



I. Overview of the New Haven Healthy Corner Store Initiative

On behalf of the Community Alliance for Research and Engagement (CARE) and the City of New Haven Health Department, we would like to express our sincere gratitude for becoming part of the **New Haven Healthy Corner Store Initiative**. A Healthy Corner Store is a corner store or convenience store that stocks and promotes the sale of healthy foods such as fruits and vegetables; whole grains; low-fat, low-sugar, and low-salt snack foods and canned goods; and low-fat dairy products.

In neighborhoods where public and private transportation is limited, corner stores are heavily relied upon as main grocers. Because of this, many community partnerships are being formed with corner stores across the country to make healthy foods more available to residents. Neighborhoods in cities such as Hartford, Baltimore, Chicago, Denver, New Orleans, New York City, Philadelphia, San Francisco, and Washington, D.C. have been successful in making sure that people have access to healthy foods while boosting the sales of participating stores. By following successful models in other cities, we are bringing the Healthy Corner Store Initiative to the City of New Haven through collaboration with you and your store.

The New Haven Healthy Corner Store Initiative works with corner stores to find new and cost-saving ways to bring more produce and other healthy foods into your store. This program will help your store meet the needs of families in your neighborhood who want to buy affordable and healthy food. By providing a variety of choices for your customers, you will attract new customers to your store and improve your total sales. This toolkit can serve as a resource to help you to achieve your business goals while serving our community.

The City of New Haven reports higher rates of obesity, hypertension, heart disease, asthma, and diabetes among its residents when compared to other U.S. residents. Since New Haven has several small corner stores and few major supermarkets, reliable and affordable healthy foods are limited for many New Haven residents. Through the Healthy Corner Store Initiative, you will help expand residents' options for food shopping while helping to improve health in our city!

The Healthy Corner Store Initiative is a collaboration between CARE, the City of New Haven Health Department, and other community partners including City Seed, the Mayor's Office,



the Yale Rudd Center for Food Policy and Obesity and neighbors Fair Haven, the Hill and West River/Dwight, among many others. Using the best practices and evaluation tools from successful projects across the country, CARE and its partners will work directly with selected store owners and their employees to provide technical assistance and resources to ensure you have the proper tools to become a Healthy Corner Store. See ‘Project Expectations’ on page 3 for more information about the resources you will receive.

CARE: Community Alliance for Research and Engagement

The Community Alliance for Research and Engagement (CARE) is a partnership between the New Haven community and the Yale School of Public Health. Established in May 2007, the mission of CARE is to improve the health of New Haven residents by using community-based research to understand and reduce factors that contribute to chronic diseases in New Haven. CARE promotes a healthy lifestyle by focusing on three areas: diet, exercise, and tobacco use. CARE and its collaborators seek to promote healthier foods for residents by connecting with corner stores to increase the availability of healthy foods in our neighborhoods.

CARE believes that the Healthy Corner Store Initiative will encourage residents to eat healthier, in the hopes of reducing the risk factors associated with chronic diseases in our community.

New Haven Health Department

The New Haven Health Department (NHHD) is a public health agency that provides services and programs that target the needs of the community and protect the health of New Haven residents. The mission of the Health Department is to advocate for and ensure the health and well-being of all New Haven residents.

The internal structure of the NHHD affords the opportunity to provide community leadership and advocacy. The Health Department’s 90+ employees comprise nine divisions (and one sub-division) and currently serve over 120,000 New Haven residents, of which more than two-thirds are minorities. These divisions include: AIDS Services; Environmental Health; Epidemiology; Maternal, Child, and Family Health; Preventive Medicine; Public Health Nursing; Ryan White Title I; Vital Statistics; Women’s Health; and Health Education (sub-division). The Health Department has a proud history of collaborating with local, state, and regional partners to develop initiatives that have served as model programs throughout Connecticut. The Department looks forward to continuing present collaborations and establishing new collaborations that will improve the health of New Haven residents.



