



# Hygiene, health & safety

Making your stall safe



These days consumers have become increasingly critical, and demand food that is natural, fresh, attractive and prepared hygienically. The number of reported cases of food poisoning is on the increase. Food that hasn't been prepared or stored hygienically can lead to stomach upsets, nausea and vomiting.

The danger of contamination exists for all businesses dealing with food products. Festival food stalls are no exception. It is the stallholder's responsibility to reduce this risk as far as possible. Stallholders who don't take food hygiene seriously will put off customers and won't pass check-ups by food agencies.



**STALLHOLDERS WHO DON'T TAKE FOOD HYGIENE SERIOUSLY WILL PUT OFF CUSTOMERS AND WON'T PASS CHECK-UPS BY FOOD AGENCIES.**





**The most common causes of contamination are:**

- People: dirty hands, stray hairs, infected wounds, etc.
- Food produce: contaminated raw materials
- Work methods: inappropriate storage and processing of products
- Environment: dirty surroundings
- Material: contaminated surfaces and tools

Steps should be taken to prevent contamination in all places where food is prepared.

The following checklist will help you to work as hygienically and safely as possible at a festival market. Regulations in individual countries varies; this section is not definitive, but should be seen as providing a general overview.



**STEPS SHOULD BE TAKEN TO PREVENT CONTAMINATION IN ALL PLACES WHERE FOOD IS PREPARED.**





## Checklist

### Environmental factors

- I make sure stalls and carts in which food is prepared are thoroughly cleaned before and after food production.
- I provide sufficient clean water supplies and appropriate cleaning products.
- I avoid direct hand-contact when handling raw products. I use clean dispensing materials (gloves, forks, etc).
- I wrap and refrigerate unused leftovers of processed food products immediately (microbes multiply every 20 seconds when unrefrigerated).
- I use clean materials and utensils (cutting boards, knives).
- I avoid mixing up clean and used (dirty) materials.
- I keep waste and litter to a minimum.
- I provide binbags, yet I don't place them in the immediate vicinity of my food processing unit.
- I provide ample and reliable lighting. This stimulates me to work safely and hygienically. Insects tend to avoid properly lit surroundings.
- I protect exposed food by means of glass, a bell-jar or plastic.
- I keep fresh food at a temperature of 2°C to 4°C. I use an appropriate cooling-system or decent cooling containers with thermometers.
- I keep dishes heated no longer than 2 hours maximum.
- I make sure cold dishes are consumed within 30 minutes after they've been taken out of the refrigerator.
- I make sure hot food is heated through thoroughly (to exterminate most microbes, heating needs to reach a core temperature of at least 65°C).
- I transport hot meals at 65°C minimum.
- I transport cold meals at 7°C maximum.

*continued overleaf*





**THE FOLLOWING  
CHECKLIST WILL HELP  
YOU TO WORK AS  
HYGIENICALLY AND  
SAFELY AS POSSIBLE AT  
A FESTIVAL MARKET**



## Checklist *continued*

### **Myself**

- I pay attention to personal hygiene.
- I wash my hands with disinfectant soap.
- I wear appropriate work clothes.
- I use disposable towels.
- I avoid smoking while preparing food.
- I wear gloves wherever possible when handling food.
- I dress wounds with a watertight bandage, or wear gloves (wounds should not be in direct contact with food).
- I keep my nails trimmed, clean and don't use nail polish (this can flake off and end up in the food).
- I never pick my nose, lick my fingers or bite my nails, and I try not to scratch my head or face.
- I taste food using a clean spoon (used once only), or a disposable utensil, not my fingers.
- My hair is clean, and tied back, or covered with an appropriate cap or headcover.

### **Safety**

- I keep a basic First Aid kit at my market stall.
- I provide a fire-resistant blanket and/or fire extinguisher.
- I am adequately insured.
- I provide enough room around my stall for customers to pass safely.

