



Webinar: Food Safety in the School Garden

Thursday, May 14, 2020 | 3:15-4:15 PM EDT

But first,
a bit of
housekeeping:



Webinar is being recorded – will be available on the Mass. Farm to School website



We will be sharing resources through the chat feature and again via email after the webinar concludes.



Q&A will be available through the chat & hand raise functions. You can submit questions via chat at any time throughout the webinar.



Please do not turn on your microphone or video until the Q&A

Mass. Farm to School

Helping you make farm to school a reality for every student in Massachusetts

- Tools for Schools & Advocates
- Individualized Tech Assistance
- Professional Learning Opportunities

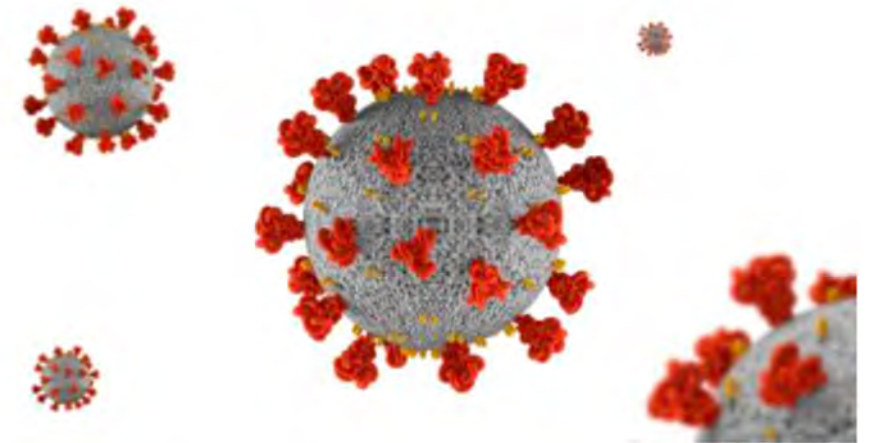
Visit us online at

www.massfarmtoschool.org



Addendum #1: COVID-19

- Respiratory illness primarily spread through direct person to person contact via respiratory droplets
- Also spreads indirectly through contact with surfaces that an infected person has coughed or sneezed on
- Can survive on surfaces for up to 3 days, longer or less depending on the material
- Not a considered a foodborne pathogen



Detailed COVID-19 Resources for School/Community Gardens

Guides & Compilations

- [COVID-19 Guidelines & Infographic For Safe Community Gardening \(VT FEED\)](#) - These guidelines are based on current information we have on the COVID-19 virus (as of March 24, 2020), as well as creative thinking from community gardeners from across the country.
- [COVID-19 Guidelines for Safe Community Gardening](#) This document was created by Hannah Traggis and circulated through several knowledgeable groups for feedback and editing. Compilation of pandemic advice for community gardeners, includes science-based updates on the virus and tips on how to harvest, share tools, swap seeds and manage workflow.
- [SGSO School Garden Access, Care, Harvest/Distribution During COVID-19 \(Resource Compilation\)](#).
- [More SGSO Network COVID-19 resources to support school gardens during school closures](#)

Webinar Archives

- [April 22nd SGSO Garden Care and Management during COVID-19 Virtual Gathering](#) - Mini presentations of school gardens' responses to COVID. Includes: Safe garden use/harvest protocol, Navigating local city/county district policies for access to school gardens, How to share garden produce, vegetable starts, etc.
- [April 6th Best Practices for Community Gardens During COVID-19 – Webinar Recording \(Cultivating Success Idaho\)](#) - Best practices for keeping produce safe and preventing spread of Sars-CoV-2, the virus that causes COVID-19, in community garden environments. Discusses policies that should be put into place, cleaning and sanitization practices, and health and hygiene. [[Download the presentation slides.](#)]

Some Considerations

- Opening up garden to volunteers and families complicates things
- All standard advice applies (distancing, face coverings, sanitizing, etc)
- What prep can I do now to limit regular summer/fall maintenance?
 - Drip irrigation or mulching
- Summer crop planning - late season, single harvest crops that have flexible harvest window (popping corn, squash, dry beans, etc)
- Install handwashing station (DIY can be fine)