II. Project Expectations

To become part of the Healthy Corner Store Initiative, you must commit to stocking and advertising healthy foods and drinks. Each store must follow CARE's general set of rules which include:

- **Sell Fresh Produce.** You must increase the amount and variety of produce that you stock. For specific guidelines, please see the Healthy Food Buying Guide on page 42.
- **Sell Healthy Foods.** You must increase the total supply of healthy foods in your store.
- **Display Marketing Materials.** You must put the Healthy Corner Store Initiative advertising materials in full view for your customers.
- **Follow Codes.** You must follow the Connecticut Public Health Department Public Health Food Safety Codes.

By participating in the program, CARE and the NHHD will provide you with:

- Up to \$500 to offset the cost of any unsold produce or products.
- Redemption of \$1000 worth of coupons that we will circulate in the community.
- Free advertising materials to use in your store such as posters and signs.
- Free advertising and press to residents and schools in the neighborhood.
- Wholesale prices and free delivery of produce from local farms through CitySeed (during Connecticut growing season only).
- Links to City of New Haven services like the Façade Improvement Program and help with meeting Health Department codes
- Nutrition information
- A free one-day 'Store Makeover,' which includes:
 - A free consultation and plan for setting up your store to increase flow and profits
 - Help with placement of healthy foods (rearranging stock and displays)
 - Placement of new advertising materials in your store to promote your healthy foods
 - Cleaning and brightening your store



III. Handling Produce

Customers like to see fresh fruits and vegetables when they are shopping. Having a variety of fruits and vegetables available can make the shopping experience better for your customers, grow your customer base, and increase your sales. Since you have taken a huge step toward offering your customers a valuable service by carrying fresh produce in your store, this section provides information that will show you how to handle, store, and display fruits and vegetables.

Ordering Produce

Call an agent a produce distributor and begin to develop a relationship. CARE has developed a relationship with Elm City Food Distributors, which offers a wide selection of affordable produce. They are familiar with the New Haven Healthy Corner Store Project and are willing to help you. We encourage you to start with them. Call and speak to Joel:

Elm City Food Distributors
312 Long Wharf Drive
203.776.4440

Here are some questions you can ask a distributor:

- What is the minimum dollar amount for each order?
- How often can they deliver to the store?
- Are they willing to break cases (sell you half of a case of produce instead of a whole case)?

Before ordering, look to see if you have the right setting in your store to display and store each type of produce you plan to stock. When ordering produce, order in small quantities so you can keep fresh stock and reduce waste. Keep in mind that it may take a few tries before you know the right amount of produce to order for your store.



Handling Produce

- Check the quality of the produce upon delivery.
- Send back any produce that is unacceptable.
- Handle each type of produce with care as it may be sensitive to the touch.



Storing Produce

- **Temperature control is very important!** Know as much as you can about the types of produce that need to be cooled in the refrigerator. (See the Produce Basic Chart on pages 6–7.)
- Keep produce that does not need to be kept in the refrigerator away from hot and stuffy areas and at recommended temperatures (See the Produce Basic Chart on pages 6–7.)
- For safety and sanitary reasons, store produce at least 6–12 inches off the floor on a crate or a stable stand.

Displaying Produce

- Check produce throughout the day to remove any moldy, soft or rotting items.
- Change the position of the produce from time to time.
- When you order a new case of produce, display the older product first. Use the rule, **“First In, First Out.”**
- Keep display areas clean. Make sure to sanitize areas where produce is displayed.
- Trim produce that is decaying or that has blemishes.
- Mist some of the produce throughout the day (see the Produce Basic Chart on pages 6–7).

Ethylene Production

- All fruits and vegetables release a natural plant gas called ethylene. This gas causes fruit and vegetables to ripen.
- Special care should be taken when displaying and storing produce in order to reduce its breakdown and waste caused by ethylene.
- See the **Produce Basics Chart** for the levels of ethylene for each type of produce. This guide gives you special handling and displaying instructions related to fruits and vegetables that produce a high or medium level of ethylene.



