Farm to Early Care Webinar Series, Part Two: Doing it Right! Best Practices for CACFP Compliance and On-Farm Food Safety Assessment

Today’s Presenters:

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Farm to Early Care Webinar Series
Part Two: Doing it Right!
Best Practices for CACFP Compliance and On-Farm Food Safety Assessment

Funding for this project is provided in part by the Center for Prevention at Blue Cross and Blue Shield of Minnesota and the Minnesota Department of Agriculture.
How to ask questions during webinar

Ask Questions by clicking Q&A at the top of your screen and typing in the box that appears.
Farm to Early Childcare: food safety considerations and tips for working with local farmers

Annalisa Hultberg, University of Minnesota Extension Educator, On-Farm Food Safety

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IATP Farm to Early Care Webinar, June 20, 2017
OBJECTIVES

Help you:

- Understand basic farm food safety so that you can have a conversation with farmers
- Increase confidence and reduce fears about the safety of locally grown foods
- Understand the sources of locally grown foods
- Know where to find additional resources
RESOURCE – CONVERSATION GUIDE

On-Farm Food Safety Information for Food Service Personnel

On-farm food safety information
Interview Tool

Getting started talking with farmers about food safety:

- Open with: “Can you tell me a little about your food safety practices?” or, “How do you address food safety on your farm?”

As you listen to their response, listen for these words or concepts:

- I have a written food safety plan
- I test my well water annually
- We train all of our staff on our food safety protocols including hygiene, illness and injury reporting
- We don’t use raw manure, or, we apply raw manure in the fall; or, we buy composted manure
- I am certified organic or am certified by the Food Alliance. While the Organic and Food Alliance standards are not food safety standards, certified growers often have many key food safety practices already in place on their farm to meet organic and Food Alliance certification standards.
- I’ve passed a GAP (Good Agricultural Practices) audit, or intend to schedule an on-farm food safety audit. (GAP is similar to a HACCP plan for farmers, but very few farmers in Minnesota are GAP audited, so do not expect the farm to have an audit certificate.)
- I haven’t gone through a GAP audit but I’ve adopted the on-farm food safety practices that are relevant for my farm.

Here are some probe questions you may use to ask about the farmer’s food safety practices:

Form and production practices

- “Do you have a written food safety plan or standard operating procedures related to food safety? If not, how do you document and ensure food safety on your farm?”
- “If they say no to these questions or do not seem to have thought about food safety, you may consider making a farm visit.”
- “Will the produce be rinsed or washed?”
- “If they rinses or wash their produce, it needs to be done with potable water.”
- “How often do you have the well water tested for contaminants and how do you treat and manage your wash water?”
- “What do you do to keep livestock and other animals (including dogs) out of vegetable fields?”
- “How is the produce kept cool and covered before and during delivery?”

Worker health and hygiene

- “Do you have health and hygiene training for employees? What does it cover?”
- “Listen for training on hand washing procedures, illness and injury reporting.”
- “Are restrooms with hand washing facilities including single-use towels, soap and clean running water available to all workers?”
- “Are washing gels available for hand washing.”
- “Are workers excluded from handling food products if they are ill or have a fever or diarrhea?”

Packaging and food cleanliness

- “How will product be packaged? Have boxes been used previously, and if so for what?”
- “Listen for boxes that have held meat or poultry should not be used to transport produce.”
- “How often do you clean your harvest tools and containers?”
- “Listen for whether there is a containers and wash tools?”
- “Listen for whether the containers should appear clean.”
- “Where do you pack your produce?”
- “Listen for whether the packers area will be used to pack produce.”
- “Listen for whether the packers area should be kept off the ground. Packinghouse surface should be regularly cleaned and sanitized.”
CAN WE LEGALLY USE PRODUCE FROM FARMS?

Yes! See factsheets from MDH/MDA/UMN

Can a grower be an approved source?

Yes, food facilities can buy or accept produce directly from a produce grower if the food is grown on a farm or garden occupied or cultivated by the grower.

Selling or Serving Locally Grown Produce in Food Facilities
WHAT ARE GAPS?

