

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, back front o market,  
special produce products*

# Agenda Overview

1. *ive ell ommunity arket rogram*
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

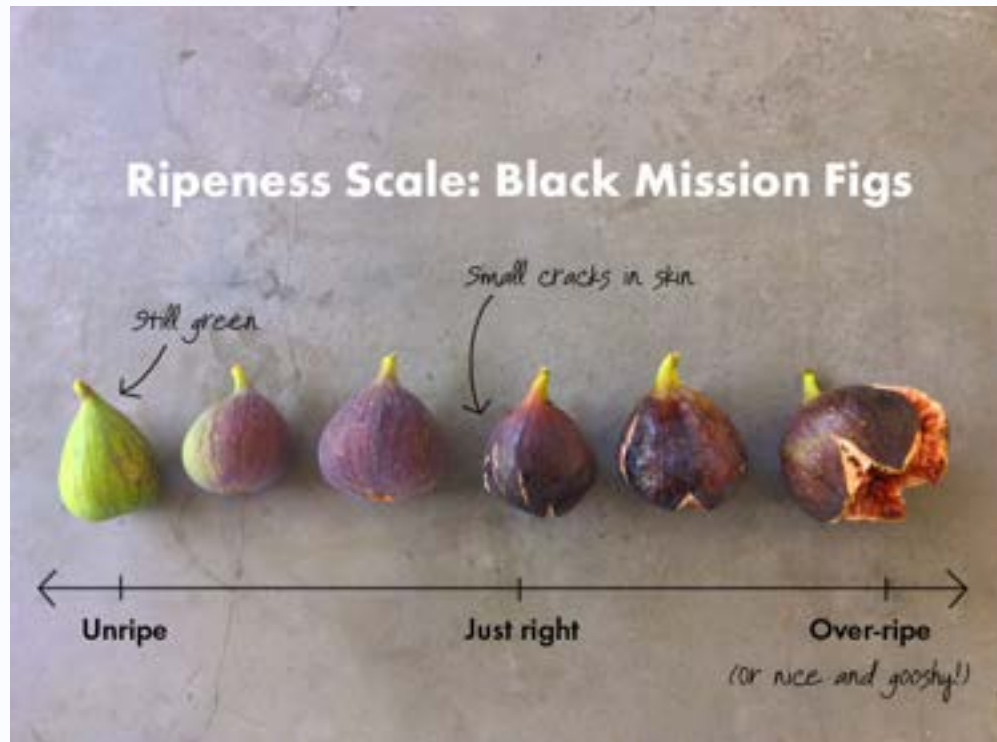
- avocados
- potatoes
- bananas
- apples
- limes
- lemons
- onions
- garlic

# Wet

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



# Checking for Quality & Ripening



texture

appearance

color



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

*Check your older or 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



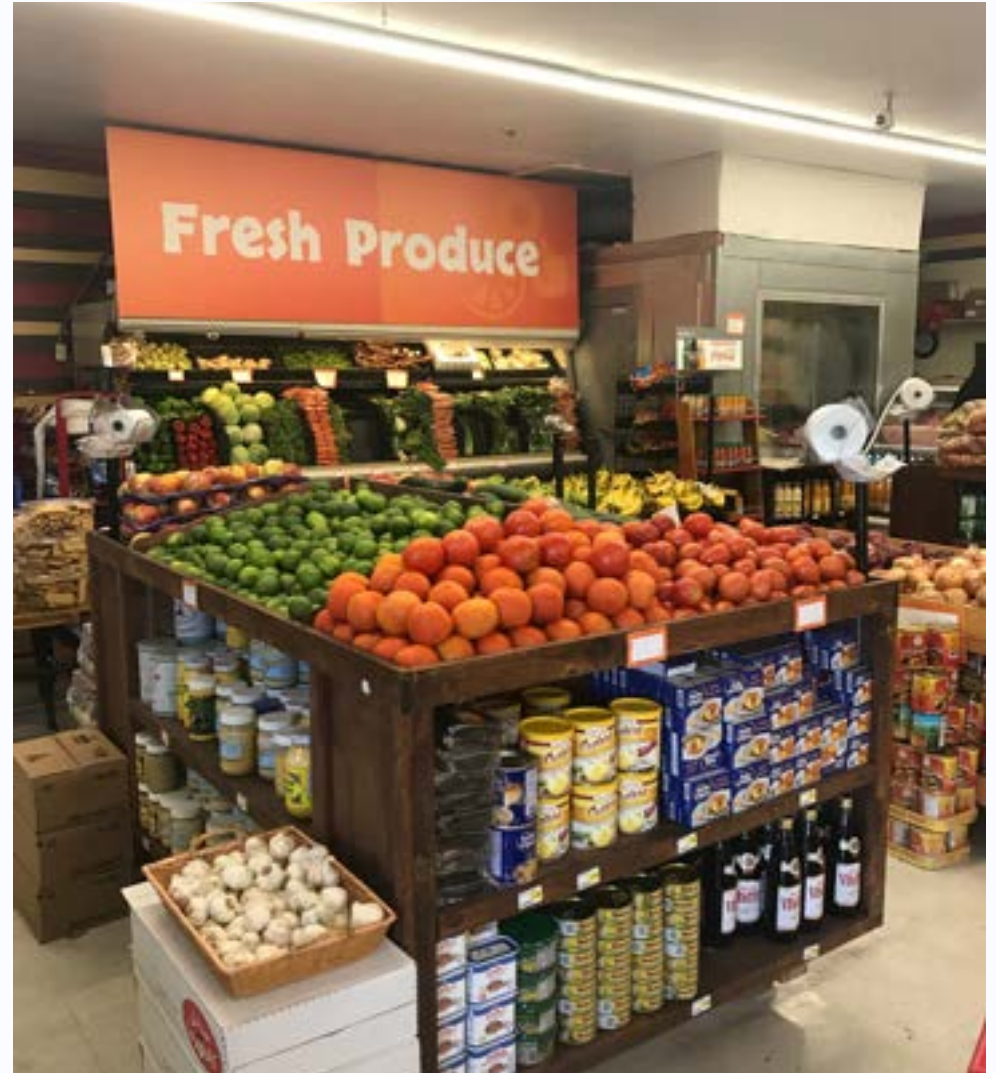
# Stretch Break!

## 10 minutes



# Produce Display

- Presentation
- Pricing Display
- Secondary Use





# Presentation





# Are Your Price Signs Up and Accurate?

*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









# QUESTIONS?

**Thank You!**

**Stay in Touch!**

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