

Food Safety and Farmers' Markets

Sion Shyng, BC Centre for Disease Control

Kevin Touchet, Interior Health Authority

Daphne Sidaway-Wolf, Ministry of Health

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Market Safe™
Fresh local food, handled with care

Process Safe™
Providing good food safely



BC Centre for Disease Control

An agency of the Provincial Health Services Authority

Food Safety: What's Under Development

Presented by:


Sion Shyng

Food Safety Specialist

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Outline

1. Wild mushrooms: consumer oriented brochure
2. Kombucha Tea: Alcohol content, an emerging issue



Wild BC mushrooms & how to enjoy them!

Proposal by Vancouver Mycological Society (VMS) to
create an educational brochure in 2019

*Initiative supported by Ministry of Agriculture, Ministry of
Environment and
BC Centre for Disease Control*

Why a brochure is needed

1. Wild BC mushrooms are **delicious** and create **economic opportunity** within our province
 - Consumers would benefit from a brochure that shows them how to incorporate seasonal wild and year-round dry wild mushrooms into their meals
2. Many good and edible wild mushrooms **can cause gastric upset if not cooked**
 - Depends on individual, some can eat without any issue, others will experience diarrhea
 - Wild mushrooms may contain micro-organisms from their environment that are best not eaten raw

VMS is asking for support

1. Would market vendors & managers support handing out a brochure like this?
2. Would wild mushroom vendors be available to review a draft brochure?
3. Would wild mushroom vendors be interested in what wild mushrooms are most problematic (recommended not for sale, e.g. *Laetiporus*)



Laetiporus (chicken of the woods)

“The Ask”

- 1) Support for a Brochure – Yes or No?
- 2) Assistance to review the brochure
- 3) Fill out contact form or come see me at the FOODSAFE table

Fermented Foods - Kombucha Tea

- SCOBY = symbiotic culture of bacteria and yeast
- “mother” + portion of batch is reused for subsequent batch
- Green or black tea + sugar + SCOBY



Photo: Getty Images

Kombucha Tea

Processing Concerns:

- ✓ Acid development (pH <4.6)
- ✗ Contamination during fermentation
- ✗ Contamination of SCOBY

Health Concerns:

- ✗ Acidosis (pH < 2.5)
- ✗ Consumption > 4oz/day

Kombucha Tea

Emerging Issue: Alcohol content

Regulatory limits for labelling:

- 1% (BC), 0.5% (US), 1.2% (E.U.)
- Alcoholic beverage if above this level
- Liquor & Cannabis Regulation Branch (LCRB)

Market survey - retail samples may exceed limit

- Up to 2.5% (ABV)
- Level not declared on product labelling

High risk consumers

- Children and pregnant mothers

Kombucha Tea

Toxic dose - children

- @ 2.5% alcohol level
- 10 kg (22 lbs) or lighter child
- 200 mL of tea (less than 1 cup)

Kombucha Tea

Challenges in monitoring & controlling alcohol content

- Methodology
- Fermentation during storage (refrigerated versus room temperature)
- Secondary fermentation (added sugar source or flavours) – unintentional / intentional?

Kombucha Tea

Physical considerations

- Bottle breakage/leakage due to pressure buildup

Application for research proposal and funding to study this issue

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- National Working Group on Fermented Foods