- Good Agricultural Practices
- A set of voluntary, science-based operational principles for the on-farm production and postharvest handling of fresh fruits and vegetables to reduce the opportunity for microbiological, chemical, and physical hazards in order to minimize risks of microbial food safety hazards.
HOW DOES UMN EXTENSION FOOD SAFETY PROGRAM WORK WITH LOCAL FARMERS?

- Workshops
- Review food safety plans, answer questions
- Help prepare for a GAPs audit if needed
- Improved efficiency and operations at the farm
- Records are useful for many reasons
WHY IS THIS IMPORTANT?

- Produce may be eaten raw
- High risk consumers: children
- Hard to wash off germs – prevention!
  - Sticky germs
  - Hiding places on surface
- But remember: produce directly from farm is not any more or less safe than from a distributor
GAP Audit?
Who needs an audit? What does it cost? Who does the audit? Should I get one?
AUDITS

- Audit = Independent review and verification of on-farm practices conducted by a 3\textsuperscript{rd} party
- Not required by law! Required by some markets
- MDA auditor conducts audit on product
- Farmers pay about $500 for audit. Annual basis.
- A buyer (you) do not need to require a GAP audit on locally grown product, but you can.
- Only about 25 vegetable farms in MN have a USDA audit
BUYING FROM A LOCAL FARMER

- There are many benefits to buying directly from a farm
- Along with other questions re: price, timing, delivery etc, ask a few questions about their on-farm food safety practices
- Visit the farm if possible to see the operation
- Ask to see a food safety plan
GAPS CORE CONCEPTS

1. Workers: Health & hygiene and training
2. Water: Sources, testing, application method
3. Soil amendments: Compost & manure
4. Animals: Wild and domestic animals
5. Postharvest Handling and Sanitation: Clean and sanitized containers/tools, safe harvest, and postharvest handling and washing
6. Records: Training, cleaning, sales, harvest
Consider buying lower-risk products.
Worker (Health and) Hygiene
1. WORKER TRAINING

- Should include
  - Health and hygiene policy
    - including proper hand washing and illness reporting
  - Eating, drinking, smoking, and break policies
  - First Aid procedures
  - Clothing and jewelry policy
WORKER TRAINING IS A MUST

- Everyone who touches the food is a food handler. (Like a restaurant or foodservice kitchen!)
- Workers (even volunteers) must have food safety training about the farm’s policies
If you are sick and must work, don’t handle produce.
PORTABLE HANDWASHING STATION FOR LESS THAN $20.00:
HANDWASHING STATION MUST-HAVES

- Soap
- Potable water
- Paper towels
- Garbage can
- Training
- Commitment
- Compliance
• Every farm needs a toilet for employees to use. It should be a Port a Potty if fields are far from house.
• Farm house is fine for employees to use if near the fields.
2. WATER

- All farmers should test well water at least annually for potability. Test for E. coli, nitrites/nitrates and total coliform. (approx. $40)
- MDH has a list of qualified labs.
- Ask about the source of water: Municipal > Well > Surface (like a pond)
3. SOIL AMENDMENTS
MANURE-BASED COMPOST

- Manure-based compost is good for the soil, but must be applied with care
- Apply untreated animal-based manure in the fall at least 120 days before harvest
- Preventing contamination is the goal
MANURE-BASED COMPOST

- If the manure is purchased from off farm, there is no waiting period before harvest
- Non-animal based compost like vegetative compost is not a concern and can be applied anytime
4. EXCLUDING WILD AND DOMESTIC ANIMALS

- Goal is to minimize animal presence
- Pathogen risk and also loss of product
- Do your best to keep all animals out of the growing area
FARMERS GET VERY CREATIVE TO KEEP ANIMALS AWAY!
FARMS ARE NOT REQUIRED TO:

- Destroy animal habitat
- Clear borders around growing or drainage areas.
- Exclude animals from outdoor growing areas

Just do your best! Use fencing, noise deterrents or other means to keep animals away where possible.

