

September 9th, 2017

Produce Handling Training Workshop

LIVE WELL COMMUNITY MARKET PROGRAM



LIVE WELL
SAN DIEGO
COMMUNITY
MARKET
PROGRAM

UC San Diego
SCHOOL OF MEDICINE

Center for
Community Health



WWW.UCSDCOMMUNITYHEALTH.ORG

Intros



AFRICAN CARIBBEAN MARKET
LOCAL & IMPORTED FOODS & GROCERIES
WE ACCEPT EBT-ATM (619) 229-0000

1. Your Name & Market Name
2. Market Location
3. Describe Your Produce Section
(e.g. big/small, back/front of market,
special produce products?)



Agenda Overview

1. *Live Well Community Market Program*
2. Produce Handling & Storage Techniques
3. --Break--
4. Produce Display Techniques
5. Q & A, Closing



Live Well Community Market Program

Improve & promote access to healthy affordable foods by working with small neighborhood markets.



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Produce Handling and Storage

- FIFO
- Checking Quality & Ripening
- Ethylene Exposure
- Dry vs. Wet Storage
-
- Produce Rotation



FIFO: First In, First Out

- Label/code boxes when they arrive to track freshness & determine what to display
- First produce to arrive should be first to put on display
- What are exceptions to this rule?



Dry

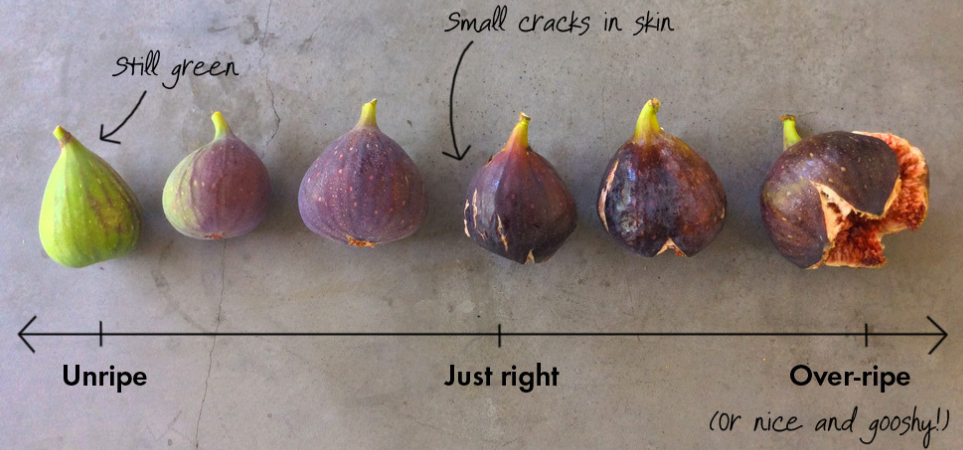
- avocados
- potatoes
- bananas
- apples
- limes
- lemons
- onions
- garlic

Wet

- lettuce
- cilantro
- carrots
- cut herbs
- grapes
- berries
- mango
- broccoli

Checking for Quality & Ripening

Ripeness Scale: Black Mission Figs



texture

appearance

color

Don't Put These Next to These...

*Tip: Check your folder for a full list of
ethylene producing and sensitive fruits
and vegetables.*



Ethylene Exposure



Produce Rotation

Step 1

Remove damaged or spoiled produce

This means produce you wouldn't buy yourself.

Step 2

Keep produce display full and organized

Avoid stacking delicate produce too high!

Step 3

Restock throughout the day as needed

Remember, nobody wants the last lonely banana...

***But wait, where do I put
tomatoes?***

Pop Quiz & Ask an Expert Time

Stretch Break!

10 minutes



Produce Display

- Presentation
- Pricing Display
- Secondary Use



Presentation



Are Your Price Signs Up and Accurate?

Tip: We have more price signs and clips for you today!



Price
Product Variety
Price Per Unit (ea or lb)
Special Features

Activity: Give it a try!
Arrange a Display

Practice & Ask an Expert Time





QUESTIONS?

Thank You!

Stay in Touch!

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