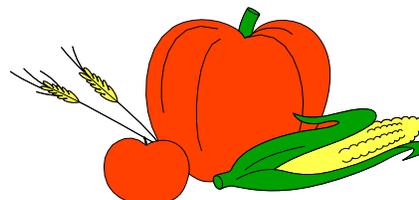


Increasing Fruits and Vegetables in Meals – A Plan for My School

Start with a plan. Once you've decided that increasing the use of fruits and vegetables in your meal program is doable and should be a priority, you'll need a plan that outlines the steps for translating your commitment into action. You can think about the steps as 5P's: purchasing, protecting, preparing, presenting, and promoting. These steps are interrelated and all are necessary. Only high quality, wholesome fruits and vegetables prepared carefully and presented attractively will entice students to select and eat them.

Directions: The table below lists several steps to help school nutrition personnel (SNP) increase fruits and vegetables in Child Nutrition Programs. Look at each and check YES if the procedure is in place in your operation. Check NO if the procedure is not in place. The table contains spaces for you to write in other steps that you think are appropriate for your school.



Purchasing

Lesson B: Purchasing and Protecting Fresh Fruits and Vegetables

YES/NO

___/___ Selected vendors have effective food safety programs in place.

___/___ SNP has specifications written for all fruit/vegetable products.

___/___ SNP determines what types of products and how much to purchase.

___/___ SNP purchase equipment, containers, utensils, and self-service packaging to make fruit/vegetables safe and inviting.

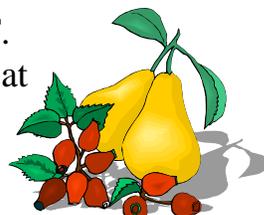
Other: _____

Protecting

Lesson B cont.: Purchasing and Protecting Fresh Fruits and Vegetables

YES/NO

- ___/___ SNP marks each item with the date it was received.
- ___/___ SNP uses a calibrated, accurate thermometer to take temperatures of potentially hazardous foods.
- ___/___ Refrigerated foods are received at or below 41 degrees F.
- ___/___ SNP rejects any potentially hazardous foods that are not at acceptable temperatures.
- ___/___ When receiving an order all products meet written order specifications.
- ___/___ SNP practice FIFO (First-In-First-Out) procedures for storage. Items are always labeled for date received.
- ___/___ Dry storage temperatures are between 50 to 70 degrees F.
- ___/___ Refrigerator temperatures are between 32 to 41 degrees F.
- ___/___ Freezer temperature is 0 degrees F. or below.
- ___/___ Refrigerator/freezer temperatures are checked and recorded twice a day.
- ___/___ SNP always store cooked and ready-to-eat foods above raw foods, never below.
- ___/___ SNP store all raw ready-to-eat fruits and vegetables above raw meats, poultry and seafood to prevent raw product juices from dripping onto food that will be eaten without further preparation.
- Other: _____



Preparing

Lesson C: Salad Bars – Preparation and Safety

YES/NO

- ___/___ SNP gain support of school administration, faculty, students, parents, custodial staff, and foodservice staff to ensure salad bar success.
- ___/___ A salad bar set-up is selected that is school appropriate based on the age groups served, preparation facilities, food safety and staffing.
- ___/___ The same menu planning principles are incorporated for the salad bar as for the regular serving line.

___/___ Reimbursable salad bar meals meet the same meal pattern requirement as other meals served.

___/___ Salad bar equipment, utensils, containers, and pre-packaging is selected based on school specific needs.

___/___ SNP completes a salad bar production record every day.

___/___ SNP follows food safety and sanitation principles when operating a salad bar.

___/___ SNP encourages students to follow salad bar etiquette.

Lesson D: Preparing Fruits and Vegetables for Quality

YES/NO

___/___ SNP separate raw products from cooked and/or ready-to-eat products during preparation.

___/___ SNP cook foods to the recommended minimum end-point temperatures or higher.

___/___ SNP use batch cooking (preparing as needed) to reduce holding time of food.

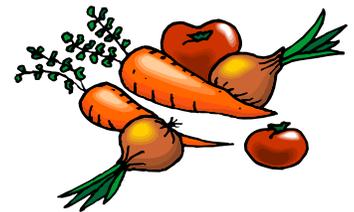
___/___ SNP cook fruits and vegetables for hot holding to at least 140 degrees F.

___/___ SNP never mix new product with old product.

___/___ After preparation, cold foods are held at 41 degrees F. or below.

___/___ Potentially hazardous foods may be held between 41 degrees F. and 140 degrees F. for no longer than a total of 4 hours. After 4 hours the product must be discarded.

Other: _____



Presenting

Lesson E: Focusing on Presentation and Service

YES/NO

___/___ SNP place fruits and vegetables at the beginning of the service line.

___/___ SNP attractively displays fruits and vegetables for the service line.

___/___ Signage is placed appropriately for students to follow.

___/___ Salad bar sneeze guard is at appropriate height for customers.

___/___ SNP does not touch ready-to-eat food with bare hands.

____/____ SNP wears plastic gloves and has minimal direct contact with food.

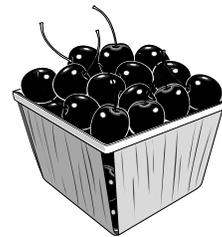
____/____ SNP change gloves when they become soiled or torn, before beginning a different task, and at least every two hours, or more often, if necessary, during continual use.

____/____ Jazzy menu names are used to entice customers.

____/____ Students are treated as #1 customer.

____/____ A pleasant eating environment is provided and colorful cafeteria decorations are used.

Other: _____



Promoting

Lesson F: Promoting Fruits and Vegetables

YES/NO

____/____ Menus use descriptive words such as “crisp”, “green”, “tangy” to appeal to students’ appetites.

____/____ SNP enlists the help of parents, students, teachers and/or community members to help them promote fruits and vegetables.

____/____ SNP plan and carry out fun activities for students to generate excitement and positive feed back about fruits and vegetables offered at school as part of meals and snacks.

