

Fresh Fruit and Vegetable Training

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Do you ever notice staff members prepping fruits and vegetables differently?
Some use a chef knife while other use a peering knife?
Some use a greater from home and some peel by hand.

How do you create a food safety culture and make staff into produce experts?

How do I get staff members to make the most of their time?

What tools and equipment would make it easier for the TEAM?

The ISD Nutrition Services implemented this training in 2014
and it has grown into what it is today.

Select a Nutrition Center that training will take place.

- ▶ Train the trainer
 - ▶ Expectations of training
 - ▶ Tools for success
 - ▶ Acknowledge those participating
 - ▶ Set up trainers for success

- ▶ Select one person to cover the absence of the trainee. Best practice it to have the same person be the “floater”



Each day has different areas of focus.

- ▶ Day One-
 - ▶ Receiving/Storing
 - ▶ Where should produce be stored
 - ▶ What to do, What not to do.
- ▶ Day Two-
 - ▶ Preparation
 - ▶ Knife Handling
 - ▶ Cutting boards
- ▶ Day Three-
 - ▶ Service
 - ▶ Presentation
 - ▶ 1st and last customer



Day Four

- ▶ The trainee returns to their home school and implements their three day training at their site.
- ▶ Prior to leaving the class the trainee will leave with a cutting board, chef knife, tomato corer, peering knife, salad spinner, and a cut resistant glove.
- ▶ The goal is that everyone will have the same tools needed for the job.
- ▶ The supervisor then follows up to watch the implementation, and coaching if needed.

Day One Goals- Receiving and Storage.

- ▶ Staff member will be able to receive produce.
 - ▶ Check for quality
 - ▶ Size/Grade
 - ▶ Temperature
 - ▶ Ripe and Ready
 - ▶ Proper storage
 - ▶ FIFO
 - ▶ Best by date

Nutrition Services Department

HACCP-Based SOPs

Receiving Deliveries

POLICY: Receiving food and supplies from your vendors requires more than simply taking boxes off a delivery truck. Nutrition Service Employees take the following steps to ensure that all food is received fresh and safe when it enters the food service operation and to transfer food to proper storage as quickly as possible.

DEFINITION: Receiving is the transfer of liability for goods from the vendor to the foodservice establishment.

NUTRITION SERVICES SITE INSPECTION: 2, 3, 4, 8, 9, 11, 24, 26, 28

SUPERVISOR SITE INSPECTION: 1, 2

PROCEDURE: Nutrition Service Employees who handle, prepare or serve food must follow the steps below:

General instructions:

1. Only accept deliveries if authorized to accept, reject and sign for deliveries, and have been trained in the *Receiving of Deliveries General Instructions* that include checking products for proper food temperatures, expired code dates, quality assessment, etc.
2. Plan ahead for shipments.



Receiving Produce



Storing Produce

Trainee fills out the What Went Wrong/Right activity sheet.



What Went Wrong? Video Viewing Guide and Activity



Instructions: After viewing each receiving, storing, preparing, and serving scene, write down all of the incorrect food safety practices identified on the video. If time permits, view the matching scene from "What Went Right?" videos after reviewing incorrect food safety practices.

After viewing each food defense scene, identify what could have been done differently to prevent the intentional contamination event.

Receiving Produce:

Storing Produce:

Preparing Produce 1:



What Went Right? Video Viewing Guide and Activity



Instructions: After viewing each scene, list all of the correct food safety practices identified on the video. These videos are intended to be shown after participants view the corresponding incorrect practices in the *What Went Wrong?* videos.

Receiving Produce:

Storing Produce:

Preparing Produce 1:



True or False

When storing produce all items should be located in the front of the walk in?

False

Melons, tomatoes, and kiwi are examples of fruit that would need will need to be stored at room temperature, to continue the ripening process. If you are receiving product that is not ripe and ready to use.

