



***Banana Bread Competition:***

We are excited to say that we will be having Banana Bread on the Menu for the upcoming season! We thought it would be fun to involve our community and hold a small and easy competition to find a great recipe to use! As you will be baking in your home for others to try out there are some guidelines and important information on food handling while you make a loaf to submit – please see below.

**Banana Bread Guidelines:**

- 1) Register with us by sending us an email to [skimiserymountain@gmail.com](mailto:skimiserymountain@gmail.com) that you are bringing in your awesome banana bread!
  - 2) Recipes and secret ingredients must not have alcohol or nuts in it and must be made with ingredients that can be purchased at our local grocery stores.
  - 3) Submit one loaf of banana bread sliced into 8 pieces to us between 12:00 – 1:00 p.m. on Sunday, December 10, 2017. No need to bring a platter to present it on – we've got that covered!
  - 4) Our panel of judges will devour the banana breads and the winner of the competition will be announced on Facebook and Instagram!
  - 5) The winner must submit their recipe to the safekeeping of Misery Mountain so that we may use it to bake and put your banana bread on the menu – we promise we won't share your secret recipe!
  - 6) Please see the end of the document for important Food Handling Guidelines.
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***What else is happening for Season Pass Holders and Public?***

***Season Lift Pass Holders:***

Bring in the pass holders for photos or bring a small wallet sized photo of the pass holders and have your season passes made up prior to opening day. Please note that anyone 18 years of age or older must sign their own passes and liability forms and must be present in front of a staff member to do so.

***Season Rental Pass Holders:***

Bring in the rental pass holders to be pre-sized and get forms filled out. Learn how you can bypass the office and make your rental experience your first day out go faster! Please note that anyone 18 years of age or older must sign their own passes and liability forms and must be present in front of a staff member to do so.

***Lesson Packages:***

Lesson packages will be available for purchase at the Guest Services window. Watch for our brochures with package details!

***Photo Sessions:***

Leah Wood Photography will once again be taking Christmas and Winter Themed photos during the event with a portion of the proceeds to go back to Misery Mountain! Bring your family, friends, or group for some great snapshots! Packages and prices will be presented soon!

### **Vendor Tables:**

We will have a variety of vendor tables at our event!

Vendors currently signed up (we will update this as we receive more!):

- 1) La Dolce Vita Healing Arts and Education
- 2) AirMojj
- 3) I Dress Myself (with a little help from Leanne)
- 4) Silver Icing
- 5) Tupperware
- 6) Young Living

### *Details for our vendors:*

This will be a *small* event open to members and public and we *hope* to see 50-100 people come through. We encourage vendors to share our event and help spread the word so that we may all be more successful. Vendors will need to be set up on December 10, 2017 between 11 am and 12 pm. Vendors should expect to stay until 3 pm. We will accept cash, debit, MasterCard, Visa or cheque (payable to Peace River Ski Club) for your table. The cost of the table is \$10.50 including GST and can be paid when you come to set up. If you cannot make it please let us know by calling 780-624-4881 ahead of time. We will only be accepting one table for each product (ex: one Tupperware, one AirMojj, etc.) and we are not accepting any homemade food products.

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## **Food Handling Guidelines**

### *Ensuring a Successful Community Organization Function*

Practice good food safety when planning and preparing food for your community organization function. Most foodborne illnesses from large community events are caused by:

1. Cooling food too slowly
2. Keeping hot foods below 60°C (140°F) while transporting or serving
3. Allowing sick people to prepare and serve food
4. Preparing food too far in advance, such as a day or more ahead of time
5. Allowing cross-contamination i.e. storing raw food near cooked food
6. Leaving high-risk food in the **Danger Zone**, between 4°C (40°F) and 60°C (140°F)

The following food safety tips will help ensure a safe and successful community event.

### [FOOD HANDLING REQUIREMENTS](#)

The COF organizer and voluntary caterers preparing the food must ensure that food is handled in a clean and safe manner, at home or in approved food facilities.

- Home-prepared foods must be prepared and donated **only** by members of the community organization hosting the function.
- **Unpasteurized milk, uninspected meats, and unfit foods** cannot be served or used as ingredients in food items.
- Pets must be kept out of the kitchen or vehicles when food is being prepared, served or transported.

#### *Food Handler Hygiene*

- Wash hands often with hot soapy water, especially after using the washroom and before handling any food.
- Keep hair under control.
- Avoid habits that contaminate food or food preparation areas, like licking fingers, biting fingernails, smoking or wearing aprons outside the food preparation areas.
- Cover cuts and/or sores with a bandage and glove before handling food.
- Prepare food only if you are feeling well. Do not prepare food if you are vomiting, have diarrhea or jaundice.
- Wear clean clothing and footwear.

#### FOOD SAFETY BASICS

##### *Keep Food Safe During Preparation*

- Serve food as soon as possible. Prepare food just before your event.
- Use tongs and other utensils to prepare or serve food. Wash your hands and change gloves between tasks, if you are using gloves.
- Keep raw meat away from ready-to-eat foods like lettuce, fruit and bread. Never place cooked food back on the same plate or cutting board that held raw food.
- Wash and sanitize cutting boards and other food preparation surfaces to prevent cross contamination. You can make a simple sanitizing solution by mixing 1/2 teaspoon of household bleach into one litre of water.
- Cook food to 74°C (165°F). Check the internal temperature of meat, poultry and casseroles using a thermometer.
- Cook food thoroughly. Never partially cook food for finishing later.
- Wash fresh fruit and vegetables before preparing or serving.

##### *Keep Food Out of the "Danger Zone"*

- The Danger Zone is the range of temperatures between 4°C (40°F) and 60°C (140°F). Bacteria in food can grow and multiply quickly at these temperatures.
- Keep hot food hot, at least 60°C (140°F) or above.
- Keep cold food cold, at least 4°C (40°F) or below.
- Keep high-risk foods, like meat, poultry and casseroles at Danger Zone temperatures for no more than two (2) hours.
- Defrost or thaw foods in the refrigerator, under cold running water, or in the microwave.
- Never leave high-risk foods to thaw at room temperature.
- Divide foods into smaller portions to allow for quicker cooling. For example, cut cooked poultry and roasts into smaller portions before placing in the refrigerator.

#### *Keep Food Safe When Transporting*

- Keep hot food hot by using insulated containers, or by tightly wrapping the food container in several layers of tin foil or a clean heavy blanket.
- Keep cold food cold in an insulated cooler with ice or freezer packs.
- Pack high-risk foods just before you leave, and do not open them until serving time.
- Unload hot and cold foods first, and immediately place them in hot holding equipment or coolers.

#### *Keep Food Safe When Serving*

- Keep serving portions small if not kept in hot or cold holding equipment.
  - Serve hot food from chafing dishes, pre-heated steam tables, warming trays and/or slow cookers, if possible. Never place food in a steam table, if the food has not been cooked or reheated to 74°C (165°F) first.
  - Use clean and sanitized dishes and utensils to serve food.
  - Replace empty platters and dishes with freshly filled ones. Never add new food to a serving dish or platter that is partially empty.
  - Check food temperatures often.
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