

**Review the following guidelines to stay in compliance with all requirements.**

## **PREPARING and SERVING Fresh Garden Produce**

Delicious garden produce is often eaten raw so it's important to prepare raw fruits and vegetables with food safety in mind.

- Always wash hands before handling raw fruits and vegetables. Before the start of the garden lesson, all volunteers must wash their hands with warm water and soap even if they will not be handling produce.
- Rinse fresh fruits and vegetables under cool, running, clean tap water even if you don't eat the skin or rind.
- Never use soap, detergent, or bleach solutions to wash fruits and vegetables. These products are not meant for washing produce and may not be safe to ingest. They can also adversely affect the flavor.
- Be sure to wash your hands (as well as the knife and cutting surface) before preparing ready to eat produce. Avoid cross-contamination when preparing fruits and vegetables. Clean work surfaces, utensils, and hands before and after handling fruits and vegetables. Diluted household bleach (1 teaspoon in 4 cups of room temperature water) is safe and effective for sanitizing work surfaces.
- Never prepare any food at home or outside of school. All food must be prepared on site.

## **Food Handling and Allergy / Intolerance Guidelines:**

- **Work with school nurse to determine which students have known food concerns that will need special attention.**
  - a) Provide email and phone number contact info for the individuals that will require additional food selection
- **Email parents of children with any special food requirements one week prior to EACH lesson**
  - a) Review food sample being served
  - b) Read ingredient lists of food sample
  - c) Read ingredient list of replacement food (or review plan to omit, where applicable)
  - d) Receive a written response confirming the food decisions made
- **Classroom assistants and Garden Teacher**
  - a) Must read and understand Allergy Guidelines document
  - b) Review food ingredients, allergy foods and substitutions for each lesson
- **Docent substitutes (in case of absence)**
  - a) Substitute docents must review allergy policies and be able to recognize children w/ allergies

- **Prepare ALL food on campus**

- a) This is a district requirement and must be strictly followed. Do not prepare any foods at your home or off of the school campus.
- b) This policy reduces the chances of accidental cross contaminations- i.e. peanut/tree nut residue that may not intentionally or knowingly contaminate

- **Prepare replacement food first**

- a) Serve child with special food requirements before any other student
- b) Do not let this food come in contact with standard food sample

- **Tastings to be served prior to planting activities**

### **Some Examples of Common Food Allergies/Sensitivities (these are just a few!)**

**Dairy:** Casein or lactose, found in dairy products made from animals (cow, goat, etc.)

**Gluten Intolerance:** Gluten is contained in most grains such as wheat, oats, spelt, etc.

**Peanuts and Tree Nuts:** WILL NEVER BE USED IN A LESSON (If a product package says “processed in a facility that uses nuts” an allergy substitution is usually offered)

### **Some Examples of Dietary Preferences**

**Vegetarian** – Eats no animal meats such as fish, beef, poultry, pork

**Vegan** – Eats no animal meats AND no products made from animals (i.e. honey, dairy)

**Kosher** – Conforms to religious dietary laws