

Appendix I - Lower Risk Foods

The following list contains examples of lower risk foods that may be **acceptable** for home preparation and sale at a temporary food market. For additional information on the definition of Lower Risk Foods, see Page 2.

NOTE: *all of these lower risk foods should be prepackaged except whole fresh fruits or vegetables.*

- apple sauce
- brownies
- bread and buns (no dairy or cheese fillings)
- butter tarts
- pies (fruit filled only, no cream filled or cream based)
- cakes (icing sugar only, no dairy or synthetic whipped cream)
- dry cereal products
- chocolate (provided it is used as an ingredient in a food that has undergone cooking to at least 71°C (160°F))
- cinnamon buns (sugar icing only)
- cookies
- dried fruits
- fresh fruits and vegetables
- fudge
- hard candy
- honey
- jam (pH 4.6 or less or aw of 0.85 or less)
- jelly (pH 4.6 or less or aw of 0.85 or less)
- muffins (no dairy fillings)
- popcorn
- noodles (dry flour and water only, no egg based)
- pickled vegetables (vinegar base, pH 4.6 or less)
- relish (vinegar base, pH 4.6 or less)
- wine and herb vinegar
- syrup
- toffee
- salsa (if pH and A_w within acceptable ranges and the food contains no animal protein. If whole or cut tomatoes are used as an ingredient, then the pH of the final product must be less than 4.2.)

For products not listed above, please consult your local Health Authority.