

**Kathy Cox**  
State Superintendent of Schools

## **USDA Fresh Fruit and Vegetable Program**

*We will lead the nation in improving student achievement.*

# Fresh Fruits and Veggies

**Serving Safely and  
Attractively**



*WE WILL LEAD THE NATION IN IMPROVING STUDENT ACHIEVEMENT.*

# The First Step to Enjoy Fruits and Veggies!

“Hand Washing is the single most important means of preventing the spread of infection.”

- CDC



# Why?

- **Bacteria and viruses are everywhere.**
- **Bacteria like to live on unclean hands.**
- **Viruses can survive several days on hands.**
- **Good hand washing habits decrease your chances for illness.**
- **Everyone, including students, must wash hands before preparing and eating food.**

**Great website for hand washing posters**

**<http://www.nfsmi.org/>**



# Handwashing – How to do it



super Fruit Friends teaching you about

# HAND WASHING

This lesson teaches that proper hand washing is essential for food safety.

<http://www.fightbac.org/>



WE WILL LEAD THE NATION IN IMPROVING STUDENT ACHIEVEMENT.



# Hand Sanitizers for Students?

**A hand sanitizer cannot and should not take the place of proper cleansing procedures with soap and water.**

**Hand sanitizers should be used only as an optional follow-up to hand washing, except in situations where soap and water are not available.**

**In those instances, use of an alcohol gel is better than nothing at all.**



# Hand Sanitizers - Why not in Food Service?

- In a food service setting, fecal bacteria and enteric viruses, such as Norovirus, are a concern.
- Food proteins and fatty materials on hands can significantly reduce the effectiveness of an alcohol gel.
- Therefore, soap, friction, and running water still remain the most effective way to remove the types of pathogens food workers might encounter.



# Hand Sanitizers in Food Preparation

The Georgia Rules and Regulations of Food Service make the provision that hand sanitizers may be used by food handlers *in addition to, but not in place of* proper hand washing.

Because hand sanitizers are considered to be a food additive, only products approved by the FDA may be used.



# How to prepare ...

- **Wash vigorously in a vegetable prep sink or in a colander in another sink under cold running water.**
- **Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.**
- **Remove any damaged or bruised areas.**
- **Label, date, and refrigerate fresh-cut items until close to serving time.**



# Safety and Quality Tips

- Refrigerate most produce (exceptions are whole bananas and potatoes).
- Prepare in the cafeteria close to serving time – no knives or sharp object allowed in the classroom!!
- Cover the produce during transport to the classroom or other areas of the school.



# Nutrition Education

- **When conducting a nutrition education activity or cooking demo, preparations should be made in the cafeteria.**
- **To help students fully understand the type of produce, keep a piece whole, show a cross-section, and then demonstrate the "prepared" produce.**

