

¿Why are you so sad?

I was told that someone got sick for eating one of my mangos, it seems that it was contaminated with microbes.

Did you know that there are several activities that we can follow in our backyard farm to prevent mangos from becoming contaminated.



3

Handwashing

Remember that you have to wash your hands before starting work, after taking a break and after going to the restroom, and that you must do so with clean water and soap.



Yes, that is something very easy to do before I start picking mangos.

7

Cleaning and Sanitizing

We have to clean and sanitize with chlorine the baskets, sacks, and utensils we use to pick, transport and store the mangos.



The water we use to clean utensils or wash product may contaminate mangos if it isn't clean.

9

Animal Control

Domestic animals like dogs, cats, and chickens are also a risk of contamination for mangos and we shouldn't let them go near the mango trees or the mango collection/washing areas.

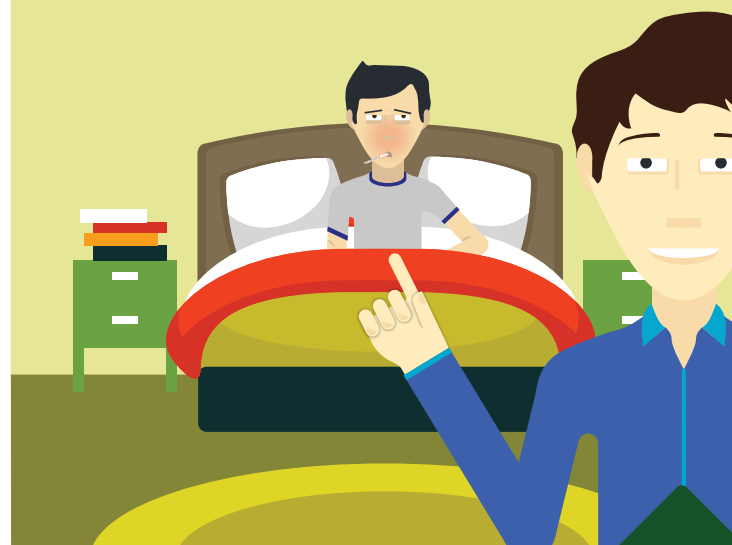
What about my donkey? I use it to transport the mangos.



Of course you can use work animals to transport mangos, just do not let them stand near the areas where the mangos are stored or drink from the water used to wash mangos or picking utensils.

4

General Health



Mangos may become contaminated when working with them when we are sick with symptoms such as diarrhea, vomiting, sore throat with fever, yellowing of eyes or skin. If you have any of these symptoms ask somebody else to pick the mangos for you making sure that person understands and follows the contamination prevention practices.

8

Water

Yes, water may be a very important source of contamination, that is why you have to add a few drops of chlorine to the water to sanitize it before using it to clean the utensils and it is necessary to change the dirty water constantly.



This should also be done with the water used to wash the mangos, or better yet, DON'T wash them, deliver them as they are to the collection center, latex is a natural part of the plant and doesn't make anyone sick, but if we put the mangos inside dirty water they may become contaminated and make people sick.

10

Keeping the Mango Collection Center Areas Clean and Uncluttered

Lastly, it is very important that we maintain the areas where we work with mangos clean and uncluttered; there must not be any trash, glass, fecal material, or any other thing that might contaminate the mangos.

OK let's grab a broom and start cleaning the area.



Yes, but first we have to remove the mangos so that they do not become contaminated while we clean. People must not seat over the mangos.

5 Keeping Mangos from Contacting Dirty or Soiled Objects

Did you know that dirty objects can also contaminate mangos, that is why mangos must not come into contact with trash, personal objects, animals, glass or even children playing around.

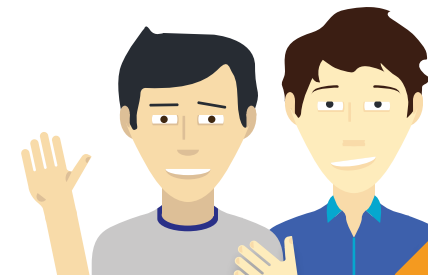


So mangos must not come in contact with anything that could contaminate them. I think this is something easy to do in my backyard farm.

1 Personal Hygiene



To keep mango clean and safe for eating, it is necessary to bathe and wear clean clothes whenever you go to harvest mangos from the trees.



Remember, these steps are very important if we don't want our mangos becoming contaminated and make a person sick, so we have to teach all of them to everyone who is going to help us to work with mangos at the backyard farm.

What is Food Safety?

Food safety practices aim to minimize the risk of mango contamination so people who eat them do not get sick.

It is our job and, above all, our responsibility, to grow, pack and distribute mangos that are safe for human consumption.

Any food may become contaminated and cause illness in people who eat it. Contaminated food can taste good, smell good, and even look good and still make you sick.

When we get sick from eating contaminated food, it is called a foodborne illness. This illness is different than the feeling you get when you eat too much, that's called indigestion.

Foodborne illnesses are caused by the consumption of water or food contaminated by different types of microbes and represents a major health problem worldwide.

Symptoms of foodborne illnesses may include diarrhea, vomit, or dehydration. In some cases, these symptoms can be severe and may be deadly.

A key part of your job is to protect the mangos that you work with from contamination, so that they do not become the source of a foodborne illness.

In this booklet we will review the 10 basic activities to help prevent mango contamination in the backyard farm.

Disclaimer

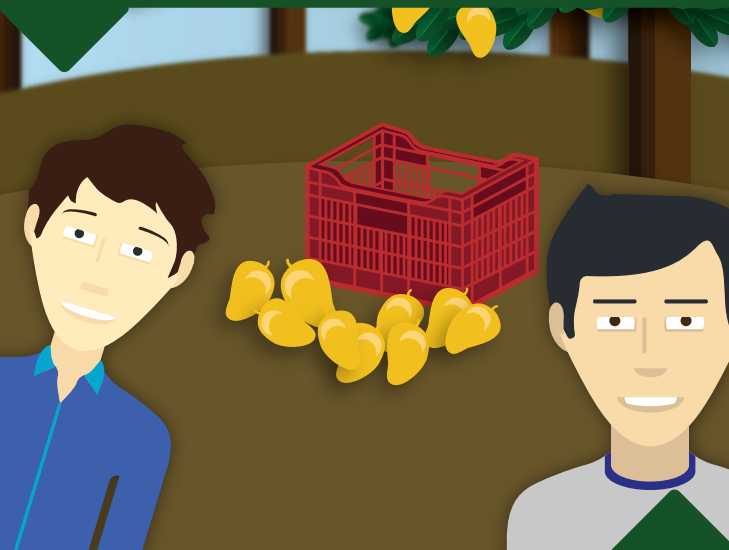
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10 Basic Activities to Help Prevent Mango Contamination at Backyard Farms



6 Mangos on the Floor

Mangos can become contaminated if we place them on the floor since the floor could have microbes that may be transferred to the mangos, that is why we have to put them over a sack or a plastic tarp. We can also use an empty basket as a protection barrier.



That's good, but then the sack or plastic tarp must also be cleaned and sanitized, I'm going to clean and sanitize the tarp frequently to keep it clean.

2 Restrooms and Latrines

Did you know that urinating and defecating near the mangos and the mango trees may also be a risk of contamination?



Always go to a place far away from the mangos and the mango trees to use the restroom or latrine.

 **Producing Safe Mangos**

Mango.org

Basic Food Safety Training for Backyard Mango Farms