

Buying Food from Street Hawkers



When buying food from street hawkers the following should be noted:

Fresh fish

Fresh fish on sale for the consumer should be displayed on a bed of and partially covered with ice at all times.

Fresh fish are noted by:

- Scales should be shiny and have a nice colour
- Fresh sea smell or no smell at all
- Clear, slightly bulging eyeballs
- Fish meat is firm and will not indent on pressure
- Gills should be bright pink/red and wet
- Fresh fillets and steaks should be moist and without discolouration

Fish that are not fresh are likely to be noted by:

- The skin would be dull coloured and not shiny
- A bad offensive odour and a slimy skin consistency
- Opaque, cloudy eyes
- Gills that have lost their bright colour (or any other colour) and slimy or dry
- Discoloured fillets and meat that separates from itself
- Skin that maintains an indentation on releasing pressure

Confectionery/Bakery Goods Hawker

Confectionery and bakery goods should be covered and/or displayed for sale in an enclosed display cover.

- All bakery/confectionery products should not be kept in direct sunlight
- Confectionery cream cakes should be kept at refrigerated temperatures
- All packed food items should have proper labelling
- Do not purchase products that are discoloured or mouldy
- Confectionery and bakery goods items should preferably be handled with tongs by the food handler
- In the absence of tongs the food handler should wash his/her hands prior to handling any open food

Fruit and Vegetables

- Check the characteristics of freshness of fruit and vegetables such as bright lively colours and crispness
- Do not buy pre-packed products such as capers and peppered cheeselets that are not properly labelled; they may be from an unapproved source
- Do not buy perishable products such as cheeselets that are not refrigerated
- Meat products such as poultry and rabbits are not to be bought from a vegetable hawker
- Water, soft drinks and eggs should not be stored in direct sunlight

Packaged or Tinned Foodstuffs

- Should not be kept in direct sunlight
- Perishable items such as cheese and butter should be kept refrigerated at all times
- Detergents and food items should be properly separated
- All packed food items should have proper labelling (such as best before dates or use by date)
- Ensure that packaging or cans are intact before purchasing
- Do not purchase or eat the contents of cans that are rusting, dented, leaking, cracked, or if the lids are bulging. These are warning signs that the product may not be safe
- Do not use products that are discoloured, mouldy, or have a bad odour. Do not use products that spurt liquid or foam when the container is opened
- Clean the top of the container before opening
- Store canned foods and other shelf-stable products in a cool, dry place
- Never put food above the stove, under the sink, in a damp garage or basement, or any place exposed to high or low temperature extremes

Delicatessen Hawker

When buying food from a delicatessen hawker make sure that all high risk foods such as cheese, dips etc. are kept at refrigerated temperatures i.e. at temperatures below 8°C

- All food should be properly labelled
- Do not buy food past its best before/use by date. Remember that even if the food looks and smells fine, using it after this date may put your health at risk
- Containers used for the storage of food should be kept clean and in a good state of repair
- There should be provided a sink and wash hand basin complete with a supply of cold and hot water at a suitable controlled temperature adjacent to the counter
- Food handlers should wear clean protective clothing and be neat and tidy in appearance
- Packaging and wrapping material must be stored in clean areas and not exposed to risk of contamination

Make sure that such food items are bought at the end of your visit to the market- ensure that transportation temperatures are kept adequate.

Always purchase food from hygienic, reliable and reputable sources to ensure quality

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Xiri ta' Ikel minn Bejjiegħa tat-Triq



Meta tixtri prodotti mingħand bejjiegħa tat-triq innota dan li ġej:

Xiri ta' Hut

Hut frisk jingħaraf billi:

- Jkollu riħa friska ta' baħar jew ma jkollu l'ebda riħa
- L-ġhajnejn ikunu ċari u mqabbżin
- Il-qoxra tal-huta għanda tkun tleqq u ċara
- Il-laħam tal-huta għandu jkun iebes u ma jħallix marki meta jingħafas
- Il-garġi tal-hut iridu jkunu ta' kulur roża jew aħmar frisk u jidher imxarrab filwaqt li ħut imqatta f'biċċiet (*fillets*) għandu jkun jidher umdu u ta' kulur sabiħ

Hut li m'huwiex frisk jingħaraf billi:

