# 50 FRESH + 50 CLEAN, CLEAN...

### FARM & FOOD SAFETY 101

Updated March, 2023



# GET OUR BRAINS GOING WITH:

WORD ASSOCIATIONS!



# REQUIRE



## PRODUCE



### CONTAMINATION



# HANDLING



# SANITIZE



### AMENDMENT





NOW, WHY IS
FOOD SAFETY
IMPORTANT?



# FOOD SAFETY FOOD JUSTICE







 Food justice means showing up for our community every day with safety and love in mind and in our hands as we care for, harvest, pack, and sell food



- Our farm makes Bridgeport-grown vegetables that our neighbors have asked for.
- Our food is grown with organic practices in an effort to produce healthy soil full of life and, in turn, nutrient rich products.
- Our produce are accessible, affordable, and easy-to-find in a farm that cares about youth, education, leadership, and uprooting racism.
- What we create together is special, but does not matter if we make people sick from lack of care.





WATCH THIS VIDEO



- CDC (Centers for Disease Control & Prevention) estimates that each year roughly 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases.
- Almost every foodborne illness is preventable with safe harvesting, handling, packaging and sales practices.





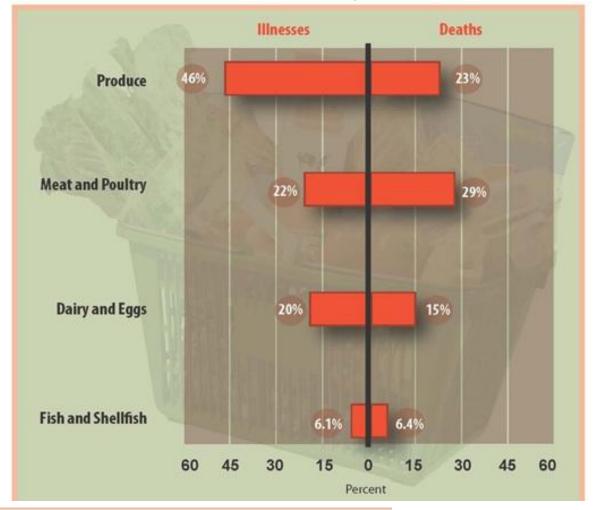
- Even one person getting sick from your produce is one too many.
- The Safety, Integrity, and Reputation of our Farm rest on you and your decisions when handling food and tools



 It is important to remember that your food can feed little children and older adults who may not have immune systems as strong as ours



While meat and poultry are the most deadly sources of food contamination, Produce is the most common and widespread



#### SALMONELLA



- The most common way for salmonella to pass is through unwashed hands touching food
- Contaminated foods usually look and smell normal
- **Symptoms** of salmonellosis include diarrhea, fever, and abdominal cramps. They develop 12 to 72 hours after infection, and the illness usually lasts 4 to 7 days.
- Most people recover without treatment -But diarrhea and dehydration may be so severe that it is necessary to go to the hospital
- Older adults, infants, and those who have impaired immune systems are at highest risk.
- In some cases, patients develop reactive **arthritis** to the salmonella bacterium and some develop chronic arthritis as a result

### E. COLI



- Escherichia coli (known as E. coli) is a group of bacteria that **typically lives in the intestines of humans and animals** and helps keep our guts healthy
- The CDC estimates that 265,000 Americans are infected with STEC (Shiga-toxin-producing *E. coli*) per year, resulting in about 3,600 hospitalizations and 30 deaths
- **85% of e.coli infections come from food.** Fresh produce may be contaminated with the bacteria if it enters the water source, such as with the 2018 outbreak of *E. coli* on romaine lettuce.
- Infection can also occur after **not carefully washing hands** that have come in contact with animals, people, or surfaces that have been exposed to the harmful bacteria.
- *E. coli* is also responsible for about **90 percent of urinary tract infections (UTI)**, according to UCSF. Symptoms of a UTI include a strong urge to urinate, a burning sensation when urinating and cloudy or strong-smelling urine
- *E.coli* symptoms typically **appear about one to eight days** after consuming contaminated food





