



Farm Self-Help Form

<i>Practice</i>	YES	NO	DOES NOT APPLY TO ME
<i>Training & Certifications</i>			
Our farm has established food safety rules and practices.			
Our farm has completed food safety trainings and/or certification courses.			
Our farm has records of certification or evidence of training to help ensure food safety.			
<i>Land & Water Use</i>			
I know the land use history, whether the farm was previously used for livestock production or has a history of application of biosolids, septage or other by-products containing feces.			
My crop production areas are separate from or NOT located near dairy, livestock or poultry production areas or where run-off from such areas could be possible.			
If crop production areas are near or adjacent to dairy, livestock or poultry production areas, I make sure natural or physical barriers will prevent contamination of the produce growing area by wind or water.			
If I use raw animal manure, I wait at least 120 days between application and harvest for crops touching the soil and 90 days for other crops.			
I NEVER use septage or untreated human manure in crop production.			
Any composted manure I use follows the U.S. EPA or National Organic Program recommendations for temperature, turning and time to reduce disease-causing microorganisms.			
I have my well water that I use for irrigation tested for the presence of bacteria.			
I NEVER use untreated surface water (ponds, lakes, streams or springs) for overhead irrigation.			
I use municipal water or tested well water for overhead irrigation.			
I have my well water that I use for rinsing fruits and vegetables tested for the presence of bacteria.			
I NEVER use surface water (ponds, lakes, streams or springs) for rinsing fruits and vegetables.			
<i>Farm Worker Hygiene</i>			
I have policies in place to limit sick workers from coming in contact with fruits and vegetables.			
I provide sanitation training for my workers.			
I provide training for my workers on proper glove use.			
My workers have access to handwashing facilities with clean water, soap and paper towels within a short walking distance of my fields.			

<i>Practice</i>	YES	NO	DOES NOT APPLY TO ME
My workers have access to toilet facilities within a short walking distance of my packing areas.			
I train my workers to seek immediate first aid for injuries like cuts, abrasions, etc. that could be a source of contamination for produce.			
I have trained my workers on what to do with produce that comes in contact with blood or other bodily fluids.			
<i>Facilities & Equipment</i>			
Toilet facilities are serviced and cleaned on a regular schedule.			
Handwashing facilities are cleaned and stocked with clean water, soap and paper towels on a regular schedule.			
Harvesting equipment (knives, pruners, machetes, etc.) is kept reasonably clean and is sanitized on a regular basis.			
Harvesting containers and hauling equipment are cleaned and/or sanitized between uses.			
Surfaces that come in contact with fruits and vegetables at my farm are cleaned and sanitized regularly.			
Damaged containers are properly repaired or discarded.			
Any cardboard boxes used are new and only used once.			
<i>Storage & Transport</i>			
Produce is handled carefully and packed securely to prevent bruising and injury.			
I cool fruits and vegetables after harvest.			
Produce is kept cool during transport to market.			
Containers used with fruits and vegetables are cleaned and sanitized between each use.			
The vehicle is NOT used to transport animals, raw manure, chemicals or any other potential contaminant.			
The vehicle used to transport fruits and vegetables is cleaned frequently.			

If you answered “no” to any of the questions, those questions represent areas where changes or improvements may help your farm to offer safer products, attract more customers because of your commitment to food safety and reduce potential risk of foodborne illness. Please read the *Enhancing the Safety of Locally Grown Produce* factsheets for your risk area to learn how to minimize risk.