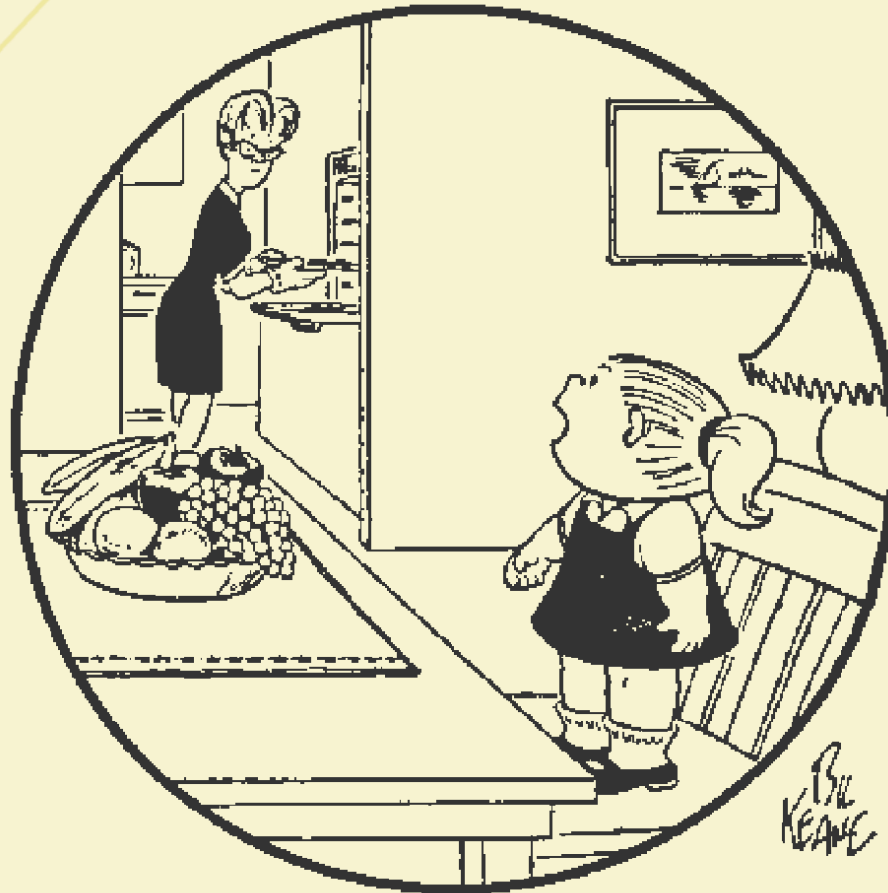


# What is a Potentially Hazardous Fruit/Veggie?

- **Most fruits are not potentially hazardous because of their low pH.**
- **Cut melons, sprouts, garlic in oil, and cut/cooked figs are potentially hazardous.**
- **Cut tomatoes are now considered potentially hazardous.**



# Fruit Bowls



"Grandma, is this fruit the kind for looking at  
or the kind for eating?"



*WE WILL LEAD THE NATION IN IMPROVING STUDENT ACHIEVEMENT.*

# Whole fruit - PHF?



**NO!**



*WE WILL LEAD THE NATION IN IMPROVING STUDENT ACHIEVEMENT.*

# Serving Whole Fruits

- A fruit basket with whole fruits may be kept in the main office, nurses station, or even classrooms.
- Baskets should be returned to the cafeteria at the end of every day.
- Fruit that is normally not peeled before eating, must be washed again before re-serving.

**NOTE: Once someone takes a whole fruit in his possession, it cannot be re-served.**



# Re-Serving Whole Fruits

- **Fruits normally peeled before eating could be safely re-served without washing. The peel is a package that is removed before eating.**
- **Fruits that are usually not peeled before eating must be washed again before re-serving.**





# Cut Fruits and Veggies

- All produce that is cut, chopped, sliced or, pureed should be kept at 41°F or colder after processing to maintain quality.
- Cut melons, figs, and tomatoes must be kept at 41°F.



# Preparation Tips

- **Cut produce as close to serving time as possible.**
- **Cover and refrigerate cut produce until ready to serve.**
- **Cut produce should be discarded if left at room temperature for more than two hours.**
- **Discard leftover cut produce that has been returned to the cafeteria.**



# Veggie Sticks – Serve Cold?



**YES!**



*WE WILL LEAD THE NATION IN IMPROVING STUDENT ACHIEVEMENT.*

# Fresh Fruit Cups – Serve Cold?



**YES!**



*WE WILL LEAD THE NATION IN IMPROVING STUDENT ACHIEVEMENT.*

# Serving Tips

- **Wash Hands!**
- **Serve with gloves or utensils.**
- **Provide a plate, bowl, cup, napkin, etc. for sanitary consumption.**
- **Keep desks clean. Encourage teachers to use sanitizing wipes to clean desks.**
- **Return unused produce to the cafeteria promptly after service.**



# Working together to:

**Promote and increase  
children's fruit and  
vegetable consumption  
for better health!**



*WE WILL LEAD THE NATION IN IMPROVING STUDENT ACHIEVEMENT.*

# Thank You!

**Melinda F. Scarborough, MPH, REHS**

**[mscarborough@doe.k12.ga.us](mailto:mscarborough@doe.k12.ga.us)**

**ph. 770-347-8380**

**In accordance with State and Federal law, the Georgia Department of Education prohibits discrimination on the basis of race, color, religion, national origin, sex, disability, or age in its educational and employment activities. Inquiries regarding the application of these practices may be addressed to the General Counsel of the Georgia Department of Education, 2052 Twin Towers East, Atlanta, Georgia, 30334, (404) 656-2800.**

**In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to *USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410* or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.**

U:\FBU\FFV Program\FFVP Serving Safely and Attractively 2010.ppt  
June 2009



***WE WILL LEAD THE NATION IN IMPROVING STUDENT ACHIEVEMENT.***