- Norovirus occurs for 1-3 days and symptoms include intense chills, headache, muscle ache, vomiting, diarrhea and stomach cramps
- Norovirus passes from person to person when someone touches a contaminated surface then touches their mouth, nose or eyes
- Someone can carry the virus in their **feces**, **saliva and other bodily fluids** and transfer it to other surfaces for **up to one week** after symptoms have passed
- Food workers and food handlers like us are cautioned to stay home for 72 hours after the last of symptoms have passed
- Chipotles in California and Boston were shut down the year before last from making over 60 people sick with norovirus, norovirus, and e.coli due to lax hand washing

**WATCH THIS VIDEO** til minute 3:00





- According the Centers for Disease Control it may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.
- While it is very low risk that the virus can survive on contaminated food it is important to remember how closely our team works to one another and our community

### Small supply chains mean fewer hands, which is safer - let's make it the safest!

 Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets - which is why in addition to the food safety tips you learn today we will always keep our masks on while washing and packing the produce as well as maintain social distancing and regularly sanitizing frequently touched surfaces.

### TOPICS TODAY!!



### **Traceability**

Good Agricultural Practices (GAP)



### Farm Protocol / Team Culture

Food Safety Plan Documentation

- Incident Reports
  - 2. Illness
  - 3. Injury
  - 4. Hygiene
  - 5. Clean Ups



Daily Reports
Teams
Tools & Materials

Harvest/Wash/Sale Protocol
Cold Chain

Point of Sale Safety

### TOPICS TODAY!!



# Traceability Good Agricultural Practices (GAP)

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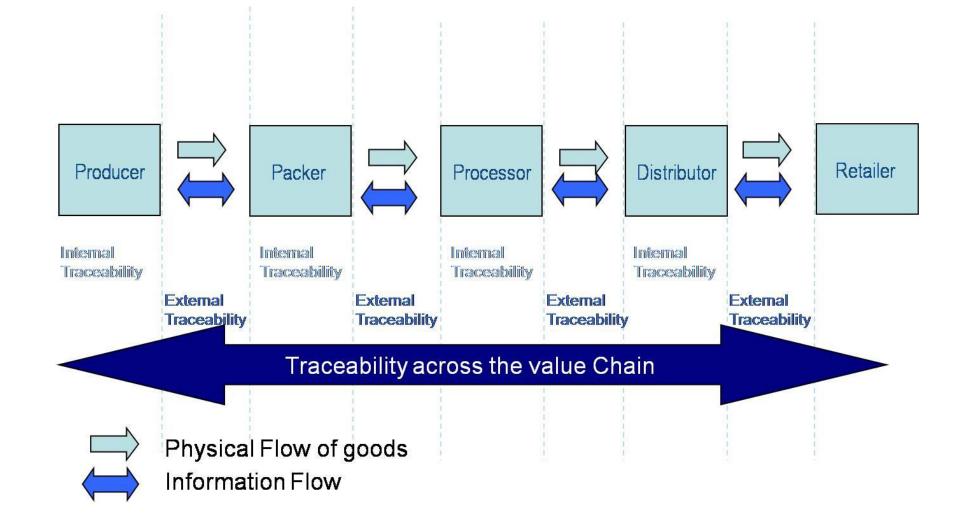


What is traceability?

Traceability is the quality of having an origin or course of development that may be found or followed.

"We should push for full traceability of vegetables from seed to plate to ensure that all produce sold from our farm is safe"