Produce Basics Chart

Common Name	Refrigeration	Storage Temp (*F)	Would Benefit from Misting	Display on Ice	Ethylene Production	Ethylene Sensitivity
Apples	Yes	30-32	No	No	Very high	High
Avocados	No	45-50	No	No	High	High
Bananas	No	55-59	No	No	Medium	High
Beans, Green	Yes	40-45	No	No	Low	Medium
Berries	Yes	31-32	No	No	Low	Low
Broccoli	Yes	32	Yes	Yes	Very Low	High
Cabbage	Yes	32	Yes	No	Very Low	High
Cantaloupes	Yes	36-41	No	Yes	High	Medium
Carrots (topped)	Yes	32	Yes	Yes	Very Low	High
Collard greens	Yes	32	Yes	Yes	Very Low	High
Corn	Yes	32	Yes	Yes	Very Low	Low
Cucumbers	No	34-41	No	No	Low	High
Eggplants	No	48-50	No	No	Low	Medium
Garlic	No	48-50	No	No	Very Low	Low
Ginger	No	55	No	No	Very Low	Low
Grapes	Yes	31-32	No	No	Very Low	Low
Grapefruit	No	48-50	No	No	Very Low	Medium
Lemons	No	40-48	No	No	Very Low	Medium
Lettuce	Yes	32	Yes	No	Very Low	Medium
Limes	No	40-48	No	No	Very Low	Medium
Mushrooms	Yes	32	No	No	Very Low	Medium
Okra	No	45-49	No	No	Low	Medium
Onions	No	55-59	No	No	Very Low	High
Onions (Green)	Yes	32	Yes	No	Low	High
Oranges	No	48-50	No	No	Very low	Medium
Peppers (Bell)	Yes	39-45	No	No	Low	Low



Common Name	Refrigeration	Storage Temp (*F)	Would Benefit from Misting	Display on Ice	Ethylene Production	Ethylene Sensitivity
Peppers (Hot Chilies)	No	48-50	No	No	Low	Medium
Pineapple	No	48-50	No	No	Low	Low
Potatoes	No	55-59	No	No	Very Low	Medium
Spinach	Yes	32	Yes	Yes	Very Low	High
Sweet Potatoes & Yams	No	55-59	No	No	Very Low	Low
Tomatoes	No	55-59	No	No	High	Low
Watermelon	No	55-59	No	Yes	Very Low	High



Handling and Storage

The next pages will provide tips for handling and storing some of the most common fruits and vegetables.

Apples



Handling and Storage

- Keep apples cool at all times. Do not stack anything on top as apples bruise easily.
- Pull any apples from your display that appear to have shrunken skin. That means they have lost their crispness and flavor.

Displaying

- Keep apples away from fruits and vegetables that release high or medium amounts of ethylene gas. Ex: bananas, cantaloupe, tomatoes.
- Keep apples away from the following fruits and vegetables that are ethylene responsive: bananas, broccoli, cabbage, carrots, collard greens, cucumbers, lettuce, onions, spinach and watermelon.
- You can use the soft paper “pillows” that apples are sent in for the base of the baskets you use to display them.

Bananas



Handling and Storage

- If bananas appear ripe, take away the lid from the case and unwrap the plastic cover to release heat and to allow air to pass through.
- If bananas appear greenish–yellow, do not remove the lid or plastic cover so that they can trap heat and allow the bananas to ripen quickly.
- Be sure to keep bananas away from high temperatures. High heat will cause the bananas to ripen faster and cold temperatures will cause the bananas to turn gray. Finally, remember that bananas bruise easily so handle with care.

Displaying

- Display bananas with their curved backs facing up. This means to make sure that the top and the tip of the banana hold the weight and not the curved back of the banana (see picture above).
- Do not store or display bananas near fruits and vegetables that release high or medium amounts of ethylene gas. Ex.: apples, avocados, cantaloupe, pears, and tomatoes.
- If the bananas are not ripe when they arrive, place a couple of apples in the case with them to cause them to ripen quickly.

Berries (Strawberries and Blueberries)



Handling and Storage

- Check the bottom of the containers for rotten fruit.
- Look for bright colors on fresh, dry fruit.
- Do not place anything on top of the berries.

Displaying

- Berries are colorful and attractive, so try to showcase as many as possible near the cash register for quick sales.
- Use a bright sign that advertises them.
- Display them in their original containers.
- Order berries when in season when the customer demand for them is high.
- Keep frozen berries in the store during the off season.

