

POM Produce Calculations	
Teacher Tip	Assign a parent as Classroom Produce Picker to provide the fruits or vegetables of the month for your classroom. A serving of produce costs about 25¢ and the samples given in POM are half of 1 serving.
January	<p>Mandarins should be washed before giving them to the children. You will need to purchase one per child. There are 3-4 mandarins in 1 lb., depending on their size.</p> <p>_____ # of students / 3 = _____ # lbs. mandarins needed</p>
February	<p>Broccoli may be purchased already cut and washed. A sample portion of broccoli florets is about 1½ ounces (or ¼ cup). One pound of broccoli florets should provide 8-12 sample portions, depending on the size of the florets.</p> <p>_____ # of students / 8 = _____ # lbs. broccoli florets needed</p> <p>Low-fat or light ranch dressing may be purchased in bottles. One ounce of dressing will yield 2 tablespoons, and for sampling purposes try to provide each child with 1 tablespoon of dressing. One 24 oz. bottle should yield 48 (1 tbsp) sample portions.</p> <p>_____ # of students / 2 = _____ # oz. salad dressing needed</p>
March	<p>Baby carrots come in bags and are ready to eat; no washing or cutting is needed. A sample portion of baby carrots is about 1½ ounces (or ¼ cup), so a 16 oz. bag will yield at least 10 sample portions.</p> <p>_____ # of students / 10 = _____ # lbs. baby carrots needed</p> <p>Low-fat or light ranch dressing may be purchased in bottles. One ounce of dressing will yield 2 tablespoons, and for sampling purposes try to provide each child with 1 tablespoon of dressing. One 24 oz. bottle should yield 48 (1 tbsp) sample portions.</p> <p>_____ # of students / 2 = _____ # oz. salad dressing needed</p>
April	<p>Grapes will need to be washed prior to serving, unless you order them already prepped. To facilitate serving in the classroom, they should also be trimmed off of the vines to yield ¼ cup portions, or about 8 grapes (2 ounces).</p> <p>_____ # of students / 8 = _____ # lbs. grapes needed</p>
May	<p>Strawberries need to be washed prior to serving, unless you order them already prepped. Depending on their size, strawberries may be 1-2 ounces each, so 16 oz. (or 1 pint) of strawberries should provide 8 students with 1-2 strawberries to sample.</p> <p>_____ # of students / 8 = _____ # lbs. (pints) strawberries needed</p>

Food Handling Tips

Serving Items

- **Hand sanitizer** (if hand washing is not possible in classroom)
- **Small plates** for each child
- **Napkins** (children rarely use them, but have them on hand)
- **Single use plastic gloves** for server
OR
- **Serving Tongs**
- **Garbage bag** that can be tied closed

Although it is recommended that fruits and vegetables served in the classroom come ready to eat, food handling and safety is still an issue.

Personal Hygiene

- The person serving the food should be free from illness.
- Wash hands thoroughly with warm water and soap for 20 seconds prior to handling food.
- Wear plastic food handling gloves when making direct contact with food, or use clean tongs.

Food Prep

- Thoroughly rinse fresh fruits and vegetables in water. Do not use vegetable washes. Even fruits and vegetables with a rind or skin that is peeled or not eaten should be washed prior to giving to the children.
- Keep perishable items, like salad dressing once opened, refrigerated.

Clean Up

- Some vegetables, like broccoli, have an unpleasant odor which will become worse when left in the trash. To avoid this, bag and seal trash immediately after completing the food tasting.
- Promptly refrigerate or dispose of any leftovers.

For more information on food safety, check out these websites:

<http://www.foodsafety.gov/>

<http://www.homefoodsafety.org/index.jsp>