

GARDEN CARE AND MAINTENANCE

- Water with clean, potable water
- Avoid synthetic pesticides and herbicides; look for “OMRI” certified products
- Use high quality seeds: organic/non-GMO, from “Safe Seed Pledge” companies, or saved from your garden or shared with other gardeners and farmers
- Keep animals out of the garden; do not attract animals to the garden
- Use proper compost:
 - Fully composted, high temperature (>130°F)
 - **NO** animal waste, meat, dairy products
 - **NO** raw manure; limit to fully composted manure

HARVESTING & WORKING IN THE GARDEN

- Do not harvest when sick
- Wash hands before and after harvesting (and after sneezing)
- If you choose to use gloves for harvesting, use a clean pair
- Use clean, food-grade containers to hold food; do not set containers on the ground
- Use tools dedicated to the garden
- Do not eat while harvesting
- Brush or shake off excess soil before placing in harvest container

FOOD PREPARATION AND STORAGE

- Wash hands well!
- Avoid damaged produce, which can harbor bacteria
- Wash under potable, running water; scrub produce with cleaned hands or a scrub brush
- If not eating produce right away, dry completely or wait to wash produce
- Use clean, food grade containers, utensils and knives
- Refrigerate as necessary



WASHING HANDS

1. Wet your hands with running water.
2. Apply liquid, bar or powder soap.
3. Lather well.
4. Rub your hands vigorously for at least 15 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails. (Kids can sing the “ABC” song for timing.)
5. Rinse well.
6. Dry your hands with a clean or disposable towel or air dryer.
7. If possible, use your towel to turn off the faucet.

Keep in mind that antibacterial soap is no more effective at killing germs than is regular soap. Using antibacterial soap may even lead to the development of bacteria that are resistant to the product’s antimicrobial agents — making it harder to kill these germs in the future. www.mayoclinic.com

FOR MORE INFORMATION AND LINKS

- “Fresh, Healthy, and Safe: Best Practices for Growing and Using Produce Grown in Hawai’i School Gardens,” posters for Grades PreK-8 and 9-12 published by the Hawai’i Farm to School and School Garden Hui, www.hawaiischoolgardenhui.org
- “Student and Food Safety: Best Practices for Hawai’i School Gardens,” University of Hawai’i, www.ctahr.hawaii.edu/oc/freepubs/pdf/FST-45.pdf
- “Safety First,” www.kidsgardening.org/article/safety-first
- “Fresh, Healthy and Safe Food: Best Practices for Using Produce from School Gardens,” National Farm to School Network, www.farmtoschool.org/files/publications_188.pdf
- “Five Steps to Food Safe School Gardening,” University of Connecticut College of Agriculture and Natural Resources Cooperative Extension System, www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/10/5stepsOM1010.pdf

How to...

Practice School Garden & Food Safety

GARDEN TOOLS AND SAFETY

- ✔ Always use age- and size-appropriate tools.
- ✔ Show students how to properly handle tools for their intended use.
- ✔ Demonstrate first before handing out tools to students. If tools must be laid on the ground, be sure to place them face down.
- ✔ Always clean and put away tools when the job is finished.



HAND CULTIVATOR
 Loosen soil and remove weeds by their roots.



TROWEL
 Loosen soil and digging holes for transplanting.



CLIPPER/PRUNERS*
 Harvest produce and trim small branches.



GARDEN SICKLE*
 Remove weeds and trim grasses and other plants.



SHOVEL
 Loosen soil and dig holes for large plants.



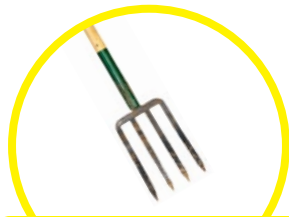
GARDEN HOE
 Spread and mix soil amendments, create rows.



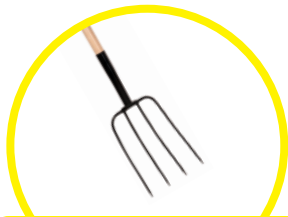
HARD RAKE
 Spread and mix soil amendments, create rows.



LEAF RAKE
 Clean up leaves and debris.



SPADE FORK*
 Loosen soil and turn compost.



PITCH FORK*
 Move mulch and turn compost.



PICK*
 Dig trenches and remove large weeds.



LOPPERS*
 Chop compost materials and trim branches.

* Not for use by young children.