Broccoli



Handling and Storage

- Make sure broccoli is sent to you on ice from your distributor.
- Once you receive it, check for strong, firm stalks and bright broccoli tops with tightly closed buds.
- Send back any broccoli that has stalks that are soft or that can bend easily.
- Broccoli spoils quickly so only order what you need.

Displaying

- Do not store or display broccoli near fruits and vegetables that release high or medium amounts of ethylene. Ex.: apples, bananas, cantaloupe, tomatoes, and pears.

Cabbage



Handling and Storage

- Check to see if the cabbage is solid and not rotten.
- Do not drop or roll the cabbage.
- Do not tear off the outer leaves unless they are rotten. Keeping the outer leaves on will help the cabbage to stay moist.

Displaying

- Keep the cabbage in a cool, dry place.
- Do not store or display the cabbage near fruits and vegetables that release high or medium amounts of ethylene gas. Ex.: apples, bananas, cantaloupe, mangoes, and tomatoes.

Carrots



Handling and Storage

- Check carrots upon arrival to make sure that they are bright orange (no green color) and firm.
- Send back any carrots that are bruised, have shatter cracks, or have breaking tips. This shows that they were handled roughly.
- When stored at a steady temperature, carrots can be kept for a long time.

Displaying

- Do not store or display carrots near other fruits and vegetables that release high or medium amounts of ethylene gas. Ex: apples, bananas, cantaloupe, pears, mangoes, and tomatoes.

Celery



Handling and Storage

- Upon arrival, celery should be in tight solid bunches and must have a strong green color.
- Celery that has stalks that bend out, has faded color, or has brown spotting must be returned.
- Be aware of a condition called “Black Heart,” which is caused by insects. It causes black rot in the core of the celery. It is recommended to send back or discard celery in this condition.
- Wrap bunches of celery with a clean rubber band to hold bunches together.
- Store celery in a plastic bag in the refrigerator.

Displaying

- Trim both the top and bottom ends of the celery. This will remove any unattractive natural browning that occurs at each end.

Collard Greens



Handling and Storage

- Collard greens should be smooth and free of holes and marks.

Displaying

- Do not store or display collard greens near fruits and vegetables that release high or medium amounts of ethylene gas. Ex.: apples, bananas, cantaloupe, and tomatoes.

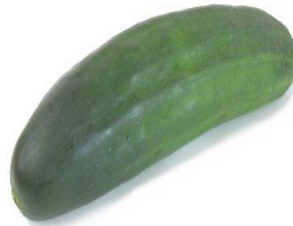
Corn



Handling and Storage

- Corn should arrive cold with all layers of husk intact.
- Do not remove the husk. Pull it back about two inches on one ear to inspect the quality of the corn.
- Send back any corn that has rotten, shrunken, or widely spaced kernels.
- Clean excess wet, brown silk at the top of the ears of corn.
- Place corn in a clean plastic bag and store it in a crate.
- Do not stack anything on top of the corn.
- Keep the corn cool and do not let the corn dry out.

Cucumbers



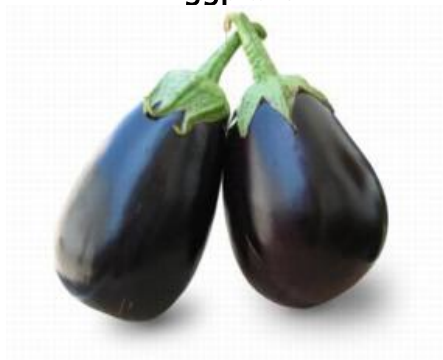
Handling and Storage

- Check the ends of the cucumbers for firmness.
- Look for firm, dark green cucumbers with a uniform shape.
- Send back any cucumbers that are soft.
- Store cucumbers at best possible temperature (See Produce Basics Chart on pages 6 – 7). Cucumbers rot quickly in intense cold.
- Be careful when storing cucumbers in a plastic bag. If there is any moisture in the bag, the cucumbers may become soft and slippery.

Displaying

- Do not store or display cucumbers near fruits and vegetables that release high or medium amounts of ethylene gas. Ex.: apples, bananas, cantaloupe, and tomatoes.
- Price each cucumber individually.