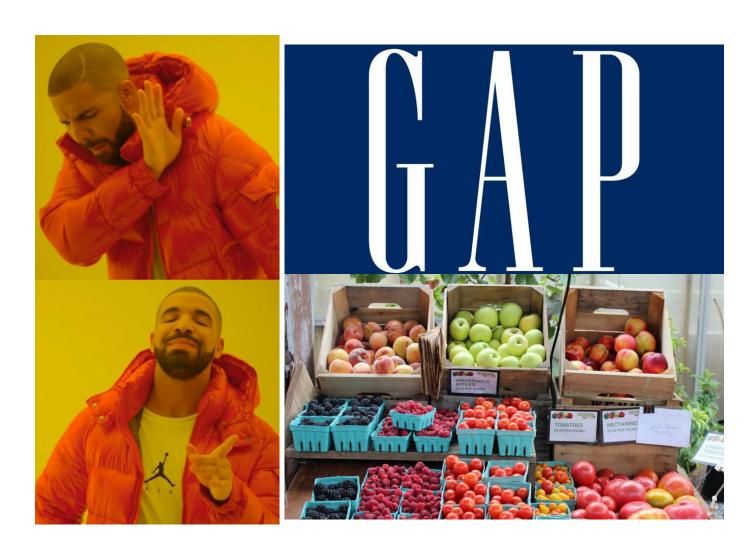


Traceability keeps our team and team culture accountable, our neighbors and customers healthy, and our farm safe!



### GOOD AGRICULTURAL PRACTICES (GAP)







### GOOD AGRICULTURAL PRACTICES (GAP)

USDA definition: "Good Agricultural Practices (GAP) ... are voluntary audits that verify that fruits and vegetables are produced, packed, handled, and stored as safely as possible to minimize risks of microbial food safety hazards."

While this program is currently voluntary, regional and local municipalities are working to close food safety loopholes to prevent foodborne illness outbreaks!

Smart farmers are ahead of the curve & care about their community safety by taking on GAP!

# HOW DO WE USE GAP AT THE FARM?



### Farm Protocol / Team Culture

Food Safety Plan Documentation

- Incident Reports
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#### Sales

Daily Reporting
Field Checks
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### FARM PROTOCOL/TEAM CULTURE



### Safe & Healthy Farmers Markets begin with a Safe & Healthy Farm Team!



This presentation is being made in Spring 2020 before we have updated pictures for COVID-19 farming practices on RCF!

#### FOOD SAFETY PLAN



The Russian saying goes, "the fish rots from the head."



Food contamination issues often begin with poor leadership

Creating a food safety plan that you care about and train your team on is **invaluable** in creating a Culture of Care that extends from your farm to your farm stand and customers homes.

#### FOOD SAFETY PLAN



Create **Documentation** that allows you to look back and see the conditions of your farm and crew on a day-by-day basis.





Auditors and customers want to know how you monitor sickness, accidents, injury, and plant health.

# FOOD SAFETY PLAN HOW DOES GVI MONITOR ISSUES?



- Daily Sheets
- → Incident Reports
- → Red Safety Binder
  - → Harvest Logs
  - → Donation Logs
- Bathroom Cleaning Logs
  - → Coolbox Cleaning Logs
    - → Volunteer Logs
    - Meeting Notes

### FOOD SAFETY PLAN HOW DOES GVI MONITOR ISSUES?



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    - Meeting Notes



#### WHY DO WE HAVE TO KEEP SUCH CAREFUL RECORDS OF DAILY FARM WORK AND FOOD PREP?

Remember from earlier:

TRACEABILITY

PLUS, WE CAN ALSO GET AUDITED!

Officials from the Health Department from the city of Bridgeport or the state of CT can come to the farm and ask for our records to trace an illness in our community or check to see if we are following food safety measures!

### FOOD SAFETY PLAN HOW DOES GVI MONITOR ISSUES Green Village Initiative

# INCIDENT REPORTS

#### INCIDENT REPORTS



- •Any serious <u>animal or human activity on the farm that is/</u> could be <u>unsafe</u> for our team or our produce
- If I or a team member am feeling <u>sick</u>
- Any produce, container, tool that has come in <u>contact</u> <u>with bodily fluids</u>
- Any <u>spill or contamination</u> with gas, pesticides, chemicals or glass

#### HOW DO WE REPORT?



- •Immediately tell a supervisor or person in leadership so that they can take care of the Incident if you are unable to
- Write the Incident on the Incident Report in the Safety Binder
- a. Seal envelope with date
- b. Put envelope in front of the Safety Binder in the pocket
- c. Write on the Whiteboard that incident Report has been filed so staff knows!

