



Evanston/Skokie
School District 65
www.district65.net
Forward to Excellence

1500 McDaniel Avenue
Evanston, Illinois 60201-3976

Permission to Conduct School Garden Tasting

**Completed form must be submitted
to the Food and Nutrition Services Coordinator,
at least ten (10) days prior to scheduling any tasting.**

I/We, _____, agree to abide by the School Garden Tasting Procedures set forth by Evanston Skokie School District 65, when conducting a school garden tasting.

The School Garden Tasting Procedures are on the back of this permission form and can be obtained from the Department of Food and Nutrition Services website at www.district65.net/departments/foodservices or by contacting the FNS office at 847.859.8130.

School Garden Tasting Representative

Date: _____

Contact Phone Number

Contact Email Address

School Principal

Date: _____

Coordinator of Food and Nutrition Services

Date: _____



All produce harvested from the district's edible gardens and intended for student consumption, as a part of classroom education, will be washed and prepared according to the following procedures, after first completing the permission form:**

1. Review the contents of the school's produce prep kit, maintained by the Department of Food and Nutrition Services.
 - a. Basic prep kit contains at least the following items (checklist of items will be included), including a binder of the tasting procedures:

Item	Each
stainless prep bowl (8 qt)	4
vegetable peeler (Y peeler)	1
paring knife	1
10" slicing knife	1
cutting board (15" x 20")	2
colander (8 qt)	1
whisk	1
produce storage bin (18" x 26 x 9")	2
 - b. Prep kit will be purchased by individuals and/or groups that conduct a demonstration and/or tasting through Food and Nutrition Services, with a ten day lead time.
 - i. Contact the Department of Food and Nutrition Services for pricing, at 847.758.8130.
 - c. Only equipment from the prep kit will be used for demonstration and/or tasting.
 - d. Disposable gloves, biodegradable plates, plastic flatware and additional equipment may also be purchased through Food and Nutrition Services, with a ten day lead time.
 - e. Previously or other purchased equipment may be added to the prep kit, with prior approval from the Coordinator of Food and Nutrition Services.
 - i. Contact the Department of Food and Nutrition Services for approval, at 847.758.8130.
 - f. With school principal approval, individuals and/or groups that conduct tastings may purchase storage units for equipment and produce, such as a lockable cabinet and/or refrigerator.
 - i. When in use (containing produce from the district's edible gardens), a daily temperature log must be maintained and available for inspection, using Appendix A.
 - ii. When in use (containing produce from the district's edible gardens), the unit(s) will be washed, rinsed and sanitized on a weekly basis, according to Appendix B.
 1. Cleaning agents and sanitizer test strips will be supplied by the district.
2. Ingredients in the demonstration or tasting recipe will be disclosed prior to any food handling with students, staff and/or the public.
 - a. Principal or designee will identify students with food allergies prior to any food handling.
 - b. No food items will be prepared or stored in personal homes.
3. Wash hands both before and after demonstration and/or tasting, according to Appendix C.

- a. Wearing gloves during demonstration and/or tasting is *optional*. Change gloves as often as you would wash your hands.
4. Wash all produce to be used in demonstration and/or tasting, according to Appendix D.
 - a. Large stainless steel bowls are included in the prep kit for washing produce.
 - b. Potable water from a school sink must be used to wash all produce.
5. After demonstration and/or tasting, wash, rinse and sanitize the utilized equipment in the in the 3-compartment sink, according to Appendix E.
 - a. Cleaning agents and sanitizer test strips will be supplied by the district.
6. Return clean prep kits to the Food and Nutrition Services office for long term storage.
 - a. JEH Center, 1500 McDaniel Ave., 2nd Floor
 - b. If conducting tastings for several days in a row, the prep kit may, in the interim, be stored in the school's Food and Nutrition Services area.

** All produce harvested from the district's edible gardens and intended for public consumption will be subject to the board policy and approved procedures for community use of school facilities.

For more information: http://www.district65.net/Community/Facility_Rentals

Appendix B-Tasting



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1500 McDaniel Avenue
Evanston, Illinois 60201-3976
Phone - 847-859-8040
Fax – 847- 859-8707

Storage units that contain produce from the district's edible gardens shall be washed, rinsed and sanitized, according to the following procedures:

- Wash: with 120° water with detergent
- Rinse: with thoroughly clean water at 120°
- Sanitize: in at least 75° water with 50 ppm chlorine bleach

