

## POTENTIALLY HAZARDOUS FOOD

**Potentially Hazardous Food:** A food that will support the growth of pathogenic (disease causing) micro-organisms and/or the production of their toxins.

The following lists of food items are examples of **higher risk foods** that are **NOT ACCEPTABLE** to be prepared / processed at a private home kitchen.

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| <ul style="list-style-type: none"><li>× Antipasto</li><li>× Cabbage rolls</li><li>× Cakes/pastries with whipped cream, cheese or synthetic filling (i.e.: Cool Whip; pudding etc.)</li><li>× Chop suey</li><li>× Cole Slaw</li><li>× Creamed corn</li><li>× Dairy products (i.e. milk, cream, cheese, yogurt)</li><li>× Fermented foods (any food that relies on the growth of micro-organisms to produce alcoholic, acidic or alkaline conditions necessary for fermentation)</li><li>× Fish and shellfish</li><li>× Foods containing eggs as ingredients (i.e. custards, salads)</li><li>× Garlic spreads, pesto</li><li>× Guacamole</li><li>× Herb and flavoured oils</li><li>× Homemade soups</li><li>× Hummus</li><li>× Jam and jelly (pH of 4.7 or higher; or a water activity of 0.86 or more)</li><li>× Juice (fruit and vegetable)</li><li>× Meat and/or meat products</li><li>× Perogies</li></ul> | <ul style="list-style-type: none"><li>× Pickled eggs</li><li>× Pickled vegetables (vinegar base, pH of 4.7 or higher)</li><li>× Pies (meat filled, custard, lemon meringue pie)</li><li>× Processed beans, including baked, refried, and bean salad</li><li>× Processed low acid vegetables (i.e. pH 4.6 or higher: beans, asparagus, beets, mushrooms, broccoli, peas)</li><li>× Processed meat, sausages</li><li>× Relish</li><li>× Salsa</li><li>× Sprouted seeds (bean, alfalfa, mung, etc.)</li><li>× Sundried tomatoes in oil</li><li>× Tofu</li><li>× Unpasteurized apple cider</li><li>× Whipped butter</li><li>× Wild mushrooms (not allowed to be sold under any circumstances)</li><li>× Whole or cut tomatoes used as ingredient</li><li>× Any other “potentially hazardous food” item – discuss with your PHI</li></ul> |
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Source: Adapted from the *British Columbia – Guide for Temporary Food Markets*

## NON-POTENTIALLY HAZARDOUS FOODS

**Non-Potentially Hazardous Food:** A food that generally will not support the growth of pathogenic (disease causing) micro-organisms and/or the production of their toxins.

The following lists of food items are examples of **lower risk foods** that may be **ACCEPTABLE** to prepare/process at a private home kitchen. All food items for sale **MUST** be approved by a Public Health Inspector:

<ul style="list-style-type: none"> <li>✓ Apple sauce</li> <li>✓ Brownies</li> <li>✓ Bread and buns (no dairy or cheese fillings)</li> <li>✓ Butter tarts</li> <li>✓ Pies (fruit filled only, no cream filled or cream based)</li> <li>✓ Cakes (icing sugar only, no dairy or synthetic whipped cream)</li> <li>✓ Dry cereal products</li> <li>✓ Chocolate (provided it is used for re-melted or re-molded products only and (1) not purchased from bulk bins; (2) sourced from a chocolate manufacturer that can provide a certificate of assurance that chocolate is free from Salmonella)</li> <li>✓ Cinnamon buns (sugar icing only)</li> <li>✓ Cookies</li> <li>✓ Dried fruits</li> <li>✓ Fresh fruits and vegetables</li> <li>✓ Fudge</li> <li>✓ Hard candy</li> <li>✓ Honey</li> <li>✓ Jam and jelly (pH 4.6 or less or water activity of 0.85 or less)</li> <li>✓ Muffins (no dairy fillings)</li> <li>✓ Popcorn</li> <li>✓ Noodles (dry flour and water only, no egg based)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Pickled vegetables (vinegar base, pH 4.6 or less)</li> <li>✓ Syrup</li> <li>✓ Toffee</li> </ul>
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**NOTE:** Even though the foods in the above chart have been described as “non-potentially hazardous”, they can still be vehicles for transmission of pathogenic organisms. Fresh vegetables such as bagged spinach and sprouts that have been contaminated by poor food handling and/or production processes have been linked to recent outbreaks of foodborne illness.