

# Fundraising with Food? *Be food safe!*

## Foodborne Illness: Examples of Low-Risk Foods



- Cookies
  - Oatmeal
  - Chocolate chip
  - Molasses
  - Snickerdoodles
  - Sugar
- Quick breads
  - Banana
  - Cranberry nut
  - Zucchini
  - Corn
- Muffins
  - Bran
  - Pumpkin
  - Applesauce
- Cakes
  - Bundt cakes with glaze
  - Gingerbread
  - Brownies
- Yeast breads
  - White, whole-wheat or rye loaves, rolls or pretzels
  - Cinnamon or pecan rolls
- Candy
  - Nut brittles
  - Fudge
- Other
  - Granola
  - Popcorn



### High-Risk Foods: Do not make these for fundraisers:

- Frostings or fillings made with cream cheese, custard, or whipped cream
- Cream pies and other pies made with eggs, such as pumpkin, custard, or pecan
- Baked items with ingredients like cheese, bacon, etc.
- Items with raw egg, i.e., egg that is not baked or cooked before eating
- Home-canned foods (jam, jelly, pickles, salsa, vegetables, meat, etc.)
- Homemade jerky

### Do you need a temporary food permit? *Maybe!*

Many fundraising activities require a temporary food permit. To be sure, check with your city/county health department or with your local Wyoming Department of Agriculture consumer health specialist.



### Other important food safety tips:

1. Set aside time to prepare food correctly: The safety of what you prepare and sell is in your hands!
2. Wash your hands often and properly with warm soapy water.
3. Start with high-quality ingredients.
4. Use clean equipment and utensils.
5. Package foods using clean new plastic bags, foil, plastic wrap, or other food-grade containers.

### Nutrition Note

If you make items high in fat and/or sugar, for better nutrition, make and sell *small* portions.



Source: Wyoming Food Safety Coalition members Suzy Pelican (University of Wyoming Cooperative Extension Service) and Jennifer Escobedo (Cheyenne/Laramie County Health Department). Downloadable version of this handout available at [http://uwacadweb.uwyo.edu/cesnutrition/WFSC/WFSC\\_Posters.htm](http://uwacadweb.uwyo.edu/cesnutrition/WFSC/WFSC_Posters.htm).



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