

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



# Intros



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

# Agenda Overview

1. *ive 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?



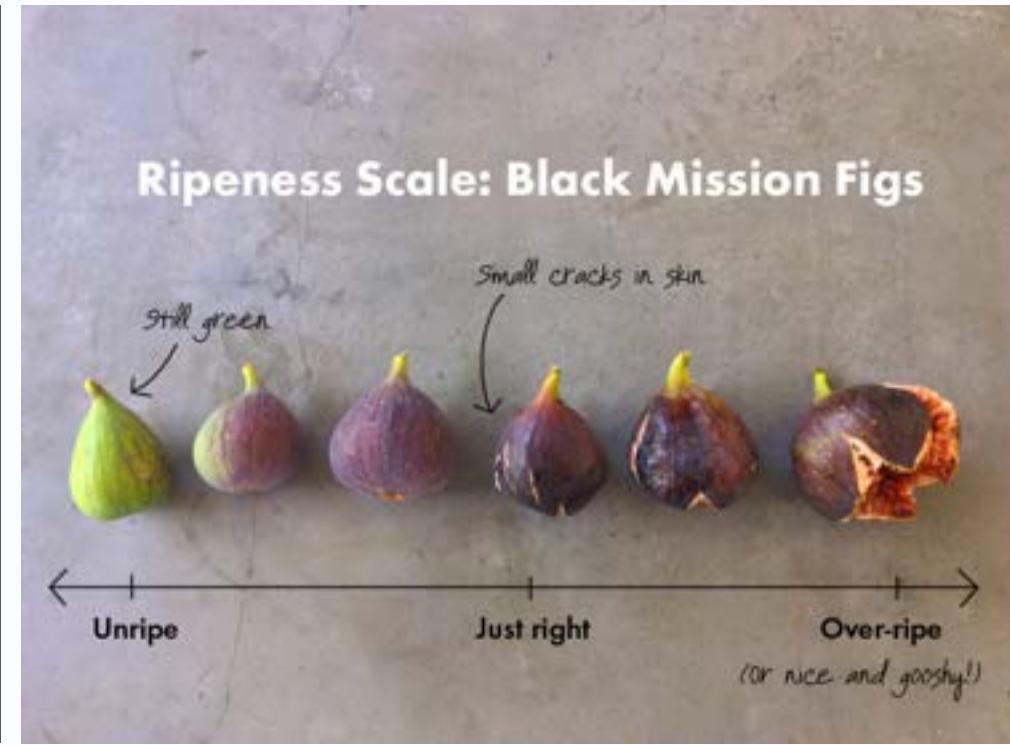
# Dry

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

# Wet

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

# Checking for Quality & Ripening



texture

appearance

color

# Don't Put These Next to These...

*ip heck your older or a ull list o ethylene producing and sensitive ruits 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

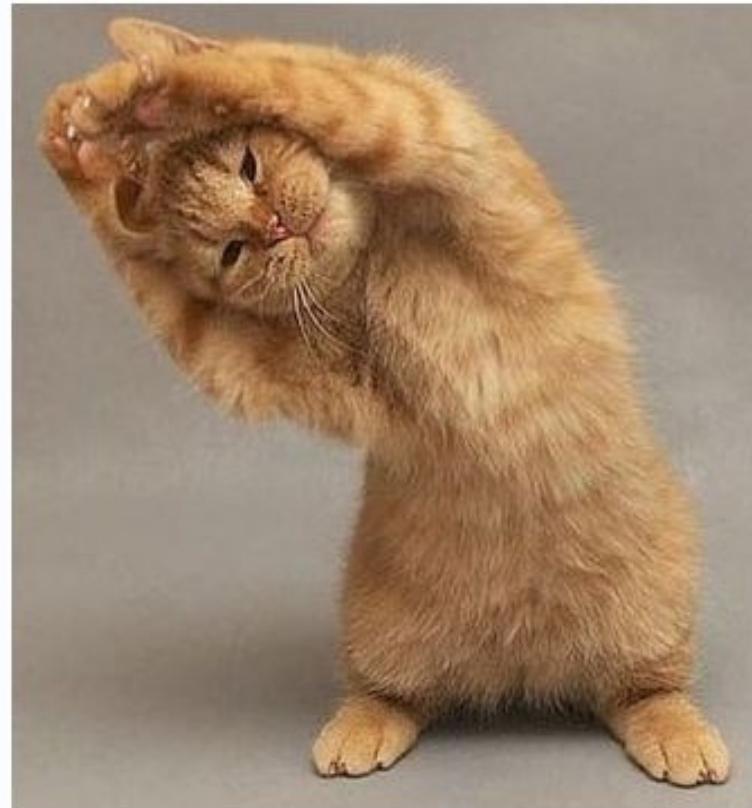
*Remember, nobody wants the last lonely banana...*

*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?

ip e have more price signs and clips or 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

# Secondary Use



MAKING  
HEALTHY EASY

SHORTCUT CHEF

MAKING  
HEALTHY EASY

SHORTCUT CHEF

MAKING  
HEALTHY EASY





# QUESTIONS?

Thank You!

Stay in Touch!

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