Washington State Farmers Market Association
Food Access Forum
April 20, 2023

www.saferecipeguide.org
What have you been told about how to encourage people to use good food safety practices?
Multiple studies show that when consumers follow recipes that incorporate basic food safety instructions, they significantly increase food safety behaviors. This style guide provides easy edits to any recipe to improve food safety practices.
HANDWASHING BEFORE COOKING
Observed Consumer Behavior

90% of people wash hands using recipes WITH safety instructions.

59% of people wash hands using recipes WITHOUT safety instructions.
THERMOMETER USE
Observed Consumer Behavior

86% of people use thermometers using recipes WITH safety instructions.

20% of people use thermometers using recipes WITHOUT safety instructions.
The exact wording was crafted under the guidance of food safety experts and honed with the direction of leading food journalists.
The Safe Recipe Style Guide provides recipe text to address the four major areas of *most critical* food safety violations in home kitchens.
Wash hands with soap and water. *(Include this at beginning of recipe and after each touch of raw meats, poultry, seafood or eggs).*

**Instructions**

1. Wash hands with soap and water.
2. Gently rub the tomato and lettuce under cold running water. Do not rinse raw meat.
3. Slice tomatoes and lettuce.
4. Add ground turkey to a medium mixing bowl. Sprinkle in breadcrumbs, salt, pepper, garlic powder, and onion powder. Add mayonnaise and drizzle in Worcestershire sauce.
5. Gently toss and break up meat mixture to evenly blend. Divide into 4 equal portions and shape into patties about 1/2-inch thick.
6. Wash hands with soap and water. Wash utensils after touching raw meat.
**TEMPERATURE**

Cook until internal temperature reaches XX (fill in the blank and include chart with specific foods) on food thermometer.

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### SAFE MINIMUM INTERNAL TEMPERATURES
as measured with a food thermometer

<table>
<thead>
<tr>
<th>Food</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, pork, veal and lamb (roast, steaks and chops)</td>
<td>145°F</td>
</tr>
<tr>
<td></td>
<td>With a three-minute “rest time” after removal from the heat source</td>
</tr>
<tr>
<td>Beef, pork, veal and lamb (ground)</td>
<td>160°F</td>
</tr>
</tbody>
</table>
8. Add turkey patties and sear until golden brown on bottom, about 4 - 5 minutes, flip and continue to cook until cooked through, about 4 - 5 minutes longer. **Cook until internal temperature reaches 165 °F on a food thermometer.**

CROSS CONTAMINATION

Wash (insert cutting board, counter, utensil, serving plate) after touching raw meats, poultry, seafood or eggs.

Do not reuse marinades used on raw foods.

Do not rinse raw poultry or meat.

4. Cut the chicken into bite size chunks. Do not rinse raw poultry or meat. Wash utensils after touching raw meat.

5. Place the meat and vegetables into a large bowl. Sprinkle with oil, Cajun seasoning, Italian herbs, salt and black pepper. Toss to coat evenly.


7. Wash hands with soap and water.

8. Place the chicken and vegetables on a metal baking pan.
What is the most common source of foodborne illness?

1. Fish & Shellfish
2. Dairy & Eggs
3. Meat and Poultry
4. Produce
Attribution of Foodborne Illness, 1998-2008

*Chart does not show 5% of illnesses and 2% of deaths attributed to other commodities. In addition, 1% of illnesses and 25% of deaths were not attributed to commodities; these were caused by pathogens not in the outbreak database, mainly *Toxoplasma* and *Vibrio vulnificus*. 
Gently rub produce under cold running water.

Scrub firm produce with a clean vegetable brush under running water.

Ingredients
1 mango, diced (or 1 cup thawed frozen chunks)*
1 tablespoon minced onion (optional)
1 tablespoon chopped fresh cilantro (optional)
¼ teaspoon salt
2 tablespoons lime juice
Baked Tortilla Chips from the Eating Smart • Being Active Let’s Cook! cookbook

Directions
1. Wash hands with soap and water
2. Gently rub fresh mango and cilantro (if using) under cold running water.
3. Scrub onion with a clean vegetable brush under running water.
4. Collect, prepare, and measure all ingredients before starting to prepare the recipe.
5. Combine all ingredients in a medium bowl (or in two bowls if you want to have some without onion).
6. Serve with Baked Tortilla Chips from the Eating Smart • Being Active Let’s Cook! cookbook.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.
Basic Recipe #5: Pesto Salmon and Veggies

Ingredients (makes 4 servings)
- 1 pound salmon, skin and bones removed
- 1 pound zucchini or summer squash
- ½ pound cherry tomatoes
- 1 cup spinach leaves
- 1 cup fresh basil leaves
- ½ cup pine nuts
- ½ cup grated parmesan cheese
- 3 tbsp olive oil
- 2 cloves minced garlic

Instructions
1. Cut the zucchini and cherry tomatoes.
2. Preheat oven to 400°F.
3. On a sheet pan, arrange the salmon in the middle with the cut veggies and cherry tomatoes in a circle around it. Set aside.
4. In a food processor combine the spinach, basil, Parmesan, pine nuts, olive oil and garlic. Blend until smooth. Spread the pesto on top of the salmon and spoon the remainder on top of the veggies.
5. Bake until the salmon is done and the zucchini/squash can easily be pierced with a fork, about 18 to 20 minutes. Serve warm and enjoy.

*Recipe adapted from 100 Days of Real Food, “Pesto Salmon Sheet Pan Dinner”*
"We have moved to putting all of our recipes in a CCFB template – and as we add recipes to the template, we update with the safe recipes guidelines. So not all at once, but any new recipes we are printing/distributing we are updating with the guidelines. It is hard to tell how many exactly have been updated, but probably 50+ recipes."

Alison Lauderdale
Director of Community Programs | Clark County Food Bank
"I did all of these recipes at once. It was a simple process using the style guide and I probably spent an hour to an hour and a half making the changes.

When I made these changes, we were only teaching online with a 7 lesson series.

These were the only recipes we were using for these classes so they were the only ones I modified."

Scott 'Scotty' Parrish
Expanded Food and Nutrition Education Program (EFNEP)
Washington State University Extension
New Cookbook Online Now!

30-Minute Safe Recipes
- 10 meals
- 2 weeks of inspired simple meals

fightbac.org/cookbook
fightbac.org/saferecipes
Kids Build Safe Recipes Activity

Middle School Activity:

- Aligns with National Health & Science Education Standards
- Includes lesson plan, activity guide and objectives
- Five sample recipes

https://www.fightbac.org/safe-recipe-activity
How will you use the Safe Recipe Style Guide for farmer's market recipes?
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