casseroles, mixed dishes
- Stuffed meat, poultry, fish and pasta
- Food, covered, cooked in microwave oven (hold covered 2 minutes after removal)
- Leftovers (to reheat)
- **155 °F (68 °C) 15 seconds**
- Ground meat, hamburger, sausage, elk, bison, injected meats, ground fish
- Fresh shell eggs-cooked and held for service (such as, scrambled)
- **145 °F (63 °C) 15 seconds**
- Roasts; beef, bison, corned beef, pork, ham (hold 4 minutes)
- Steaks and chops; beef, bison pork, veal, lamb
- Fish, shellfish
- Fresh shell eggs-broken, cooked and served immediately
- **135 °F (57 °C) 15 seconds, reheat for hot holding**
- Ready-to-eat, commercially processed-ham, other roasts
- Cooked vegetables, commercially processed, ready-to-eat foods (cheese sticks, deep fried vegetables, chicken wings)



## Menu

Keep your menu simple.

- Foods that are cooked to order or cooked fresh each day are the safest. Bacteria do not have time to grow on or in these foods.
- Purchase all food from approved sources (licensed and inspected kitchens, grocery stores, meat plants and warehouses).
- Know and follow the recommended storage, handling, cooking, cooling and serving requirements for each food.
- Choose a different food if you are not able to maintain safe temperatures and handling procedures.
- Wash all vegetables and fruits thoroughly before serving whole or slicing.
- Keep food packaged and wrapped until you are ready to cook or serve it.

## Cook, Cool and Reheat

Foods that are cooked, cooled and reheated are most apt to be contaminated with bacteria that will cause foodborne illness. These foods require extra care. An example is chili cooked in a licensed kitchen. The minimum temperature for the ground meat is 155°F.

The hot food (chili) requires rapid cooling to maintain safety. The rapid chill method surrounds the container of hot food with ice water (60% ice to 40% water). Stir frequently. Check the food temperatures often it must cool from 135°F to less than 70°F in less than two hours. If it does not cool fast enough reheat the food to 165°F and begin the rapid chill process again.

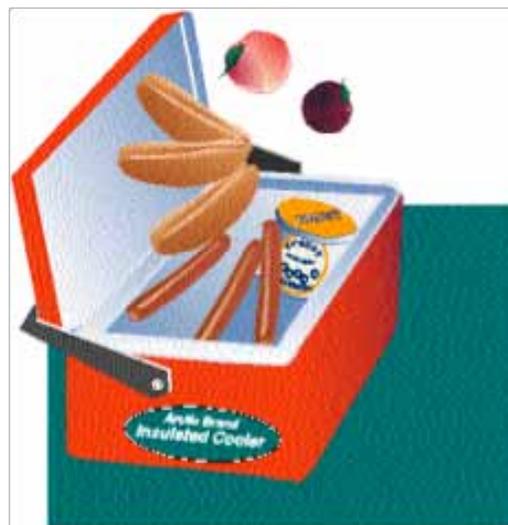
When the temperature drops to 70°F divide the food into shallow pans no more than two to four inches deep and refrigerate. Keep the lids off or ajar until the food is completely cooled. Stir the food often to speed up the cooling process. The food (chili) must be at 41°F or lower in less than four hours. Discard the food if it is too warm.

Properly cooked and cooled foods are to be reheated to 165°F in less than two hours. If it takes longer than two hours it must be thrown away, it is not safe. After food has been reheated to 165°F you can hold it at 135°F or higher in a slow cooker, steam table or another appliance.

Foods that are not safely cooked, cooled and reheated provide a great environment for bacteria to grow. The foodborne illness symptoms include diarrhea, abdominal cramps, vomiting and nausea.

## Transportation

Traveling with food requires insulated containers to keep cold foods below 41°F and hot foods at temperatures higher than 135°F. The containers and the vehicle need to be clean and sanitary so the food is clean and safe when it arrives at the food booth. Hot foods (soups, ground meats, etc) are safer when cooked on site and fresh cooked each day (no leftovers).



## Cold Storage

Refrigerated foods must be kept at 41°F or lower. Good quality refrigeration units are needed to maintain these temperatures. Temporary storage in ice chests needs to be carefully monitored to keep the food at 41°F or lower.

## Worker Health

Everyone working with food needs to be healthy, (even volunteers, family members and the owner). Anyone with fever, coughing, vomiting, diarrhea, cramps, nausea, or jaundice should avoid foodhandling. Before returning to work the foodhandler who vomited or had diarrhea must meet one of these requirements.

- Have had no symptoms for at least 24 hours.
- Have a written release from a medical practitioner.

Foodhandlers diagnosed with a foodborne illness caused by one of these pathogens is to be excluded from the operation. The local regulatory authority is to be notified.

