

# September Harvesting & Food Safety



Farm and Ranch Safety and Health Association



BC 4H

## Harvesting:

- Make sure you get enough sleep the night before, and take breaks throughout the day so you are fully alert.
- Always let someone know where you are and when you plan on being back.
- Clear plugged equipment only after the power is turned off. (If your machine has a hydraulic motor, release any residual pressure by moving the lever back and forth before clearing the plugged equipment.)
- Make sure you have an emergency response plan ready just in case.



## Canning:

- Clean and inspect all canning jars for nicks and cracks on their rims.
  - Always wash food before peeling, slicing, cutting, and/ or beginning the canning process.
  - Always remove jars after canning is complete with jar-lifting tongs.
  - Completed canning jars should be placed on a towel or cooling rack, and not moved until completely cooled.
  - After canning, check the lid of the jar to see if it has a good seal. If middle of lid is concave, the jar has a good vacuum seal.
- ALWAYS keep raw foods and cooked foods separate and use separate utensils when preparing them.
  - Foods that require refrigeration should never be left at room temperature for more than two hours.
  - Bacteria are often present in raw foods. Fully cook meats and poultry, and thoroughly wash raw vegetables and fruits.
  - Be sure to keep hot liquids and foods away from the edges of counters and tables, where they can be easily knocked over by a young child's exploring hands.
  - Wash your hands frequently.
  - Never put a spoon used to taste food back into food without washing it.
  - If thawing frozen meat, do so on a plate (this keeps juices from contaminating other food) in your refrigerator, never on the countertop.
  - Use clean dishes and utensils when serving food, not those used when preparing raw food.
  - Check the temperature of your refrigerator to make sure it is at 4°C. (Generally as cold as you can without freezing your milk or lettuce.)

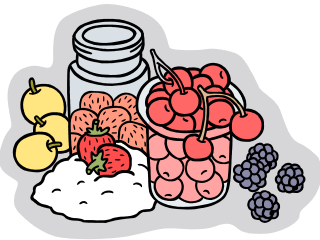
# Activities



## Short Activity:

- True or False Harvesting & Food Safety Quiz:
  1. Fresh meat, poultry or fish should be frozen immediately if you cannot use it within a few days.
  2. Your refrigerator should be kept at 6°C.
  3. For best flavour and nutrition results, foods should be canned within 24 hours of harvest.
  4. The most frequent way people are injured on combines is falling off the combine.
  5. It is fine to put a spoon used to taste food back into the food again without washing it.
  6. When leaving the cab of any machine, you should always disengage power and shut off the engine.
  7. Canned food should be stored for no longer than one year.
  8. One should never try to pull or remove twine or wire from a bale case or knotter when the baler is in operation since even if the engine is on idle, twine moves through a baler faster than the operator can react.
  9. Always taste food that looks or smells strange to see if you can still use it, as it won't hurt you.
  10. It is fine to remove jars after canning with your hands.

Answers: 1) T 2) F (4°C) 3) F (12 hours) 4) T 5) F (it contaminates the food)  
6) T 7) T 8) T 9) F (never taste it, if in doubt throw it out)  
10) F (you will get burnt by putting your hand into the hot water, always use jar-lifting tongs.)



## Longer Activities or Safety Camp:

- As a club have a dinner. Catch is that everyone brings different ingredients for the dishes you will be eating. Separate the members into small groups (number of how many dishes you are preparing) and have an adult with each group. Then every group makes their dish to serve for the dinner. Don't forget to follow safe food practices.

# September

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	