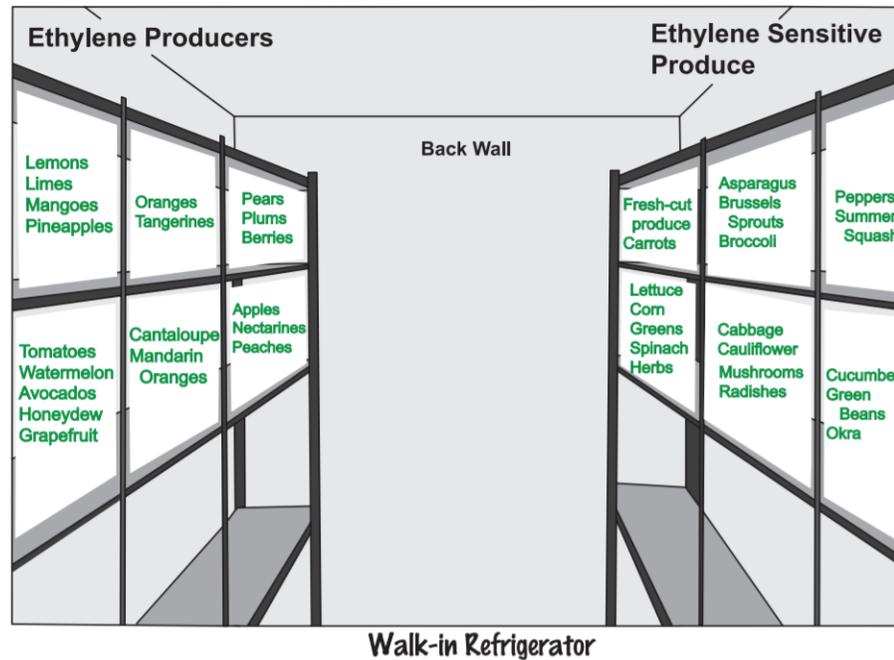
Cold temperatures will slow down or stop the ripening stages.

Great resources that we use and found on the following web sites

Kansas State University



This is one from



Day Two Goals-

- ▶ Washing Fruits and Vegetables
- ▶ Safe Knife Handling
- ▶ Using the proper equipment
- ▶ Mise en place

Washing Fruits and Vegetables

Showering vs Bathing



What standard do you follow?

Showering

- ▶ Fruits and Vegetables are placed in a colander.
- ▶ Items are showered.
- ▶ Dirt and toxins are washed down the drain.

Bathing

- ▶ Fruits and Vegetables are placed in a sanitized sink
- ▶ Sink is filled with water.
- ▶ Dirt and toxins are floating or sinking to the bottom of the sink.



Items should be showered with water.

Dirt and toxins will then go down the drain vs. contaminating the bath water.



Knife Safety Tips

Discussion on how to protect yourself and team members when using a knife.

Ten Safe Handling Hints for Knives

How to hold a blade and how to use it.