#### INCIDENT REPORT

PART 1: YOUR INFORMATION



#### RESERVOIR COMMUNITY FARM INCIDENT REPORT

Name:		Phone Number:			
Address:		GVI AmeriCorps Member  Board Member			
		M or PM)  Location: (Be as specific as possible)			
Name (first & last)	Relationship to (e.g. employee, youth into		Address	Telephone Number	
DID THE INCIDENT INVOLVE ANY OF	THE FOLLOWING? CHECK	ALL THAT APPLY:	V-22		
☐ Wild animal(s) ☐ Verbal abuse	☐ Physical safety thre		☐ Blood, saliva, bodily fluids ☐ Known or suspected food		

#### INCIDENT REPORT



#### RESERVOIR COMMUNITY FARM INCIDENT REPORT

ART 3: INCIDENT DESCR			
	person [Instead of, "I walked to the gate," write "Name	e walked to the gate,"] prov	ide all relevant information,
d write legibly)			
DT 4: WITNESSES TO IN	CIDENT (Do not list arrange named in description of	f incident as a witness)	
KI 4. WIINESSES IO IN	ICIDENT (Do not list anyone named in description of	i incident as a witness)	
	TS IS		8
	Polationship to Form		1
Name (first & last)	Relationship to Farm	Address	Telephone Number
Name (first & last)	Relationship to Farm (e.g. employee, youth intern, volunteer)	Address	Telephone Number
Name (first & last)		Address	Telephone Number
Name (first & last)		Address	Telephone Number
Name (first & last)		Address	Telephone Number
		Address	Telephone Number
Name (first & last)  RT 5: SIGNATURE		Address	Telephone Number
RT 5: SIGNATURE	(e.g. employee, youth intern, volunteer)	Address	Telephone Number
RT 5: SIGNATURE		Address	Telephone Number

### FOOD SAFETY PLAN HOW DOES GVI MONITOR 155VES, Green Village Initiative

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TLLWESS



## WHAT DOES SICKNESS LOOK LIKE?

Major Food Safety Signs: Fever, Vomiting, Diarrhea, Jaundice

Major COVID19 Signs: Chills, Body Aches, Coughing, Sore throat



# CAN I HANDLE PRODUCE FOR THE FARM IF I FEEL SICK?





 Report your illness immediately, record on the Daily Sheet if you are leaving early for illness and fill out an Incident Report if you may have touched food or harvesting, washing, packing materials





#### What is the best way to sneeze?

Into your elbow, away from food, packaging or tools

Always blow and pick your nose in the bathrooms with tissue and wash your hands, wrists, and arms THOROUGHLY afterward

•What should I do if I or a team member have a fever or have vomiting, diarrhea or am pale/yellowish?

Immediately report this to a person in a position of leadership on our farm site and follow illness protocol:

Record in Daily Sheet if you are leaving early and tell staff what you touched and symptoms so they can file and Incident report

#### FOOD SAFETY PLAN HOW DOES GVI MONITOR ISSUES?



3. ZWJVRY





What can "injury" look like?

Cuts, Bruises, Sudden Pain...

What should I do if I am hurt on site?

Immediately report this to staff on site. Clean the wound, use first aid and rest. Fill out **Incident Report** for known of suspected food contamination.

Where is your First Aid Kit located?

Always have a stocked First Aid kit on site & EVERYONE, even visitors, should know where it is located:)

#### FOOD SAFETY PLAN HOW DOES GVI MONITOR 155UES?







### WHAT PARTS OF OUR BODIES TOUCH THE PRODUCE THE MOST?

**Our hands & arms** 

WHAT PARTS GET CLOSE TO PRODUCE AT THE WASH STATION AND FARMSTAND?

**Our torso** 

### PROPER HAND WASHINGE Initiative

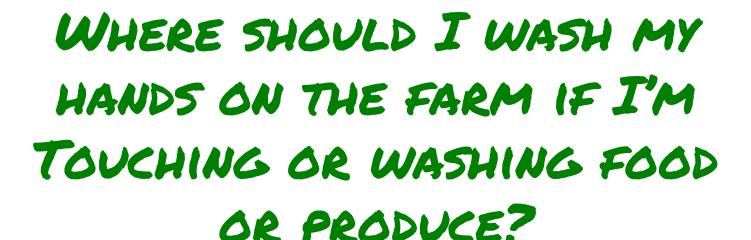
#### What does proper hand washing look like?

