



FOOD SAFETY

“With Thanks to Pat Ton, Home Economist, BC Ministry of Agriculture, Abbotsford”

The Following notes should be in the domestic Science/ Home arts, Household Arts section of all fair books and in the Standards for Judging Foods:

Food Preparation Reminders to Prevent Food Borne Illnesses:

Keep cooking areas clean.

Wash hands and surfaces often

Thoroughly wash hands, utensils, cutting boards and work surfaces

Thoroughly wash fruits and vegetables before using

When preserving and canning sterilize jars before use

When baking ensure the baking pans are cleaned before use

Separate it

Don't cross contaminate

Prevent cross contamination by using separate cutting boards for meats, poultry, fruits, vegetables and breads

Clean cutting boards in the dishwasher or scrub with hot water and detergent after each use

Cook/ Bake it

Cook/ Bake products to recipe recommended times and temperature

When preserving, processing times are given for a specific jar size in each recipe

Follow the recipe to ensure full processing time for a safe product

Bernardin publishes an excellent book for home canning and preserving: “**A guide to Home Preserving**” Bernardin of Canada, Ltd. Etobicoke, Ontario, M8Z 5V5

After food is displayed at the fair it should be discarded. Exhibitors should not eat opened canned goods, jams, and jellies or baked goods that have been on display.

Canning and Preserving:

Entries must have been canned since last year

All canning entries should be:

Sealed in standard home canning jars 1 pint or 1 quart

Jam and Jellies 250 ml – 375 ml or 8-12 oz jars

Pickles and Relishes 250ml – 500ml or 8-16 oz, or 1-pint jars

Any Standard canning jars (ie Mason, Kerr, Ball Bernardin, Gem etc.) may be used as long as they are free of chips and cracks. Use new lids and ring with either metal snap lid or rubber ring. Leave metal ring on the jar to prevent spills after judging. The use of wax seals of jams or jellies is Not acceptable.

Entries must be correctly labeled, including full date processed Personal names Must Not be shown.

Jars previously used for brand name products (ie mayonnaise or cheese whiz) Must Not be exhibited.

Do Not top jar id cloth or decorative covers. The class is not judged based on decoration.

Home Baking:

Entries to be exhibited must be placed on paper, plastic or foil plates with clear wrapper (ie Saran wrap) Clear Plastic bags or clear plastic dome covers only. Note covers will not be returned to the exhibitor.

Entries to be auctioned need to be displayed on a stable, strong paper, foil or cardboard plate with clear wrapper (ie Saran Wrap) or clear plastic bags or plastic dome covers. Covers will not be returned to exhibitor.

All baked products must have ingredients listed on label

Frozen Vegetables and Fruit:

Must be exhibited frozen.

Fair requires a freezer to be present for judging and storage. Display?