Eggplant



Handling and Storage

- Fresh eggplant has shiny, bright, and firm skin.
- Eggplant may arrive cold but store it at the most favorable temperatures (between 48–50°F).
- Keep eggplant away from cold temperatures.

Displaying

- Do not stack eggplant.
- Price each eggplant individually.

Garlic



Handling and Storage

- Garlic must arrive with plenty of layers of dry skin covering the bulb.
- If garlic arrives and it is either soft or sprouting, then it means it is spoiled.
- Store garlic in a cool, dry place away from sunlight.
- Do not refrigerate garlic.
- Keep garlic in a loose paper bag with holes in it.
- Do not store garlic in a plastic bag because it needs to “breathe”.

Displaying:

- Display garlic near other dry produce such as onions and ginger.
- Do not mist or ice garlic.
- Be sure to keep the garlic dry and cover it with a loose paper bag at night to block the light.

Ginger



Handling and Storage

- Check ginger for full, smooth, shiny skin with a firm feel.
- Be sure to store ginger in a loose paper bag.
- Do not put ginger into the refrigerator. It will become moldy.

Displaying

- Display ginger near other dry produce like onions and garlic.

Grapes



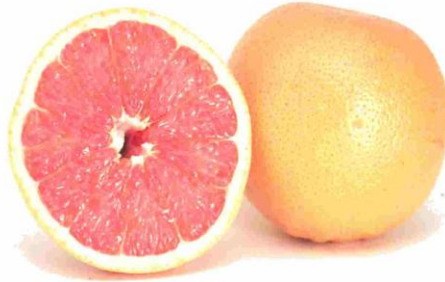
Handling and Storage

- Upon arrival, check to see that grapes are round, shiny and on the vine.
- Be sure to check for any grapes that have been dropped from their stems. Send back any that you see.
- Check for mold at the base of the grape and at the link to the stem.

Displaying

- Display grapes in a clean, dry basket.
- Do not stack anything on top of the grapes.
- Do not stack the grapes.

Grapefruit



Handling and Storage

- Upon arrival, check to see if grapefruit is smooth and mark-free.

Displaying

- Display grapefruit in a clean, dry basket.
- Remove any grapefruit that has rough or wrinkled skin. This means that the grapefruit has passed its prime.
- Price each grapefruit individually.

Green Beans



Handling and Storage

- Put green beans into the refrigerator as soon as they arrive.
- Do not put green beans in or near water, as this will cause them to discolor.

Displaying

- Keep green beans in a cool, dry place.
- Be aware that green beans should be crunchy and bright green from tip to tip.

Lemons



Handling and Storage

- Upon arrival, make sure that lemons are firm, shiny and have no marks.
- Send back any lemons that have spots.

Displaying

- Display lemons in a clean, dry basket.
- Price each lemon individually.

Lettuce



Handling and Storage

- Lettuce should arrive wet and cold. Wash off any excess dirt with cold water.
- Do not touch lettuce often until ready to display. Handle lettuce with care.
- Be sure to check lettuce for any wilted leaves or rot upon arrival.
- Make sure the head of the lettuce is solid and free from mold.
- Allow the head of the lettuce to drip dry on a clean paper towel or cloth for several minutes.
- Cover each head of lettuce with a plastic bag and place in refrigerator for display.

Displaying

- Do not display lettuce near fruits and vegetables that release high or medium amounts of ethylene gas. Ex.: apples, bananas, cantaloupe and tomatoes.
- Since lettuce is very fragile, be sure to keep it in the refrigerator at all times.

Limes



Handling and Storage

- Upon arrival, limes should be firm and free of mold or rot.
- Fresh limes have shiny skins with a deep green color.
- Keep limes away from direct sunlight since it will affect their color and flavor.

Displaying

- Be sure to display limes at room temperature.
- Limes can be refrigerated but doing so can make them less juicy.

Mushrooms



Handling and Storage

- Upon arrival, check to make sure that mushrooms are round and dry, not slippery and moist.
- Lightly brush dirt off mushrooms. Do not use water.
- Do not keep mushrooms in plastic bags.

Displaying

- Display mushrooms in a clean, dry container.

Okra



Handling and Storage

- Upon arrival, check to make sure that okra is dry, firm, spot-free, and medium to dark green in color.
- Keep okra in a cool, dry place. High heat and cold can cause okra to break down ahead of time.