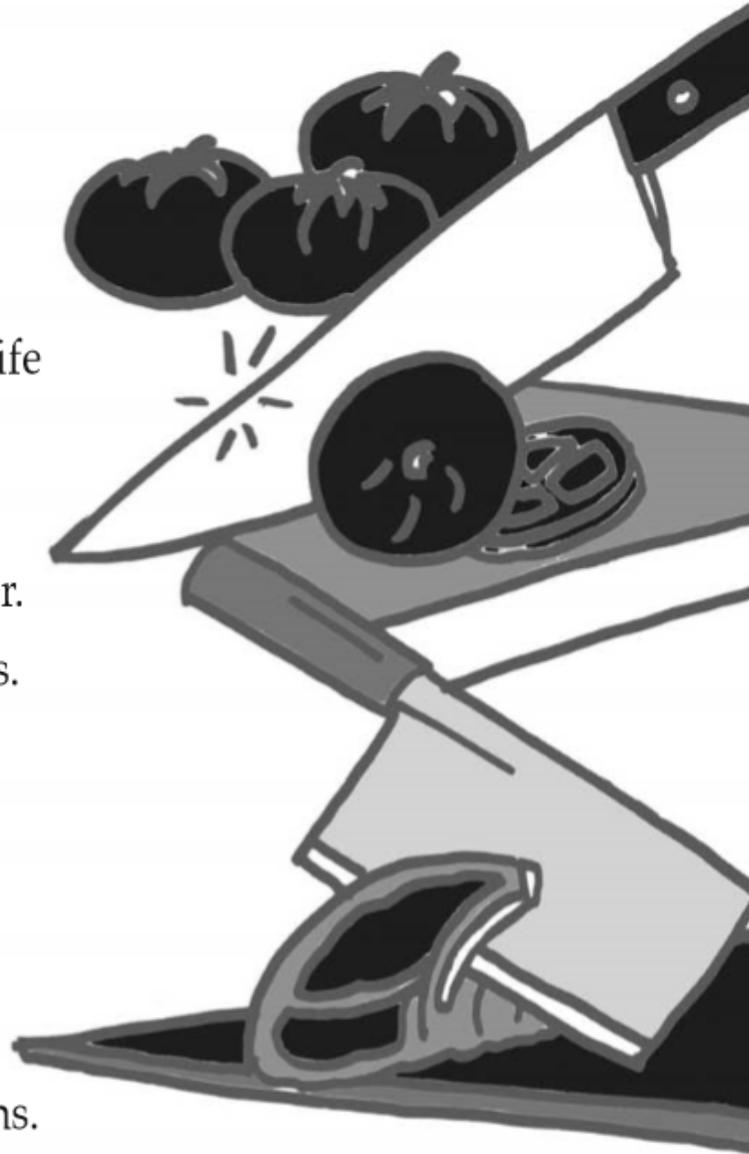
Proper Sanitation/ Storage

1st line of defense- A cut resistant glove worn during preparation.



- ▶ Team members are required to wear a cut resistant glove at all times when using a knife.
- ▶ By requiring a cut glove our district has noticed a decrease in work comp with lacerations.

1. Keep knives sharpened, and let other staff know when knives are newly-sharpened.
2. Never touch knife blades.
3. Use a knife only for its intended purpose; use the appropriate knife for the cutting job.
4. Place a damp cloth under a cutting board to prevent slipping of the board.
5. When interrupted, stop cutting and place knife down on a flat and secured surface. Never place knives near the edge of a countertop.
6. Never leave a knife soaking in a sink of water.
7. Let a falling knife fall. Step back, warn others. Do not try to catch the knife.
8. Carry knives with the cutting edge angled slightly away from your body.
9. To hand a knife to someone else, place it down on a clean surface and let the other person pick it up.
10. Store knives properly in racks or knife sheaths.



Focus on # 6 . Washing a knife

Correct

- ▶ Staff member using the knife, washes the knife.
- ▶ Hand wash all knives.
- ▶ Cut glove is worn when washing the blade.
- ▶ Store in designated location

In Correct

- ▶ Staff member leaves on the counter for someone else to clean.
- ▶ Staff member puts blade in a sink filled with water/soap.
- ▶ Staff member runs thru the dish machine.

Over time you will find that a dish machine will dull the blades. When placing in a dish rack the rocking back and forth will only damage the blade.

Cutting Boards -

Secure with a damp towel under cutting board. This will keep the cutting board from sliding around.



- ▶ Cleaning of Cutting Boards
- ▶ Hand wash / Sanitize/Dry
- ▶ Place in Dish machine/ Dry

Tools that the Nutrition Center uses for Tomatoes .



Tomato's are washed just prior to preparation.

Tomatoes are cored

Sliced

Diced



Make it a SOP of using the slicer and then dice the slices. You will have a uniform dice.

Cutting Green.



- ▶ Peel the outside leaves off
- ▶ Cut the tips off
- ▶ Keep in tack and cut from the base to the top twice
- ▶ Turn head to the side and chop 1 inch apart.
- ▶ Each piece will be square and manageable to eat.

Washing your greens



Once greens are cut, place in a colander and run cool water over greens. Using clean hands toss greens under the running water. Shut off water and let any excess water go down the drain. Place greens in the salad spinner and spin any water off the greens

Salad Spinner-



The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the slide, creating a modern, layered effect.

Store in an air tight container

Dated and labeled

Carrots / Shredded in a food processor

Our district has a robot coupe in each location and it has made jobs easier.



- ▶ We also use it for
 - ▶ Onions
 - ▶ Cucumbers
 - ▶ Celery
 - ▶ Peppers

Requirement to prep enough for 2 days.

- ▶ Team Member Shreds Carrots
 - ▶ Chop/Wash Romaine
 - ▶ Wash/ Core/ Slice/Dice Tomatoes
 - ▶ Drains Beans
 - ▶ Wash Spinach
- ▶ Hold in air tight containers with date labels.



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Putting in Place

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Mise en place is the term given for the word “preparation”.

Teaching staff that Mise en place makes a difference in the day. Possibly one hour of time can be save if all your mise in place is in order

Trainer to Trainee- Discussions on Salad bar expectations.