Goal is to prevent large number of animals from being in growing areas
5. POSTHARVEST HANDLING AND PACKSHED SANITATION

- Farms will have a packshed or packing area on the farm.
- Does not need to be fancy.
- Should be clean and tidy, provide shade and enclosed if possible.
Clean, tidy and totes off the ground
PEST CONTROL IN PACKSHED

- Prevention! Get rid of junk.
- Monitor the program
- Document trap checking and control policy
- Never use bait inside of the packinghouse
TOOLS, TOTES, BINS AND FOOD CONTACT SURFACES ARE CLEANED AND SANITIZED REGULARLY.
- Some veggies are sprayed and some are washed in a large container. Spray wash when possible.
- Not all veggies should be washed – green beans, eggplant, tomatoes, others may not need washing. Suggest not washing if possible (of course some things require washing or hydrocooling)
6. RECORDS: TRAINING, CLEANING, SALES, HARVEST

Records

- worker training
- handwash station
- cleaning/sanitizing
- harvest/sales
Bob's Fix-it List

Repair/Replace Roll up crank tubes on West Berlin

Replace 1/2" Dotted diversion ball valve in East Berlin with Brass Valve

Harvest

Pohas M, Th
Toms. M, Th, Fr
Basil M, Th
Chamomile Th
Zukes M, Th
Philipan M, Th
Cat Herbs M, Th, Fr

Collect eggs 11:30 A.M. & 2:30 P.M.

MISC. GH Tasks

Sort/Organize Pots, Trays, Flats, Plant

John's Fix-It list

assist Eric in Pinion replacements for West Berlin G, H, Gittervents

fbm web search for used pots

Seeding

Greenhouse Tasks

prune trellis

tomatoes GH 8th

move 350 size Sage, Thyme, Italian Parsley to wagon

in Shade House GH 6

weed flag marked rows in Herb Nursery

pull/cut weeds between West Berlin & GH, then rototill ground

plant buckwheat

(poollington drew fort squash

Cut back waste greens

Transplanting

X-plant Gobos E8

X-plant By Smiles Sunflower E50's

X-plant Echinacea E8

X-plant Chamomile Shop drip line

X-plant marigold E8
# FARM FOOD SAFETY PLAN

## Table of Contents

**A**
- John A. Welter
  - Field Chef
  - Company:
  - Phone:
  - Cell:

- Mike Adams
  - Field Chef
  - Company:
  - Phone:
  - Cell:

- Sarah Anderson
  - Field Chef
  - Company:
  - Phone:
  - Cell:

- Derek Anderson
  - Field Chef
  - Company:
  - Phone:
  - Cell:

- Gerard Arnold
  - Field Chef
  - Company:
  - Phone:
  - Cell:

- John & Julie Bachman
  - Field Chef
  - Company:
  - Phone:
  - Cell:

- George Allison
  - Field Chef
  - Company:
  - Phone:
  - Cell:

- Allison Aydin
  - Field Chef
  - Company:
  - Phone:
  - Cell:

- Larry Aydin
  - Field Chef
  - Company:
  - Phone:
  - Cell:

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FARM FOOD SAFETY PLAN

- Summary of farm’s policies and practices for employee training, cleaning and sanitation, water testing, manure use
- Must be developed by someone who knows the operation well
- Required for passing a third party audit
- Use UMN template! (http://safety.cfans.umn.edu/)
FARM FOOD SAFETY PLAN TEMPLATE FROM UMN

Available on our website:
http://safety.cfans.umn.edu
TAKE HOME MESSAGES

- Locally grown food is not more or less safe than food from a distributor
- Learn enough to understand the basics
- Feel comfortable asking questions about the farm’s operations
- Ask for a food safety plan
- Visit the farm if possible
UMN EXTENSION ON-FARM FOOD SAFETY PROGRAM

Welcome

The University of Minnesota Extension On-farm GAPs Education Program works with Minnesota's produce farmers to help them develop and implement on-farm food safety plans and prepare for GAPs audits. We provide education, outreach and technical support to fruit and vegetable growers through GAP workshops and mock audits, research relating to GAPs, especially as they impact small growers and immigrant and minority growers, and communication and collaboration with many organizations and government entities to help promote information-sharing regarding GAPs and farm safety.

We welcome your feedback and suggestions (send to safety@umn.edu)

UMN GAPs Workshops

Learn how good business practices, good agricultural practices, and marketing are interconnected. Attend this workshop to learn how GAPs can help minimize food safety risks with fresh produce, are good for business, good for getting new customers and keeping the ones you already have. This workshop is intended for fruit and vegetable farmers.