Displaying

- Display okra at room temperature in a clean, dry container or basket.

Onions



Handling and Storage

- Onions should be firm and dry with loose outer skins upon arrival.
- Be sure not to drop the onions as they will bruise and decay.
- Soft spots, black, blue, or gray powdery patches, or sprouting from ends, shows poor quality.
- Store onions in a cool, dry, airy place.
- Do not store onions in plastic bags.

Displaying

- Display onions in a clean, dry container or basket.

Green Onions



Handling and Storage

- Check to make sure that green onions have a small amount of white at the base of the stalk.
- Upon arrival, make sure that the roots are trimmed and that the stalks are uniform.
- Return any stalks that are cracked or rotten as they show poor quality.
- Store green onions in a plastic bag and put them into a refrigerator.

Displaying

- Do not store or display green onions near fruits and vegetables that release high or medium amounts of ethylene gas. Ex.: apples, bananas, cantaloupe, and tomatoes

Oranges



Handling and Storage

- Check to make sure that oranges are firm and heavy, have a bright orange color, and have a fresh aroma.
- Send back any oranges that are soft, moldy, or have any spots, as they show poor quality.
- Store oranges in a refrigerator; however, doing so can make them less juicy.
- Decide whether to refrigerate the oranges based on how soon you will be able to sell them.

Displaying

- Display oranges in a clean, dry container.
- To prevent other oranges from becoming spoiled, check oranges every day and remove any that show signs of decay.

Peppers (Sweet Bell)



Handling and Storage

- Upon arrival, check to make sure bell peppers is bright, shiny and firm with no wrinkles or soft spots.
- Handle bell peppers with care as they are fragile.
- Check to see that the stems are healthy and whole. Rotten stems may be as a result of decay inside the peppers.
- Remove peppers from plastic bags and put them into the refrigerator.

Display

- Do not stack the bell peppers high.
- Price each bell pepper individually.

Peppers (hot)



Handling and Storage

- Look for smooth, bright green or red skin that's free of blemishes.
- Send back any peppers that have wrinkled skin, black spots, or soft tops by the stems.
- Be sure to wash your hands with soap and water after handling hot chili peppers.
- To prevent burning, do not touch your face or eyes after handling peppers.

Displaying

- Hot peppers should be displayed in the refrigerator with their bottom ends facing up in a clean, dry container or basket.

Pineapples



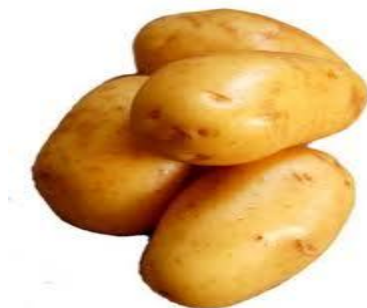
Handling and Storage

- Upon arrival, check that pineapples are green with healthy-looking leaves that are in a small, compact top.
- The eyes or spots on pineapples should be bright, shiny and flat, not wrinkled and dry.
- Send back any pineapples that feel soft and have a strong aroma.

Display

- Do not stack pineapples.
- Pineapples can remain fresh at room temperature for about 2–3 days.

Potatoes



Handling and Storage

- Upon arrival, inspect potatoes for blemishes or sprouting. Send back the potatoes that show these signs.
- Throw away potatoes with green skin; they may have a mild toxin that should not be consumed.
- Store potatoes in a cool, dark, airy area.
- If potatoes are kept too cold, they will become mealy. If kept too hot, they will sprout and turn green. If kept too moist, they will rot.

Displaying

- Display potatoes in a clean, dry container or basket.
- Cover the display at night with a brown bag to allow air flow and to protect potatoes from light.

Spinach



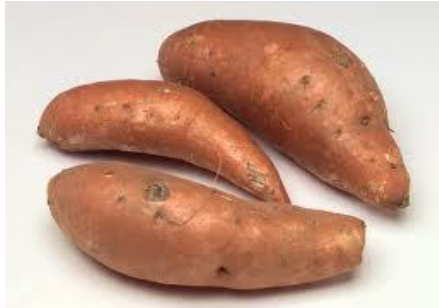
Handling and Storage

- Upon arrival, make sure bunches of spinach have full leaves and strong stems.
- Fresh bunches should be kept moist and handled with care.
- Pre-cut, pre-washed spinach should be checked for a reasonable expiration or pull date.

