



*Permission Cornell University Extension
Good Agriculture Practices*



food safety and health

Good Agriculture Practices Enhancing the Microbiological Safety of Fruits & Vegetables

Overview:

Fruits and vegetables are an important and significant part of a healthy diet. In recent years, media attention has heightened consumer awareness of produce associated illness. In a produce safety project conducted in 2007, 75% of consumers thought bacterial contamination of produce was a serious problem. Foodborne illness outbreaks linked to produce have significant economic and personal costs to consumers, workers, and growers.

Food safety begins on the farm and ends at consumers' tables. In the last thirty years, the number of foodborne illness outbreaks linked to fresh fruits and vegetables has increased. Washington State University Extension provides workshops for growers, pickers, packers, and consumers to reduce the risk of foodborne illness linked with their products.

Highlights

Good Agriculture Practices Workshops

The Good Agriculture Practices Team from Washington State University Extension have presented four multiple-day workshops for growers, including participants from King County. One workshop was also conducted specifically for Greenhouse Vegetable Growers in King and Snohomish counties. Participants learn about risks, preventative measures during all phases of production, and are encouraged to participate in self-audits. The workshops included information on:

- ~Water
- ~Field Sanitation
- ~Worker Health & Hygiene
- ~Manure & Municipal Biosolids
- ~Packing Sanitary Facilities
- ~Sanitary Facilities

Growers were asked to take an active role in minimizing food safety hazards potentially associated with fresh produce. They were also encouraged to participate in a pre/post survey focused on their adoption and implementation of good management practices linked to food safety. Results of the survey will be available later this year. The workshops are linked with the Washington State Department of Agriculture .

food safety in a minute



Photos – Microsoft Office 2003

Overview and Highlights:

Would you like to learn more about packing school lunches, the safety of fresh fruits and vegetables purchased from Farmer's Markets, how to prevent cross contamination, food safety during emergencies, and many more topics? **Food Safety in a Minute** is a series of informative, research based answers to the most commonly asked questions by consumers. Available in text format online and as 60 second podcasts, topics in 2009 include:

Food Safety Begins in Your Garden:

Preparing Your Garden
Harvesting Your Produce

Growing Your Garden with Compost
Handling and Preparing Produce

Food Preservation:

Learning about On-Line Resources
Purchasing a Pressure Canner
Taking Care of Your Freezer

Important Information You Can Use
Purchasing an Electric Dehydrator
Is This Food Safe to Eat?

Food Safety for the Summer:

Cooking Meat & Poultry for Picnics
Food Safety for Large Gatherings

Food Safety While Camping and Hiking
Foodborne Illness Increases in the Summer

Food Safety in a Minute was launched in June 2008. New podcasts are available each week on Wednesday.

For text food safety messages, visit

<http://king.wsu.edu/nutrition/FoodSafety.html>.

Download audio podcasts & subscribe to the weekly RSS feed, visit

<http://cahnrnews.wsu.edu/foodsafety>.

Consumers and radio stations are using the 60 second messages. 10,000 consumers listened to on-line messages through December 2008. Food Safety in a Minute has been highlighted by the Seattle's Child on-line magazine, the Bellevue Reporter.com – Smart and Savvy, and the series is available on PodcastAlley.com.

According to the Pew Internet and American Life Project (2005), the internet is an important resource for health and medical information. 68% of men and 65% of women use the internet on a daily basis. The percentages are even higher for younger women (86%). More than half of all audiences including Hispanic, Black, Caucasian, and Asian men and women regularly use on-line access including families with annual incomes of \$30,000 or more.

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