How to build portable hand washing station

University of Minnesota Extension

DIY HANDWASHING STATIONS



no frills – all the function

You likely have many of these items on hand, but if not, it would cost roughly \$32 to create a compliant handwashing station

- Jug (7-gallon) with open/close valve: \$15
- Paper towels: \$5
- Soap: \$3
- Catch: 5-gallon bucket: \$4
- Bungee cords: \$5

Also needed

- Trash receptacle, ideally with hands-free lid
- Water that is free from detectable E.coli
- Surface for it to sit on – truck bed works, too



University of Montana Extension

- <https://www.youtube.com/watch?v=SMA50Ta3PnU>
 - [Download Building Instructions](#)

Disinfecting Shared Tools (if you *must* share)

- Guidance in the following resources:
 - [COVID-19 Guidelines & Infographic For Safe Community Gardening \(VT FEED\)](#)
These guidelines are based on current information we have on the COVID-19 virus (as of March 24, 2020), as well as creative thinking from community gardeners from across the country.
 - [COVID-19 Guidelines for Safe Community Gardening](#) (Managed by Hannah Traggis, Wareham Community Gardens). Compilation of pandemic advice for community gardeners, includes science-based updates on the virus and tips on how to harvest, share tools, swap seeds and manage workflow.



Addendum #2: Allergies in the Garden

- Check and coordinate with school nurse – allergen list
 - Ask for a list of students with known food allergies, stinging insect allergy, or other plant sensitivities.
 - Prior to any garden tastings
- Crop planning for allergen-friendly garden
- Teach students to always ask permission before tasting anything growing in the garden
- Keep first aid kit and cell phone handy in the garden
- Lots more tips here:
https://annarborfarmtoschool.weebly.com/uploads/3/7/8/3/37831373/allergy_safety_in_aaps_school_gardens.pdf

Massachusetts Farm to School Network

The Massachusetts Farm to School Network provides statewide leadership to align, strengthen, and grow the farm to school movement across classrooms, cafeterias, and communities.

Education | Supply Chain | Policy | Comm. & Engagement





Introducing the Edu
Working Group Co-
Chairs!

- Hope Guardenier, *Executive Director for School Sprouts*
- Calin Duke, *Farm to School Manager for Sustainable Nantucket*
- Dawn Lovejoy, *Nutrition Educator for UMass Extension*

Education Working Group

The purpose of the Education Working Group is to integrate garden, farm, and food-based education statewide through promotion of best practices and support throughout whole school communities.





N° 30
VILMORIN-ANDRIEUX & C^{ie}
117, rue de la Harpe
PARIS

1. Carotte de Guennecy.
2. Fraises (St. Maurice).
3. Radis de Cay-Maximé.
4. Radis 1/2 long violet à bout blanc.
5. Melon Cantaloup d'Algier.
6. Tomate rouge grosse lisse.

1. Pois de Guennecy; half long, or hollow-corned.
2. Strawberry (St. Maurice).
3. Bean, Marbled Gage.
4. Radish, purple stem beyond white-capped.
5. Cantaloup Melon (Algier).
6. Tomato Large red smooth.

FOOD SAFETY IN THE
SCHOOL GARDENS
BEST PRACTICES
REGARDLESS OF THE
TIMES WE ARE IN

Best Practices around food safety in the school garden



Does your community have policies and regulations in place around a school gardens?

Check with your local public health dept, school district, and/or your food service director for Good Agricultural Practices (GAP).

All of this should be in place before having a garden. Is the garden already there and you're taking over? Check because policies and regulations can change

Develop Common Rules

If already in place
make sure everyone
is familiar

Do they reflect what
the school garden
needs now? Should
there be changes?



