

Checklist for Sprouting Seeds or Beans HACCP Plan Requirements

Sprouts may include alfalfa, clover, sunflower, broccoli, mustard, radish, garlic, dill and pumpkin as well as mung, kidney, pinto, navy, soy beans and wheat berries (wheat grass). Raw and lightly cooked sprouts, especially alfalfa, clover and mung bean sprouts have been associated with foodborne illness in a number of outbreaks. Microorganisms already on the seeds or introduced during the sprouting process grow quickly during the ideal conditions of germination and sprouting. The water from frequent irrigation, pH of the water and plant tissue, days to complete sprouting and the nutrients available from the seeds and sprouts are very favorable to bacterial growth. Foodborne outbreaks associated with sprouts have identified *Escherichia coli O157:H7*, various Salmonella serotypes as the common causative agents. Sprouts contaminated with foodborne pathogens such as Salmonella or E. coli O157:H7 show no changes in appearance, smell or taste. There is no kill step in the production of raw sprouts such as cooking or pasteurization to reduce or eliminate pathogens before consumption.

In addition to the required information on the General HACCP Plan Checklist, all proposed HACCP Plans must include the information listed below for the respective process to be considered for approval. A separate HACCP Plan must be completed for each special process and food product. All food in this process must be washed in accordance to the Regulations of the Washoe County District Board of Health Governing Food Establishments Section 050.150.

Attach additional documentation and/or information listed below as required depending on the specific special food process.

A. Sprouting for the consumption of **raw** sprouts in a retail food establishment

- Documentation showing seeds are intended for sprouting
- Name of each type of seed or bean that will be sprouted onsite
- SSOPs for germination area
- Description of chemicals being used and making sanitizing solution for seed chlorination [See Video](#)
- Laboratory testing of spent irrigation waste water will be required to verify seed chlorination methods (must be repeated on annual basis)
- Description of how food is washed before service. See Section 050.150

B. Sprouting for the consumption of **cooked** sprouts in a retail food establishment

- Documentation seeds showing are intended for sprouting
- Name of each type of seed or bean that will be sprouted onsite
- SSOPs for germination area

C. Sprouting of **Microgreens** for consumption in a retail food establishment

Microgreens are grown in a medium (soil or otherwise). They are harvested after they have established roots and opened their cotyledons. Only the stems and leaves are consumed; they are harvested above their roots.

- Documentation showing seeds intended for sprouting
- Name of each type of seed or bean that will be sprouted onsite
- SSOPs for germination area
- Description of how food is washed before service. See Section 050.150