Our next GAPs workshops will be end of March (TBD) in Minneapolis and April 13 in Fergus Falls. For details and to sign up for the workshop, click here: http://zaum.edu/2017gaps

Taking this course will not result in your farm being “GAPs Certified”. GAPs certification is done by a third party (e.g. USDA, Primus, Global GAP) and involves the successful completion of an on-farm audit.

Project Highlights

Check them out! Simple color Food Safety Fact Sheets on the most popular farm food safety related questions (pdf):
- Handwashing
- Toilets on the Farm
- Wash Water Sanitizers
- Pesticide and Sanitizing Tools
- Water Testing

and, Farm Safety Briefs:
- Tractor Safety
- Small Tractor Safety
- Post hole Auger Safety
- Tripod/Orchard Ladder
- Head Working

How to build a field hand washing station in 10 easy steps for under $20

Michelle Schramm, University of Minnesota Agricultural Health and Safety Program

Field handwashing stations can be rented from the sanitation companies or you can purchase field handwashing stations from various sources. They are easy to build with a few purchased, found, salvaged materials.

1. Get some wood. Make the sides.

2. Square off the ends and cut them to the right sizes for your space and what you need.

For this stand, we used 4-18" 2x6s, 4-18" 2x4s for the sides of this stand. We decided a stand 60" high would be good for handwashing. You can choose any height you wish.

3. Materials list:

1. Water container — the blue container holds 8 gallons of water and has an operation valve. Available at big-box home hardware stores in the camping section. $8.99
2. Soap
3. Trash can with a lid so paper towels don't blow around in the wind. We used an old rug container found in the barn.
4. Water catching bucket (5 gallon bucket)
5. Gutters. Another found item, is the "drain" under the water container and holds single use paper towels. You can use whatever you want for this. Doesn't need to be a drainage.
6. Wood (treated), 2x4s, 2x6s, 1/4" plywood for the top, sized to fit.
7. 60 3.5" screws
8. Acrylic sheets
RESOURCES: UMN EXTENSION
SCHOOL GARDEN AND FARM TO SCHOOL SAFETY GUIDE
Thank you

Annalisa Hultberg
hultb006@umn.edu
UMN Extension On-Farm GAPs
Education Program
http://safety.cfans.umn.edu
Farm to Early Care & CACFP

Molly Butala, MPH, RD | Child Nutrition Specialist
June 20, 2017
Child and Adult Care Food Program (CACFP)

• What is it?
  • United States Department of Agriculture (USDA) child nutrition program

• What is the purpose?
  • To provide aid to child and adult care institutions and family day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children.

• New meal pattern
  • Effective October 1, 2017. Biggest update to the program since 1968

• CACFP & DHS Licensing
  • Minnesota Department of Human Services (DHS) child care licensing requires that all licensed child care centers and homes in Minnesota follow the CACFP meal patterns.
CACFP & Farm to Early Care

• CACFP provides daily opportunities to serve local products.

• Sponsors are encouraged to use local food as a means to enhance CACFP operations.

• USDA Memo CACFP 11-2015: “Local Foods in the Child and Adult Care Food Program with Questions and Answers”.

• Local farms are an approved source of food for USDA programs.
CACFP Meal Patterns & Local Foods

### Lunch & Supper Meal Pattern

1. Vegetable
2. Fruit or Vegetable
3. Grain
4. Meat / Meat Alternate
5. Milk
# CACFP Meal Patterns & Local Foods

## Breakfast Meal Pattern

1. Fruit or Vegetable  
2. Grain  
3. Milk

## Snack Meal Pattern (Choose 2 of 5 Food Components)

1. Vegetable  
2. Fruit  
3. Grain  
4. Meat / Meat Alternate  
5. Milk

![Breakfast meal](image1)  
![Snack meal](image2)
CACFP Best Practice Recommendations