Wet hands, wrists, forearms and elbows, Lather the wet areas for 20 seconds, especially between fingers and backs of hands, rinse off with warm water, dry with a paper towel, Turn off faucet with paper towel

#### Wear "reasonably clean clothes"

Clothes that have been recently washed, are not caked in soil, mud or manure. Clothes that do not have bodily fluids on them.

 Do not let harvest gloves, farm stand aprons, clothes or unwashed hands touch produce after it has been washed





At the outside wash sink in front of the shed!

#### WHY?

If you wash your hands in the restroom, you have to touch the light switch and door handles on your way out before touching the food or produce! This = more germs on clean hands and onto the food

This is also where you should dump any soapy water from cleaning tools and materials!

#### PROPER HAND WASHING



 Washing your hands thoroughly is the best measure a healthy farmer can take to keep our neighbors safe.



 Check out some <u>quick tips from surgeons</u> for safe hand washing!

### HYGIENE - HAIR + HANDS



 Tie hair back in a ponytail holder, hat, or bandana if your hair is longer than your chin

- Make sure your mask is secure before washing your hands again
  - Take off all dangly jewelry from wrists, fingers or neck and place them on the "Personal Items" shelf in the shed

#### FOOD SAFETY PLAN HOW DOES GVI MONITOR ISSUES?



5.

CLEAN UPS





#### What are "cleaning supplies"?

Sponges, mop, broom, liquid cleaning agents, soaps

#### Where are "cleaning supplies" kept?

Cleaning supplies should be kept in a safe, accessible place. Ours are in the "Cleaning Supplies" bin in the Shed. All cleaning supplies should have their safety sheet on site - they can also be found online!

### Where are instructions for cleaning liquids kept?

On cleaning instructions sheet in the Red Safety Binder

### HOW DO WE USE GAP AT THE FARM?



### Farm Protocol / Team Culture

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### Farm Protocol Team Culture

Food Safety Plan
Documentation
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With a Safe & Healthy Farm Team, you can focus on how you will work together to provide top quality produce to your community!

#### DAILY FIELD REPORTING



#### Take Notes!

Not only now, but every day as you observe your crops and make decisions on how you will react or interact with what nature has gifted you.



#### DAILY SHEET REPORTING





Day of Week & Date:	
Staff in charge asked everyone on site if they feel well?	

#### STAFF:

Timeframe	Farm Staff	Volunteers/Groups

#### **ACTIVITIES:**

Activity	Location (Bed #)	Complete?	Initials	Notes
			2	
	4	ř.	2)	
		4		
				12
	14			

#### NOTES:

#### DAILY SHEET REPORTING



#### **Important Notes:**

- → Pest Interactions
- → Contamination
- → Disease- fungal and bacterial
- → Timing worker-wise & plant-wise
- → Weed pressure
- → Weather
- → What else would you include?





#### We're in this together

Whether this is your first season as a Youth Summer Crew, a returning Youth Summer Crew, a long-time GVI adult staff, or learning alongside us as a volunteer

**EVERYONE** is responsible and accountable for knowing the RCF Teams and keeping each other and our amazing community healthy



#### We're in this together

We must help correct each other, call each other IN when we make mistakes, focus, learn together, and be the best we can be as Bridgeport Farmers.

Food is sacred. Your safety is sacred. The safety of our elders and little ones who eat our food is sacred.



### There are 4 Teams that take our food from field to farmer's market.



Each team needs to know who they are, what they're responsible for, and own that we can't cut corners if we want to honor food justice





Let's dig pun
intended into what
each team
does!