Handling Fresh Produce on Salad Bars*

Preparation and Set Up

- Use equipment with food shields or sneeze guards. In elementary schools, equipment with a solid barrier between the students and the food is recommended.**
- Consider offering pre-packaged or pre-portioned items for students in all grades. In elementary schools, pre-packaged or pre-portioned items are recommended for all self-service items.**
- Place a clean and sanitized utensil in each container on the salad bar. Consider replacing utensils at the beginning of each meal period.
- Label containers to identify foods and condiments.
- Use dispensers or single-use packages for salad dressings and other condiments.
- Set up the salad bar just prior to the meal period.
- Select container size so that food is used within one meal period.
- Provide individually wrapped eating utensils, or keep unwrapped utensils in containers with the handles up.

Temperature Control

- Verify that the temperature of equipment is at 41 °F or below before use.
- Check to be sure the bottom of the pan comes into contact with the ice or ice pack, when using them for temperature control.
- Chill foods to an internal temperature of 41 °F or below before placing on the salad bar.
- Check and record internal temperatures of each food item with a clean, sanitized, and calibrated thermometer before placing it on the salad bar. Check at least every two hours to verify that it remains at or below 41 °F.

Supervision

- Consider using a serving line with a solid food shield in elementary schools, allowing students to select items for assisted service rather than self-service. Employees place selected items on a plate or tray, then pass it over the food shield to students.**
- Monitor self-service salad bar in middle and high schools to ensure that students do not:
 - Touch food with bare hands.
 - Touch food with clothing or jewelry.
 - Cough, spit, or sneeze on food.
 - Use utensils in multiple containers.
 - Place foreign objects in food.
 - Place dropped food or utensils back into containers.
 - Use the same plate or tray on subsequent trips.
- Assist students with utensils, if needed.
- Avoid adding or layering freshly prepared food on top of food already on salad bars and self-service lines. Check with your state or local health department for regulations on replenishing food.



Handling Fresh Produce on Salad Bars, continued

- Use a clean cloth or towel dipped in sanitizing solution to wipe surfaces during and between meal periods. Store sanitizing solution away from salad bar.

Clean Up

- Remove food immediately after the last meal period.
- Cover, label, date, and refrigerate food remaining at the end of service if it will be served the following day.
- Discard food that may have been contaminated, either unintentionally or intentionally.
- Use chemical sprays only after all food has been removed.

Follow the Food Code for your local or state jurisdiction. Consult your school district's food safety plan for appropriate actions when temperature standards are not met. Ask your local health department if you have any questions.

*These best practices are based on the 2013 FDA Food Code. Follow the food code for your local or state jurisdiction. Consult with your local health department if you have any questions. <http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/ucm374275.htm>

**Memo SP 31-2013, Salad Bars in the National School Lunch Program
<http://www.fns.usda.gov/sites/default/files/SP31-2013os.pdf>

These best practices are consistent with ICN's Standard Operating Procedures for Holding Hot and Cold Time/Temperature for Safety Foods and Preventing Contamination at Food Bars.
<http://nfsml.org/documentlibraryfiles/PDF/20080213010741.pdf>
<http://nfsml.org/documentlibraryfiles/PDF/20080213011044.pdf>



For more information, please contact helpdesk@theicn.org.

Updated: 02/2016



Day Three Goals- Service and Presentation

What does your salad bar look like?



Clean and Fresh



Making sure the last customer has the same choices as the first customer.

The truth is sometimes it doesn't happen.

After 1st line



End of the day



Trainees will leave with the knowledge, techniques, and tools used for their job.

- ▶ Receiving
- ▶ Storage
- ▶ How to wash produce
- ▶ How to prep Produce
 - ▶ Chopping romaine -process
 - ▶ Using a shredder
 - ▶ Chef Knife
 - ▶ Tomato Corer
 - ▶ Tomato Slicer
- ▶ Once the trainee goes to their home location. Delivered just for them to use will be.
- ▶ Cutting Board
- ▶ Chef Knife
- ▶ Cut Glove
- ▶ It is specifically for that position and only that position.

In our years of doing this training
staff are all on the same page
and leave with a sense of TEAM

Create certificates and hand out at Managers Meetings-



Thank you for watching the Food Prep
Culinary Training.

Questions ?



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