- Salmonella Typhi
- Shigella spp.
- Shiga toxin-producing E. coli
- Hepatitis A virus
- Norovirus



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## Worker Hygiene

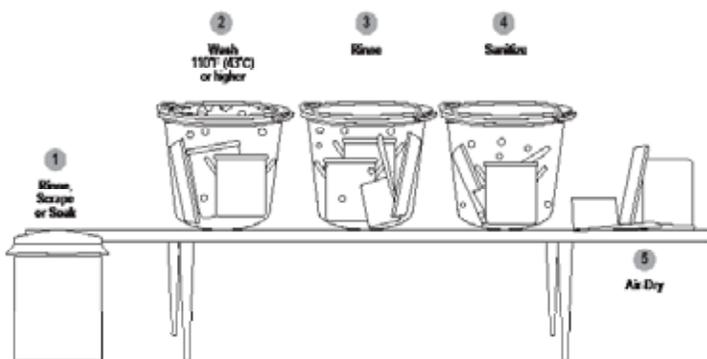
- Open sores or cuts on hands and arms require bandages and disposable gloves. These wounds are often infected with staphylococcus aureus a bacterium (pathogen) that will contaminate the food and cause illness.
- Hair is to be tied back or covered with hairnets or similar hair restraints.
- Clean clothes, aprons, caps and visors protect the food from debris and bacteria that may cling to outer garments.
- Close toed shoes are recommended for the safety of the foodservice worker.
- Smoking, chewing gum, eating and drinking are not allowed in the food preparation and service area.
- After taking a break workers are expected to wash their hands and put on new disposable gloves if they are returning to foodhandling.

## Dishwashing

Use disposable, single use forks, knives, spoons, plates and cups. Never wash and reuse disposables.

A three compartment sink is required when manually washing cooking equipment and serving utensils. If your portable kitchen does not have a three compartment sink use three large tubs and lots of hot water.

- Collect cooking oils and grease. Do not allow oils and grease to enter the sewer system.
- Scrape and soak equipment and utensils.
- Wash with soap and hot water in the first sink. Change the water when the suds are gone or the water is dirty.
- Rinse items in the second sink. Change the rinse water when it is full of suds or dirty.
- Sanitize in the third sink. Add sanitizer to the water. Follow the instructions on the sanitizer container and use a sanitizer test strip to determine the effectiveness of the sanitizer. Chlorine bleach is an effective and inexpensive sanitizer. One capful may be all that is needed in a tub of 75° to 100°F water. The test strip will show a 50 ppm (parts per million) concentration.
- Air dry equipment and utensils.



## Ice

Ice used to cool cans and bottles is not safe for human consumption. Use a safe water source for making ice or purchase ice from a reputable supplier. Clean and sanitize the ice storage container and the scoop used to dispense ice.



## Cleaning and Sanitizing

Clean the tables and food contact surfaces with warm soapy water. After cleaning sanitize with a wiping cloth that is rinsed and stored in a bucket of sanitizer (one capful of bleach in two gallons of water). Change the solution every two hours. Wipe the surfaces and allow air-drying.



**CLEANER**  
Cleaning Brush  
Detergent  
Water



**SANITIZER**  
Sanitizing Cloth  
Sanitizing  
Solution

## Insect Control and Wastes

- Keep foods covered to protect them from insects, dirt and other contamination.
- Place garbage and paper wastes in a refuse container with a tight-fitting lid.
- Cooking oils and grease are to be disposed of with garbage or taken to a disposal site, do not pour into the sewer or septic system.
- Dispose of wastewater in a sewer (storm sewer or floor drain designed for that purpose) or a public toilet.
- Avoid using pesticides. If they are used keep pesticides away from the food and carefully follow the label directions to avoid contamination of the food, equipment and food contact surfaces.

## Fire Extinguisher Required

An approved fire extinguisher is required if heating equipment is used. Every employee should know where and how to use the Fire Extinguisher.





## Keep Workers Safe

Cooking and food preparation areas are hazardous work environments. Keep the tools and equipment in good working condition. The work space needs to be clear of clutter and organized for safe access by the workers. The person cooking, preparing and serving food needs to wear clothing that will protect them from spilled hot water or food, sharp knives that drop and equipment that doesn't work. Closed toe shoes are required.

Children and some young teens do not belong in the food preparation area. There are too many hazards and their lack of experience means they have more accidents. If your children are helping with the family food booth it is critical that you train them in all the food safety issues as well as worker safety.

### References:

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Food Safety Basics, A Reference Guide for Foodservice Operators. North Dakota State University Extension Service. January 2012. Available from [www.ag.ndsu.edu](http://www.ag.ndsu.edu)



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