#### TEAMS AT RCF WHAT ARE THE RCF PROCESSES?



HARVEST WASH PACKAGE SALE

#### TEAMS AT RCF WHAT ARE THE RCF PROCESSES?







SALE

#### **Our Harvest Team:**

- Communicate about what crops they will harvest
- Make notations on our Harvest List
- Wash Up
- Count out rubber bands or twist ties
- Sanitize clean Blue buckets & bins
- Harvest / Check Produce in field
- Weigh & Record their Harvest
- Sanitize Recording tools
- Leave Harvest on Wash Station or Pallet, **NEVER** touching ground after the field
- Go back & clean the field

#### TEAMS AT RCF WHAT ARE THE RCF PROCESSES?



#### HARVEST

V

WASH

V

PACKA

V

SALE



#### Our Wash Team:

- Sanitizes Wash Station and all Materials before beginning
- Sets up 4 containers at the station: dunk, rinse, clear, and compost bins
- Preps clean Green and Clear bins and labels for easy access as Harvest comes in
- Fills Dunk & Rinse Tanks
- Wash Up (at the outside sink!)
- Divide team into those handling dirty produce and those handling produce that goes into Green and Clear bins
- Double check all produce coming in!
- Weights, records, dunks, washes, and rinses produce!

### TEAMS AT RCF WHAT ARE THE RCF PROCESSES?





#### Our Package Team:

- Label all Green and Clear bins
- Stores Clean, non-bagged items in our Coolbox
- Sanitizes all packaging materials and associated weighing devices
- Bags and inventories items we sell in fixed amounts: tomatoes, potatoes, cut greens, beans, etc.
- Responsible for fixing labels that have the initials of all who touched food listed with the food item during storage
- Triple check produce is safe

### TEAMS AT RCF WHAT ARE THE RCF PROCESSES?



### HARVEST V

WASH

V

PACKAGE

V

SALE

#### Our Sale Team:

- Responsible for completing inventory, sales, and donation sheets
- Set up data collection tools at farm stand
- Sanitize all tools at farm stand
- Prepare and clean farm stand + equipment for opening
- Are responsible for keeping labels with identifying information for sold produce in one location for traceability
- Responsible for customer social distancing & customer care
- Take payments from customers: GVI accepts personal checks, WIC checks, senior checks, SNAP, cash, credit, and debit!

### What are the important steps the sales team should take Before the farm stand opens?





- Set up signs at the gate and near the road
- Make sure that signs with produce prices and the yellow Farmer's
   Market Nutrition program poster are up at the stand (this is legally
   required by the state and a state Dept. of Ag. regulator could
   come to check!)
- Set up hand wash stations at the stand with soap and buckets to catch the dirty water
- Put 2 yellow sales sheets, a pink inventory sheet, and a blue donation sheet on the clipboard
- Set up the tent, donation watering can, and flyers and handouts on the sanitized farm stand
- Put on the farm stand apron (make sure that a clicker to count customers, a charged iphone to process credit cards, Bridgeport bucks, a pen, cash, and change are inside of it!)

### WHAT DOES THE FARM STAND TEAM HAVE TO DO WHEN THE STAND CLOSES FOR THE DAY?





- Fill out "end" and "total sold" columns on pink inventory sheet (start 10 min. before close)
- Count donation money and record on yellow sales sheet, place change in apron
- Excess produce is weighed and donated or returned to Coolbox
- Write donated produce on blue donation sheet
- Place all completed sheets in apron
- Return the apron, SNAP tokens, and payment equipment (+iPhone)
   back to the lockbox
- Place the price list and signs from the street back in the sign closet
- Wash, sanitize, and store produce price and ID tags
- Neatly return flyers to "all binders and papers" bin in shed
- Put away tent and buckets neatly
- Wash, sanitize, and leave all buckets, bins, and supplies to dry on wash table

### WHAT SHOULD I DO WHEN MY TEAM IS ALL DONE OR IF I NEED A BREAK?



#### IF YOU NEED A BREAK ...

- Take care of yourself! You may hang out at the picnic tables when you are on a break, but be sure to stay in this area.
- Be sure to nourish yourself with food and water, especially when it is hot and you're working hard. Ask for snacks if you need them. Be sure you don't bring food or drinks near any of the produce or stations.
- Make sure you wash your hands again before returning to work!

#### IF YOUR TEAM FINISHES THEIR WORK ...

- There is always something to do to help!
- Be sure not to cross-contaminate across multiple stations ask a leader if you should help out with another team, or do some weeding or other normal tasks around the farm.



