



Food Safety Updates

Volume 5, Issue 2, July 2015

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

- √ Be sure to empty the kitchen garbage when cleaning the kitchen.
- √ Clients interested in buying/selling from each other, check out the updated Starting Block website's 'Product Page' at www.startingblock.biz
- √ REMINDER: All food businesses must register with the FDA and renew every 2 years on even years. To register/renew, go to <http://www.access.fda.gov> and click 'Food Facility Registration Module.'
- √ Thanks to a MDARD Grant, The Starting Block now has a Vat Pasteurizer for pasteurizing milk for making dairy products and a Piston Filer with conveyor line for bottling liquid products such as salsa, hot sauce, jam, barbeque sauce, applesauce, and yogurt.

The Inside Track *KORTNI FLYNN OF DR. FLYNN'S ORGANIC GRANOLA*



Kendra Flynn labeling granola bags

With the dream of creating a healthy, good-tasting, nutritional and satisfying breakfast product, Dr. Flynn, a certified internist, perfected her vision by creating three flavors of granola – and Dr. Flynn's Organics was born!

Although Tampa, Florida was the home base for this new endeavor, with St. Petersburg's Farmers Market becoming the test marketing location, this delicious organic granola would make its way northward to Hart, Michigan.

At The Starting Block, Dr. Flynn found a quality, efficient kitchen facility where she was inspired by the candy coater machine for mixing the granola, the automated bag filler, and the cleanliness which she hadn't found in the Florida kitchens she tried out.



Dr. Flynn's Certified Organic Granola, "gone nuts"

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Be Food Safe

WELCOME!

PLEASE JOIN US IN
 WELCOMING RECENTLY
 LICENSED
 ENTREPRENEURS TO
 THE STARTING BLOCK!

TOM SCHAAP AND MIKE HILL
 OF
 COOL B FOODS

LIKE US ON FACEBOOK!



Be Food Safe

10 Tips to Reduce the Risk of Foodborne Illness

1. **Wash Hands with Soap and Water— for 20 seconds.**
2. **Sanitize Surfaces—use 1 T. of unscented, liquid chlorine bleach per gallon of water.**
3. **Clean Sweep Refrigerated Foods Once a Week—Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1—2 days.**
4. **Keep Appliances Clean—Inside and outside, with particular attention to buttons and handles where cross-contamination to hands can occur.**
5. **Rinse Produce—under running water thoroughly rinse, and before cutting to prevent microbes from transferring from the outside to the inside of the produce.**
6. **Separate Foods When Shopping—place raw seafood, meat, and poultry in plastic bags and store below ready-to-eat foods in refrigerator.**
7. **Separate Foods When Preparing and Serving—Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.**
8. **Use a Food Thermometer When Cooking—to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.**
9. **Cook Food to Safe Internal Temperatures—Cook all raw beef, pork, lamb, and veal steaks, chops and roasts to a safe minimum internal temp. of 145 degrees F. Cook all raw ground beef, pork, lamb, and veal to an internal temp. of 160 degrees F. Cook all poultry to an internal temp. of 165 degrees F.**
10. **Keep Foods at Safe Temperatures—Hold cold foods at 40 degrees F or below and hot foods at 140 degrees F or above. Foods are no longer safe to eat when they have been in the danger zone between 40—140 degrees F for more than 2 hours (1hour if the temperature was above 90 degrees F).**

- USDA Nutrition Tip Sheet No. 23



Making Dr. Flynn's Granola

DR FLYNN'S ORGANIC GRANOLA *CONTINUED*

Dr. Flynn's Organic Granola is made with organic nuts, fruit, oats and maple syrup. Customers are attracted to an organic label and granola they can trust, and are eager to enjoy the granola for breakfast with milk, as a topping for yogurt and also for snacking. The names 'Gone Nuts,' 'Chocolate Contagion,' and 'Tropical Fever' clearly suggest the flavor of each and are available in 10 ounce and 1.5 ounce snack packs.



Helper, Lisa, showing off the finished product

Dr. Flynn's Organic Granolas are currently available at The Glove in Pentwater, Rennhack's Market in Hart, 1st Street Market in New Era, and their main and increasing source for sales, Amazon online.

"Customers are attracted to an organic label and granola they can trust."

Find Dr. Flynn's Organic Granola online at www.drfllynnsorganics.com

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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