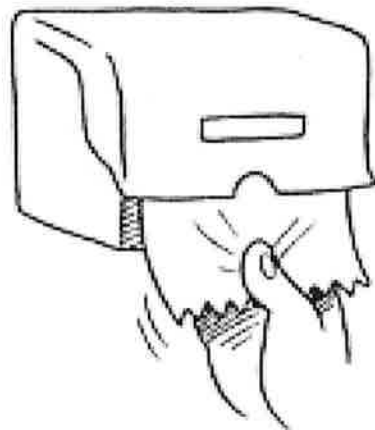
START →



1. Wet hands



6. Turn off taps with towel



5. Towel dry

HAND WASHING STEPS



2. Soap (20 seconds)



3. Scrub backs of hands, wrists, between fingers, under fingernails.



4. Rinse

Wash Your Hands

- Before food preparation
- Before putting on gloves
- After handling raw food, soiled utensils chemicals or garbage
- After eating, using tobacco or the toilet



Guide to Washing Fresh Produce

Fact Sheet No. 9.380

Food and Nutrition Series | Food Safety

by A. Zander and M. Bunning*

Fresh produce can harbor bacteria, fungi, and other microbes along with trace amounts of chemicals. Fortunately, there are steps you can take to help improve the safety of fruits and vegetables.

Steps to Limiting Bacterial Contaminants and Pesticides

Start clean. Cleanliness and safe produce go hand in hand. Before preparing fruits and vegetables, always wash your hands well with soap and water. Clean counter tops, cutting boards, and utensils with hot soapy water before peeling or cutting produce. Bacteria from the outside of raw produce can be transferred to the inside when it is being cut or peeled.

Buy local. Reducing transport time and distance can help limit the chances of contamination and bacterial growth. Produce that needs to be refrigerated at home should also be kept cool at the market. Cut melon and salad greens should be kept on ice at the market.

Limit quantities. Most fresh vegetables can only be stored for two to five days, although apples, onions, potatoes, and winter squash can last much longer at appropriate temperatures.

Wait to wash. Washing produce before storing may promote bacterial growth and speed up spoilage, so it is often recommended to wait and wash fruits and vegetables just before use. Generally, soil has been removed from fresh produce but if not and you chose to wash before storing, dry thoroughly with clean paper towels before storing.

Store safely. Produce that requires refrigeration can be stored in vegetable bins or on shelves above raw meats, poultry, or seafood to prevent cross contamination. Storing fresh produce in cloth produce bags



or perforated plastic bags will allow air to circulate. Do not keep cut, peeled or cooked fruits and vegetables at room temperature for more than two hours (one hour if the temperature is above 90F) and store in the refrigerator in covered containers.

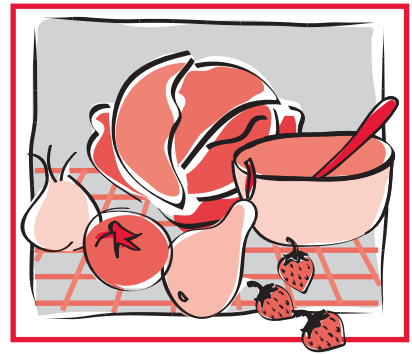
Trim well. Cut tops and the outer portions of celery, lettuce, cabbage, and other leafy vegetables that may be bruised and contain more dirt and pesticide residues.

Be diverse. Eat a wide variety of fruits and vegetables. This is not only nutritionally beneficial but may help limit exposure to any one type of pesticide residue.

Washing Fresh Produce

No washing method completely removes or kills all microbes which may be present on produce but studies have shown that thoroughly rinsing fresh produce under running water is an effective way to reduce the number of microorganisms. Washing fruits and vegetables not only helps remove dirt, bacteria, and stubborn garden pests, but it also helps remove residual pesticides.

Under running water, rub fruits and vegetables briskly with your hands to remove dirt and surface microorganisms. If immersing in water, a clean bowl is a better choice than the sink because the drain area often harbors microorganisms. Produce with



Quick Facts

- Fresh fruits and vegetables are an important and flavorful part of a healthful diet.
- Types of fresh produce vary widely, from root vegetables to delicate berries, and recommended methods of washing depend on the type and characteristics of the produce. To ensure produce safety and quality, consumers should handle and wash produce properly.
- Following these practical tips can help you safely enjoy the wide variety of fresh fruits and vegetables available in Colorado.

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*A. Zander, Extension Agent, Boulder County; M. Bunning, Extension food safety specialist and assistant professor, department of food science and human nutrition. 3/2010

Appendix D-Tasting

a hard rind or firm skin may be scrubbed with a vegetable brush. Wash water should be no more than 10 degrees colder than produce to prevent the entrance of microorganisms into the stem or blossom end of the produce.

Do not wash fruits and vegetables with detergent or bleach solutions. Many types of fresh produce are porous and could absorb these chemicals, changing their safety and taste.

Chemical rinses and other treatments for washing raw produce, usually called fruit and vegetable washes, are often advertised as the best way to keep fresh fruits and vegetables safe in the home. But are these washes effective? The FDA advises against using commercial produce washes because the safety of their residues has not been evaluated and their effectiveness has not been tested or standardized.