- Il-qoxra ma tibqax tleqq u tiflef il-kulur sabieħ tagħha
- Il-qoxra tista ssir tiżloq u l-ġhajnejn ikunu bi żlieġa
- Jista jkollu riħa xejn pjaċevoli
- Il-garġi jkunu tilfu l-kulur sabiħ tagħhom u jkunu jidhru nixfin jew bi żlieġa
- Biċċiet tal-hut jista jkollhom kulur mhux tas-soltu u l-laħam jibda jitfarra
- Il-laħam tal-huta jimmarka ruħu meta jingħafas

Xiri ta' ħobż u dolċerija

- Pasti bil-krema għandhom ikunu maħżuna f'temperatura kiesha u l-bogħod mix-xemx
- Ikel ippakkjat għandu jkollu tikketta li tiddiskrivi fost oħrajn il-kontenut kif ukoll xi twissija ta' xi allergiji
- Prodotti li jkunu biddli l-kulur jew inkella jkunu mmuffati m'għandhomx jinbiegħu
- Prodotti bħal ħobż u pasti m'għandhomx jintmessu bl-idejn imma għandhom jintużaw *it-tongs*
- Fil-każ li *t-tongs* m'humix provduti, l-idejn għandhom jinhaslu kull darba qabel jintmess l-ikel

Xiri ta' frott u ħaxix

- Ixtri ikel mingħand bejjiegħa nodfa u b'reputazzjoni tajba biex tiżgura ikel ta' kwalità tajba
- Fittex li l-frott u l-ħaxix jkun jidher frisk u b'kuluri vivaċi
- Tixtri ikel ippakkjat bħal kappar u ġbejniet jekk dawn ikunu mingħajr tikketta għaliex jistgħu ikunu ġejjin minn postijiet li ma jkunux approvati
- Tixtri prodotti li jistgħu jehżien malajr bħal ġbejniet li ma jkunux maħżuna f'temperatura kiesha
- Prodotti tal-laħam bħal friek u tiġieġ m'għandhomx jinbiegħu minn bejjiegħa tal-ħaxix
- Ilma, minerali u bajd iridu jinżammu maħżuna fid-dell meta jkunu esposti għal bejgħ

Xiri ta' ikel ippakkjat jew ikel ippreservat

- Dan it-tip ta' ikel m'għandux jkun maħżun dirett fix-xemx
- Ikel li jmur malajr bħal ġobon u butir għandhom jinżammu f'temperatura kiesha
- Prodotti tal-ħasil u ikel għandhom jinżammu l-bogħod minn xulxin
- Kull ikel ippakkjat irid ikollu tikketta xierqa (e.ż. data tal-aħjar qabel)
- Iżgura li l-pakkett jew il-landa jkunu intatti u f'kundizzjoni tajba qabel ma tixtri
- Tixtri u tiekolx ikel li ġej minn laned msaddin, b'xi daqqa, jgħattu, maqsumin jew bl-uċuħ tal-landi minfuħa. Dawn huma sinjali li l-prodott m'huwiex tajjeb
- Tużax prodotti li tilfu l-kulur tagħhom, immufati jew għandhom riħa tinten/maqtugħa. Tużax prodotti li jtajru likwidu meta l-landa tinfetah
- Naddaf l-uċuħ tal-laned qabel tiftaħom
- Aħżen ikel ippreservat u prodotti oħra simili f'post frisk u mhux umduż
- Qatt taħzen ikel fuq fran, taħt xi sink u f'postijiet umdużi, jew f'postijiet li jkollhom temperatura għolja jew baxxa hafna

Xiri ta' Salumeriji (*Delicatessen*)

Meta tkun se tixtri mingħand *delicatessen* *hawker* kun żgur li ikel bħal ġobon, dips, eċċ ikunu qegħdin miżmuma f'temperatura kiesha.

- L-ikel ippakkjat għandu jkollu tikketta xierqa
- Qatt m'għandek tixtri ikel li jkollu d-data tal-iskadenza (uża sa) skaduta
- Ftakar li għalkemm l-ikel jista jidher u jinxtamm normali jista xorta jkun ta' dannu għas-saħħa
- Ir-reċipjenti użati għal hażna tal-ikel għandhom jkunu nodfa u f'kundizzjoni tajba
- Għandu jkun hemm friskatur għall-ħasil tal-idejn u sink
- Il-haddiem fl-imaniġġjar tal-ikel għandu jkun liebes ilbies protettiv, nadif u xieraq
- Il-materjal li jintuża għal ippakkjar għandu jinħażen f'post nadif u mhux espost għar-riskju ta' kontaminazzjoni

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