

Food Safety Process

Unit II: Health and Hygiene

Harvesting Produce?

Please, wash your hands first.

¿Recogiendo Verdudas?

Por favor, lavarse las manos primero.



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The health and hygiene of Garden Participants directly impacts the safety of produce grown and served from your school garden. Fruits and vegetables from your school garden will be harvested by hand; so, it is very important that Garden Participants know and understand that proper hygiene practices must be used in every process from working in the garden to harvesting produce.

Hand Washing and Signage

WHEN to Wash Your Hands⁶

- BEFORE working in the garden.
- BEFORE putting on gloves, and then again when changing them.
- BEFORE handling cleaning products.
- BEFORE cleaning and sanitizing tools.
- AFTER working in the garden.
- AFTER handling cleaning products.
- AFTER eating or drinking.
- AFTER taking a break.
- AFTER using the rest room.
- AFTER sneezing or coughing, blowing your nose, or using a tissue or handkerchief.
- AFTER touching your hair, face, body, or clothing.
- AFTER handling garbage.
- AFTER touching an open sore, cut or pimple.
- AFTER engaging in other activity that contaminates the hands.



How to Properly Wash Your Hands¹

Wet your hands with clean water (warm water is preferred if available), apply soap, and work up a lather.

1. Scrub your hands for at least 20 seconds. Don't forget to scrub under your fingernails and between your fingers. Rub fingertips of each hand in suds on palm of opposite hand. Wash your arms up to your elbows if exposed.

TIP: Sing "Happy Birthday" to yourself while scrubbing. It takes 20 seconds!

2. Rinse your hands and arms under clean water.
3. Dry your hands using single-use paper towels. *Do not use a paper towel more than once or share towels with others.*



4. When possible, turn off the faucet with the single-use towel instead of directly with your hand.

The *Garden Coordinator(s)* should be notified if soap or paper towels need replenishing.

It is important that all participants are trained on the proper hand washing technique. *Garden Coordinator(s)* and the *Food Safety Administrator* must ensure all Garden Participants are trained.

Pasadena Environmental Health recognizes that for safety reasons, young children are not always given access to hand wash sinks with hot water. In these instances, children are permitted to wash their hands with cold water prior to gardening or harvesting produce, but may not participate in food preparation or handle ready-to-eat produce. All persons preparing food, handling washed produce, or washing utensils, must first wash their hands with warm water (100°F – 108°F) and soap, and dry them with a single-use paper towel.

The Harvest Activity Log in the appendix includes a column to check-off participants who have washed their hands before harvesting.



Resource:

- Appendix C – Harvest Activity Log

Post good hygiene signage at all hand washing stations where it can be clearly read. Proper hand washing signs are available in the Appendix of this manual. It includes the above information as a reminder of proper hand washing techniques.

It is also recommended that your garden post a “good health and hygiene” sign at the entrance of the garden. It will remind Garden Participants and visitors that they must be aware of these practices.



Resources:

- Appendix H – Hand Washing Signage
- Appendix I – Garden Rules Signage
- Even Heros Have to Wash Their Hands - Poster

Use of Hand Sanitizers

Hand sanitizers can be used *in addition* to good hand washing, but *not* as a substitute. Current research indicates that proper hand washing with soap and water is the most effective method of removing potential pathogens from the hands. Soil and dirt on hands may actually decrease hand sanitizer’s effectiveness. Frequent use of hand sanitizers can also strip the outer layer of oil from hands, leading to cracking and dryness. This can then trap germs and bacteria.



Participant Health

Illness

Participant health can also affect produce safety. Be sure to verify that none of the Garden Participants are showing any signs of illness or have recently been ill. If a garden participant is ill, he or she cannot participate in the harvest. Garden Participants will only be allowed to help in the garden 48 hours after symptoms have ended. One exception is illness due to Norovirus, which has been found to be the leading cause of food borne disease outbreaks in the United States. Norovirus is also commonly known as the stomach flu or viral gastroenteritis. In this case, participants will only be allowed to help in the garden 72 hours after symptoms have ended.



1. Garden Participants *must* notify the *Garden Coordinator(s)* (or other person in charge) if they have any of the following symptoms or conditions. In the following instances, participants will *not* handle fresh produce:¹
 - a. They have been diagnosed or were recently ill with a food borne illness or communicable disease.
 - b. They have an infected sore or cut that is open or draining on their hands, wrists, or the exposed areas of your arms.
 - c. They are suspected of causing or being exposed to a food borne illness outbreak.
 - d. They live with a person diagnosed with a food borne illness, or a person who attends or works where there is a food borne illness outbreak.
 - e. They have any of the following symptoms:
 - i. Diarrhea
 - ii. Fever
 - iii. Vomiting
 - iv. Jaundice (a yellowing of the skin and eyes)
 - v. Sore throat with fever
 - vi. Persistent sneezing, coughing, or a runny nose



2. Participants who have only mild symptoms but are still healthy enough to help with garden activities can participate where there is *no* contact with produce. They must be appropriately covered with bandages and/or gloves to reduce the risk of contamination.
3. In the case the participant has mild symptoms and there are no tasks available where one can avoid contact with produce, then the participant will *not* be allowed to assist with garden duties.

Resource:

- Removal of Sick Student from School Garden



Blood and Bodily Fluid 1

If blood or bodily fluid ever comes in contact with the soil or produce, it must be immediately reported by whoever finds the contamination; however, if that person cannot immediately address the situation, the *Garden Coordinator(s)* must take the appropriate action. If blood or bodily fluid is found on the soil, all contaminated surfaces must be removed into a plastic bag with a shovel or gloved hands and then placed in a waste basket. All affected soil will be shoveled up around and under the area and removed.

If a participant is bleeding, make sure they have been provided first aid or 911 has been called if it is a serious injury. All illnesses and injuries must be reported using the CPS Verify Incident Reporting System.



First Aid Procedures¹

A first aid kit must be kept on site, or the *Garden Coordinator(s)* must have one on hand. PUSD Health Programs Department Safety and Security has approved first aid kits available. Everyone needs to know the exact location of the first aid kit. Supplies should be checked and restocked on a regular basis. The first aid kit Inventory sheet found in the Appendix- J can help you keep track of first aid needs. Make sure to also check expiration dates and replace used or out-of date contents.

Dial 911 first for serious injuries and asthma or allergy related incidents. Have a list of emergency phone numbers available.

Cuts, abrasions and other injuries that occur at the garden site must be tended to immediately for the well-being of the participant and to minimize the risk of contamination to produce.



Resource:

- Appendix J – First Aid Kit Inventory



Health and Hygiene Training

All Garden Participants must be trained on the good health and hygiene practices before they can take part in garden activities. At the beginning of the garden season, schedule training for Garden Participants. However, an effective health and hygiene program can only occur if these practices are continuously reinforced. Here is a review of the topics that should be covered in the Health and Hygiene Training:

1. Proper hand washing techniques
2. Procedures in the event of participant illness or injury
3. Handling of blood and bodily fluid in the garden site
4. First aid procedures and identifying first Aid kit location(s)

The following is a list of required Good Food Safety Practices

1. All Garden Participants must complete an annual training focused on good personal hygiene and daily hand washing
2. The Food Safety Administrator and Garden Coordinators will maintain records assuring that all Garden Participants have completed a training session
3. *Handwashing signage will be posted at all handwashing stations with clear instructions on when and how to properly wash hands.*
4. All Garden Participants are required to report illness to the *Garden Coordinator(s)* on duty.



Resource

- Appendix D – Garden Food Safety Training Log



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