Leafy green vegetables. Separate and individually rinse the leaves of lettuce and other greens, discarding the outer leaves if torn and bruised. Leaves can be difficult to clean so immersing the leaves in a bowl of cold water for a few minutes helps loosen sand and dirt. Adding vinegar to the water (1/2 cup distilled white vinegar

per 1 cup water), followed by a clean water rinse, has been shown to reduce bacterial contamination but may affect texture and taste. After washing, blot dry with paper towels or use a salad spinner to remove excess moisture.

Apples, cucumbers and other firm produce. Wash well or peel to remove waxy preservative.

Root vegetables. Peel potatoes, carrots, turnips and other root vegetables, or clean them well with a firm scrub brush under lukewarm running water.

Melons. The rough, netted surfaces of some types of melon provide an excellent environment for microorganisms that can be transferred to the interior surfaces during cutting. To minimize the risk of cross contamination, use a vegetable brush and wash melons thoroughly under running water before peeling or slicing.

Hot peppers. When washing hot peppers, wear gloves and keep hands away from eyes and face.

Peaches, plums and other soft fruits. Wash under running water and dry with a paper towel.

Grapes, cherries and berries. Store unwashed until ready to use but separate

and discard spoiled or moldy fruit before storing to prevent the spread of spoilage organisms. Wash gently under cool running water right before use.

Mushrooms. Clean with a soft brush or wipe with a wet paper towel to remove dirt.

Herbs. Rinse by dipping and swishing in a bowl of cool water and dry with paper towels.

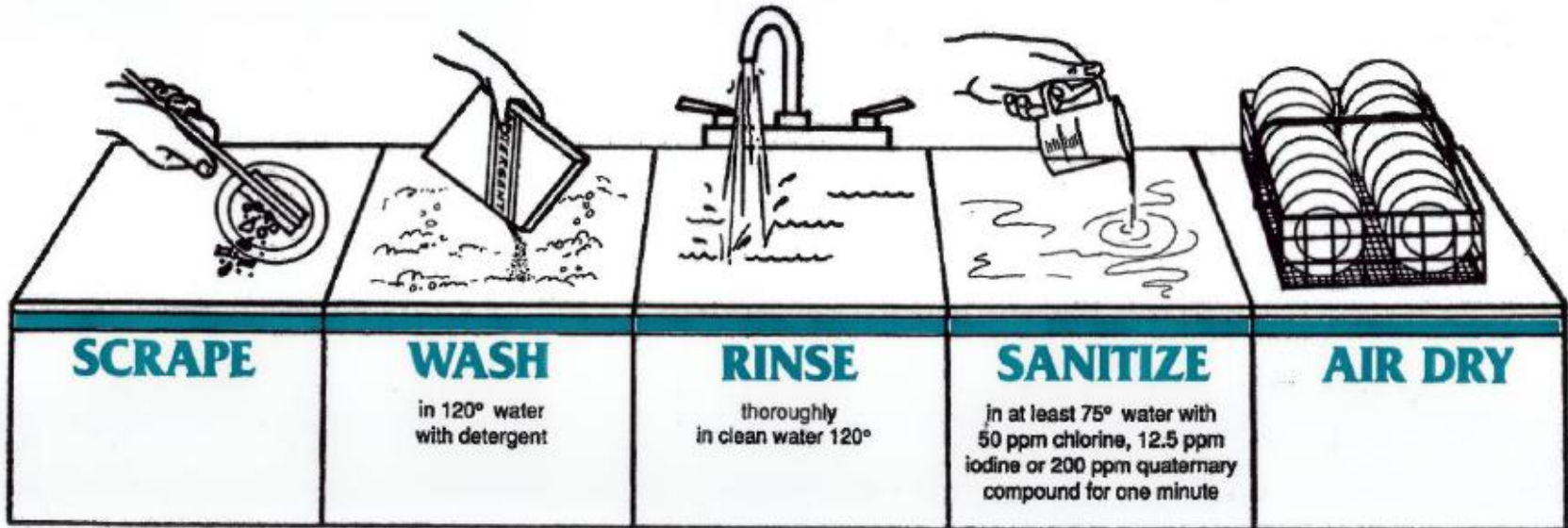
Resources

- FDA. 2009. Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices. U. S. Food and Drug Administration, www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299#prep
- Stolpa, D. 2008. Washing Fruits and Vegetables - Why and How. University of Minnesota Extension; www.extension.umn.edu/info-u/nutrition/BJ779.html
- 9.373. Health Benefits and Safe Handling of Salad Greens, www.ext.colostate.edu/pubs/foodnut/09373.html
- 9.369. Preventing E. coli from Garden to Plate, www.ext.colostate.edu/pubs/foodnut/09369.html



Evanston Health Department
Phone: (847) 866-4311
www.cityofevanston.org/health/

HAND DISHWASHING METHOD



Change water often.

Utensils cannot be sanitized unless they are properly cleaned.