# TOOLS 4 MATERIALS

### Where can I find common tools for harvesting, washing, packaging, and working the farm stand?



- Blue buckets next to the wash station on a pallet
- Clear/green buckets in the coolbox (only when they are washed and sanitized!)
- Sponges in the coolbox (only when cleaned and sanitized!)
- Rubber bands and twist ties in a bin in the coolbox
- Farm stand apron and payment equipment in the lockbox in the shed
- Sales, inventory, and donation sheets "all binders and papers" bin in the shed
- Large signs in the sign shed next to storage shed
- Cleaning supplies all in the storage shed!

# TOOLS + MATERIALS SANIDATE: A TOOL FOR EVERYONE! Freen Village Initiative

### SANIDATE = powerful HYDROGEN PEROXIDE that kills harmful bacteria as it dries!

Youth Crew should only use diluted SaniDate in **Spray Bottles** and never use undiluted SaniDate

Undiluted SaniDate can burn and scar flesh and blind eyes

### TOOLS + MATERIALS



### SANIDATE: A TOOL FOR EVERYONE!

Undiluted SaniDate can burn and scar flesh and blind eyes

Always use caution while sanitizing that you do not spray yourself or others as a joke

What can you use to protect your eyes while using SaniDate?



# TOOLS + MATERIALS HARVESTING



## Can your full harvest buckets and bins sit on the ground?

No! All bins and buckets should be on a table or pallet, never sitting on the ground.

This is a state and federal Good
Agricultural Practice
Rule followed by all safe handling sites!



### TOOLS + MATERIALS HOT TIPS



 Our Harvest / Wash / Packaging tools should be different. They should be used and stored



- Color-coded bins for just-harvested and clean harvest help GVI farmers keep their process clear.
- BLUE for harvesting in field/unclean produce
- GREEN clean for storage in Coolbox
- CLEAR Sale Ready!

### TOOLS + MATERIALS COLD TIPS



 The COOLBOX is where we store clean produce before it goes to our farmers market

It is run with a COOLBOT - a little robot that tricks an AC unit into continuously cooling to make a room into a

refrigerator



### TOOLS + MATERIALS COLD TIPS



- Going in the CoolBox unnecessarily is a huge violation of food safety.
- → We need to make sure very few people go in there and ALWAYS with washed hands, clean clothes, and MASKS
- Each shift only ONE person from Package Team and **ONE** person from the **Sale Team** can enter the CoolBox and **NEVER** at the same time! Knock first!

### TOOLS + MATERIALS COLD TIPS





Only cleaned, labeled produce in Green, Clear, and Miscellaneous but definitely super-clean bins should live in the Coolbox.

Staff and youth will use coolers with tops for uneaten lunches, rather than the Coolbox to keep our farm's food safe.

ALL lunch foods must be labeled with the name of the person who put it in there and thrown away at end of day for Cooler safety

### TOOLS + MATERIALS PACKAGE TEAM LABELS



**DATE:** 

PRODUCE:

BED COLOR / #:

**HARVESTERS:** 

**WASHERS:** 

**PACKERS:** 

#### THE COLD CHAIN



#### The Cold Chain



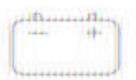
















The Off-Grid Solution

### POINT OF SALE SAFETY



- Our Farm Stand Staff:
  - Wear masks at all times and wash hands frequently
  - Set up hand washing stations for each vendor
  - Sanitize all tools after washing
  - Set up Social Distancing markers for customers
  - Assign one person to touch money and data collection items, the other person to touch sale items
  - Are comfortable letting folks know to wash up or back up. Customers should never touch produce they do not intend to buy.

POINT OF SALE SAFETY



Advocate for Your Space (it's ok to tell people to BACK AWAY your health is important!)



Tell friends, visitors, team members, and GVI staff to give you space with compassion, but FIRMLY - always assume you are sick or could be carrying a sickness

### HOW DO WE USE GAP AT THE FARM?



# Team Culture Food Safety Flan

Food Safety Flan
Documentation
Incident Reports
Illness
Injury
Hygiene

#### Sales

Daily Reporting
Field Checks
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# END!

