

Examples of Potentially Hazardous Foods. These Foods MUST ALWAYS be prepared at an approved Food Handling Establishment and conform to all other applicable regulations

Antipasto
Cabbage Rolls
Chocolate (unless used as an ingredient that has undergone a cooking process above 71°C (160° F) e.g. fudge, chocolate chip cookies, etc.)
Cole Slaw
Cream filled or custard filled pastries
Dairy Products
Fish
Garlic Spreads
Homemade soups
Meat or Meat Products
Perogies
Pickled Eggs
Pies with Meringue (egg product)
Pumpkin Pie
Salsa
Ungraded Eggs
Whipped Butter
Wild Mushrooms (not allowed to be sold under any circumstances)

Any other "*potentially hazardous food*" item.

Foods are on this list because they are commonly implicated in food poisoning illness outbreaks. They require special care and handling during preparation. Approved food handling establishments have the equipment and facilities to produce these foods in a safe manner.

Just because a food product is on this list does not mean that it cannot be sold at a Farmers' Market, just that it must be prepared in an approved Food Handling Establishment. Your local church hall, community center, legion or nursing home may be places to make inquiries. They may already have the facilities needed to obtain a permit. You can also talk to other established food businesses in your community or other vendors at the market. The Food Development Center in Portage la Prairie may also be able to assist you. Contact them by phone at 204-239-3150 or toll free 1-800-870-1044 or on the web at <http://www.gov.mb.ca/agriculture/fdc/>

Once you have located a facility, check with your local public health inspector to make sure it meets the regulatory requirements. You will also need to obtain your own permit to process the food product, separate from any permit that the facility may already have.

Examples of Foods which **MAY** be Prepared at Home and Sold at a Farmers' Market:

Bread
Brownies
Buns
Butter Tarts
Cakes e.g. - carrot cake, etc. with sugar icing (no whipped cream or synthetic cream (whipped topping products)).
Cereal Products
Cinnamon Buns
Cookies
Dried Fruit
Dry Rice
Flaked Pastry with Fruit Fillings
Fruit
Fruit Rollups
Fruit-filled Pies
Fruit-filled Tarts
Fudge
Hard Candy
Honey
Hot Cross Buns
Jam
Jelly
Matrimonial Cake
Muffins
Noodles (Dry Only)
Peanut Brittle
Pickles with a pH of 4.6 or lower (vinegar-based)
Popcorn
Preserves (fruit soaked with sugar)
Pumpkin Seeds
Relish - with a pH of 4.6 or lower (vinegar-based)
Rice Crispie Cake
Spices
Sunflower Seeds
Syrup
Toffee
Vegetables
Wine Vinegar

Any other non-potentially hazardous food products approved by the Public Health Inspector.

For further information, contact your local Public Health Inspector and visit the Health Protection Unit's website at:

www.gov.mb.ca/health/publichealth/environmentalhealth/index.html