1. Incorporate seasonal and locally produced foods into meals.
2. Make at least one of the two required components of snacks a vegetable or fruit.
3. Serve a variety of fruits and choose whole fruits more often than juice.
4. Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas, starchy vegetables, and other vegetables once per week.
5. Serve only lean meats, nuts, and legumes.
6. Limit serving processed meats to no more than one serving per week.
<table>
<thead>
<tr>
<th></th>
<th>Current Menu</th>
<th>Farm to Early Care Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Canned peaches</td>
<td>Farm fresh strawberries</td>
</tr>
<tr>
<td></td>
<td>Pancakes</td>
<td>Pancakes</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Chicken quesadilla</td>
<td>Chicken quesadilla</td>
</tr>
<tr>
<td></td>
<td>Canned green beans</td>
<td>Green beans</td>
</tr>
<tr>
<td></td>
<td>Orange slices</td>
<td>Orange slices</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Apple slices</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td>Cheese</td>
<td>Cheese</td>
</tr>
</tbody>
</table>
CACFP Local Food Procurement

• Procurement: How you get food, food service supplies, and food related services for CACFP meals and snacks.

• Funds used appropriately; focus on open and fair competition

• Three methods:
  • Micro purchase method
  • Informal procurement method
  • Formal procurement method
Micro Purchase Method

• Single transaction is less than $3,500
  • A single purchase for an item or items
  • Contract / agreement with a single vendor

• No price comparison required

• Keep receipts

• Ideal for non-routine purchases for special events or for seasonal purchases

• Multiple purchases of the same products must be spread among qualified vendors
Examples:

• The Great Lakes Great Apple Crunch is a one-day event on October 12, 2017 celebrating Minnesota apples and Farm to Early Care Month in October. CACFP sponsors can use the micro-purchase method for local apples if the total cost is less than $3,500 because the Apple Crunch is a one-time event not typically included in the program’s planned food purchases.

• Happy-Go-Lucky Child Care purchases occasional small quantities of cantaloupe, watermelon, and other fruits from various local farm stands based on seasonal availability. Because the centers’ purchases are under $3,500, they are able to use the micro-purchase method.
Informal Procurement Method

Routine purchases from same vendor and total spent on all purchases is less than $150,000 per year.

1. Write specifications = criteria vendor must meet to be considered
   • Cannot use “local” as specification, but can state it as a preference.
   • Examples of specifications: vendor is able to deliver products, vendor can supply all produce needed, vendor can provide location of origin for products, vendor is available for farm tours, produce is harvested within 48 hours of delivery.
Informal Procurement Method

2. Obtain and document price quotes from three different vendors
   • Record the date, vendor name, products compared, and quotes.
   • Can compare and select vendor based on entire list of items or item by item
   • You choose which vendors to contact, and may limit those to only vendors offering local products

3. Document which vendor was selected
From:
“Local Food for Little Eaters: A Purchasing Toolbox for Child & Adult Care Food Program”

Michigan State University Center For Regional Food Systems

Informal Procurement Method

Example:

• Center orders local fruits and vegetables from a regional food hub. The center documents prices for five frequently purchased products and obtains quotes from the three vendors of its choice, including the food hub. The center also considers the following:
  • The vendor’s distance from the center and availability to deliver
  • The ability to source all of its needed produce
  • A stated priority to support small and minority-owned businesses whenever possible
Formal Procurement

• Total purchases from one vendor are more than $150,000 per year.

• Formal bid = Request for Proposal or Invitation for Bid
Required Documentation

- **Micro-purchase method:**
  - Receipts
    - Date of purchase, vendor name, items purchased, item cost, total cost
    - Donation receipts should include types and quantities of foods received

- **Informal Procurement Method**
  - Price comparison sheet
  - Receipts

- **Formal:**
  - All bid documents
  - Receipts

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Gardening & CACFP

• Garden supplies are an allowable CACFP expense
  • Seeds, fertilizer, watering cans, rakes, labor, plot rental, etc.
  • No additional reimbursement available
  • Garden produce must used as part of a reimbursable meal or nutrition education activities.

• Document the weight and/or volume of the produce used in CACFP meals/snacks
Questions & Comments
Thank you!

• Please complete our brief evaluation survey- we really would appreciate your feedback!
  https://goo.gl/forms/MOSvKjkwOMBPeGfg1

• For proof of attendance, e-mail kcostello@iatp.org with “webinar certificate of completion” in the subject line