Four Steps:

- Composting
- Harvesting safely
- Food prep in the garden
- Clean up

Composting



- The best practice is to put the bin as far from the garden as possible, downhill.
- Additionally, use a long-stemmed thermometer to check that compost has been over 130° F for at least 5 days before using in the garden.
- If the compost is already in use, create barriers to keep the contents from getting into the garden until they are ready, with careful attention to flooding
- Avoid using manure – there are simply too many risks

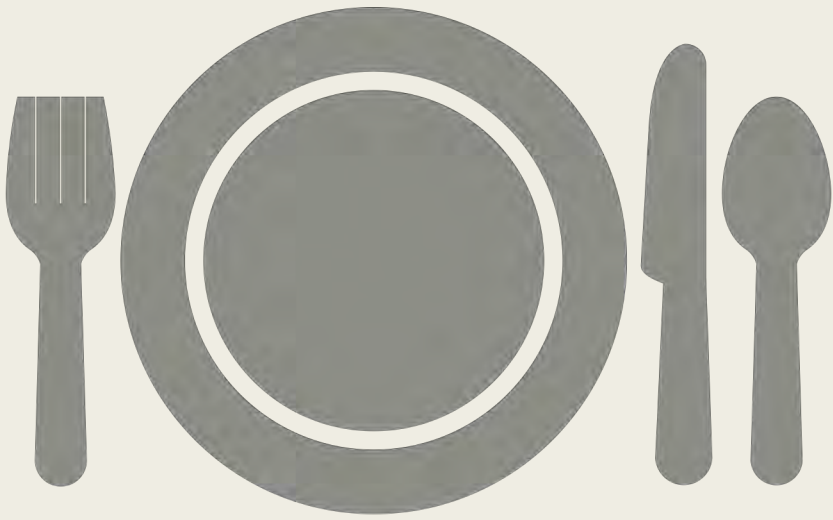
Harvesting

- Pests, pets, and pesticides
- Clean tools and, if possible, dedicate to garden
- Do not use tools that have mixed compost with harvested produce
- Wash hands before and after harvesting
- Use food safe containers to harvest
- Use clean gloves to harvest that have not come in contact with compost
- Wash produce before eating



FOOD SAFETY IN THE GARDEN

Minimize Risk



Four Key Factors:

- Clean
- Separate
- Cook
- Chill



Clean:



- Wash your hands and surfaces often.
- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables under running water.

Separate: Don't cross-contaminate



- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.
- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.

Cook:



- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.
- Use a food thermometer to ensure foods are cooked to a safe internal temperature.
- 145° F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
- 160° F for ground meats, such as beef and pork
- 165° F for all poultry, including ground chicken and turkey
- 165° F for leftovers and casseroles
- 145° F for fresh ham (raw)
- 145° F for fin fish or cook until flesh is opaque

Chill:



- Bacteria can multiply rapidly if left at room temperature or in the “Danger Zone” between 40° F and 140° F. Never leave perishable food out for more than 2 hours (or 1 hour if it’s hotter than 90° F outside).



PREPARING,
COOKING,
AND SERVING
FOOD IN THE
GARDEN

Preparing, Cooking, and Serving Food in the Garden

- Hand washing station
- Food prep site
- Sanitizing materials
- Cooler with ice
- Food safe hose or keep potable water on site
- Have ample supplies



Sanitizing Food Prep + Vege Clean-up

- Dedicate an area for hand washing and a food prep site.
- Everyone wears gloves who is part of food production;
- Food safe hose and/or potable water;
- Sanitize before prep/cooking (1 teaspoon bleach in 4 cups of water).
- Allow surfaces and utensils to air dry
- Wash hands, utensils, and cutting surfaces prior to using
- Have a cooler on hand for unused produce
- Do not use produce if it has been at room temperature for two hours or one hour if over 90 deg.'s

Keep on site
or always
have
available

- Folding table;
- Colander and food safe hose for washing produce;
- Develop a food prep area
- Gloves
- Hand sanitizer
- Paper towels
- Allow water from hose to run before using

Resources:

All of this information will be provided by Massachusetts Farm to School. Keep a look out and thanks for joining us!

- <https://www.cdc.gov/foodsafety/foodborne-germs.html>
- <https://www.fns.usda.gov/cfs/implementing-farm-school-activities-food-safety>
- http://www.umass.edu/safefoodfarm2kid/?_ga=2.54363809.844730084.1587987294-919868005.1586266316
- <http://massmastergardeners.org/soil-test/>
- <https://ag.umass.edu/services/soil-plant-nutrient-testing-laboratory>
- <https://www.lifelab.org/for-educators/schoolgardens/>
- <https://source.colostate.edu/master-gardener-tips-caring-garden-tools/>