

Food Safety Updates

Volume 2, Issue 2, April 2012

Food Safety Checks *KEEPING YOU ON TRACK IN THE KITCHEN*

HANDWASHING *When must all tenants and employees wash hands?*

- √ Before entering work station.
- √ After using toilet, wash hands twice, once in the restroom, and again upon entering the kitchen.
- √ After coughing, sneezing, using tissue or handkerchief, eating, drinking, or using tobacco.
- √ Between touching raw food and ready-to-eat food.
- √ Between glove changes.
- √ After handling dirty dishes, equipment, and utensils.
- √ After touching hair, face, or any body part except clean hands and arms.
- √ During food preparation as often as necessary to prevent cross-contamination.
- √ After doing other activities that contaminate the hands, such as handling trash or chemicals.
- *The Starting Block Standard Operating Procedures*

The Inside Track *SUZANNE VER HOEVEN OF SUZI-Q'S PASTIES*

A longtime hit at home and with friends, Suzanne Ver Hoeven's savory pasties began as a popular meal she made for her family.

"The big kicker came when I worked at Morat's Bakery in Mears and saw how they sold their pasties frozen," Suzanne said. "I thought, I could learn how to start a business and be making pasties at home."

When a bakery customer directed Suzanne to Ron Steiner at The Starting Block, she was initially hesitant. "I started the process of working with the Starting Block and getting licensed with great fear and trembling. Now that I've done it," she remarked, "I think, what was I so afraid of?"

Newly licensed by the USDA, Suzanne's biggest challenge thus far with her Suzi-q's Pasties has been "getting into alignment with what USDA wants," in terms of the rigorous paperwork requirements.

*"Stick with it—
you'll eventually
see things come
to fruition."*

She encourages other budding entrepreneurs struggling with developing their business idea to "stick with it—you'll eventually see things come to fruition."*(continued on p.2)*



Suzanne with a Suzi-q Pasty

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**Health and Hygiene in
the Kitchen**

Welcome!

Please join us in
welcoming new
entrepreneurs to
the Starting Block!

Welcome to
newly licensed
kitchen users,
Altagracia Contreras
of
El Cardenal
Hot & Mild Salsa
and
Diana McConnell &
Cindy Moyer
of
BananaDog
Loose Leaf Tea

HEALTH AND HYGIENE IN THE KITCHEN

Poor personal hygiene is one of the most common ways food can become contaminated. In fact, it is one of the top 5 food safety risk factors identified by the Center for Disease Control and Prevention (CDC).

- √ Clothing should be clean and outer garments must be suitable for the operation and protect against the contamination of food, food-contact surfaces, or food-packaging materials.
- √ Jewelry and other objects that may fall into food, equipment or packaging must not be permitted. Jewelry that cannot be cleaned and sanitized or poses a threat to food safety should not be worn.
- √ Hair must be restrained in an effective manner, using hair nets, caps, beard restraints, etc.
- √ Gloves, if worn, must be clean, intact and in sanitary condition.
- √ Employees must confine eating, drinking, chewing gum or using tobacco to designated areas away from food, processes, storage, etc.
- √ Clothing and personal belongings must be stored away from all food and food contact items including equipment.

- HACCP Manager Training, Version 4.0

More Michigan Entrepreneurial News!

MIFFS Monthly Newsletter

[http://www.miffs.org/
newsletter.asp](http://www.miffs.org/newsletter.asp)

Additional Resources

- US Department of Agriculture
-www.foodsafety.gov
-blogs.usda.gov
- Type *FDA What's New in Food* into Google search
- FoodHACCP.com for USDA & FDA , outbreak , recall and food safety news

SUZI-Q'S PASTIES CONTINUED Further down the road, Suzanne plans to expand her pasty product line. "I'd like to evolve to include vegetarian, pork and chicken pasties, along with beef," she said, adding, "I want to get good at producing one first!"

Several local markets will carry Suzi-q's Pasties during the summer months, including Cherry Hill Market in Shelby, Country Dairy in New Era, and Gales IGA and Hansen's in Hart.

Customers can contact Suzanne via e-mail to place their orders, and she hopes shipping will provide an opportunity to expand her business. "When summer visitors buy the product, I can ship to where they live in the winter. I'd really like to see the business be a full time thing for me, and I'll see where I'm at in six months to a year."

Expanding her business from small retail outlets would require changes to the product itself, as well as a greater time commitment. "I would have more work to do if the business got bigger," said Suzanne. "My product label would require a nutritional facts label and UPC codes in order to be sold in bigger stores."

Reflecting on how far she has come with her product and what she has learned, Suzanne advised other entrepreneurs to "be more courageous than I was. If you've got an idea, go for it!"

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The Starting Block is West Michigan's Non-Profit Regional Kitchen Incubator and Entrepreneurial Center. Our Mission is to incubate and support the entrepreneurial spirit by providing licensed commercial kitchen facilities, entrepreneurial education, and peer-to-peer networking to new and expanding businesses. The Starting Block will be the premier regional resource for growing any new idea into a profitable, local and wealth-creating business.

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