Displaying

- Mist or ice fresh bunches of spinach.
- Note that fresh bunches of spinach look better on display but they wilt faster and are harder to handle and store than packaged spinach.
- Store bagged spinach in a refrigerated cooler with the closest expiration dates displayed in front.

Sweet Potatoes and Yams



Handling and Storage

- Upon arrival, inspect sweet potatoes and yams for marks, soft ends, or sprouting.
- Send back any potatoes or yams that show these signs.
- Store potatoes and yams in a cool, dark, and airy area.

Displaying

- Display potatoes and yams in a clean, dry container or basket.
- Cover display at night with a brown bag to allow air flow and to protect the potatoes and yams from light.

Tomatoes



Handling and Storage

- Tomatoes come in many varieties. Handle all of them with care.
- Upon arrival, look for bright, shiny skin that is free of mold, cracks, wrinkles, marks, or soft spots.
- Do not freeze or refrigerate tomatoes.

Displaying

- Do not display tomatoes near fruits and vegetables that release medium-high ethylene gas. Do not store tomatoes near apples, bananas, broccoli, cabbage, carrots, collard greens, cucumbers, lettuce, green onions, mature dry onions, spinach, and watermelon.
- Do not stack tomatoes high.
- Keep tomatoes away from direct sunlight.

Watermelon



Handling and Storage

- Upon arrival, good watermelon should be heavy for its size and have smooth skin (the rind).
- Inspect the rind of the watermelon, as it should not be too dull or too shiny.
- Inspect the under-belly of the watermelon for a dull color – almost yellow.
- Inspect the flesh, which should be deep in color and free of white streaks. If it has seeds, they should be dark in color.
- Keep watermelon away from extreme heat or cold.
- Keep watermelon away from direct light.

Displaying

- Display watermelon in an open, dry area where customers have room to lift and inspect the fruit.
- Watermelon can also be displayed on clean ice if the proper water system has been put in place.



IV. Advertising and Displaying Produce

The main goal for your store is to **keep or increase your current profit margin**. It will be very important, then, for you to look at your present financial situation to help you keep track of your financial goals while working on this project. Making a budget for advertising and selling healthy foods in your store will help you to meet your financial goals. Questions to ask yourself when making a budget for the sale of your healthy foods should include:

- How much money can I afford to invest in buying and selling healthy foods?
- Will I need additional storage or equipment to display healthy foods?
- How much money from my sales will I need to pay for equipment and other items?

It is important to note that the size of your store will determine how many healthy foods you will be able to carry and sell. So, to increase your sales, you may need to move around display cases, change how foods are shelved, and in some cases, buy new equipment. We will work with you to find available resources that will aid you in meeting your needs so that you will be able to reach your financial goals. CARE will also help you in creating more shelf space and improving the layout of your store. We will meet with you for about 10–30 minutes every other week to check in with you and to assist you with your plans to have a successful and lasting store project.

While taking part in this program, it will be useful for you to think about these questions:

- What changes would you like to make in your store?
- What type of help and training do you need?
- What are your goals for becoming a Healthy Corner Store?

Advertising Healthy Foods

It is important that your customers know you are selling healthy foods in your store. A particularly effective tool for your store will be advertising your new healthy products. Some ideas about how to promote healthy foods so that they will sell are provided on the following page. These ideas have been used and proven successful by other Healthy Corner Store projects across the country.



DISPLAY FRESH FRUIT AT THE REGISTER COUNTER

- Put fruit such as bananas and apples next to the register counter. They are ready-to-go snacks!
- Price your snack foods at a reasonable price such as \$.50 or \$1.00 each.
- Price each fruit individually.
- Place fruit in eye-catching, low-cost wicker or wire baskets.

SET UP A SPECIAL DISPLAY AREA THAT YOU CAN CALL THE “HEALTH ZONE”

- Set up “Health Zone” display area where customers will see it when they first enter the store.
- Position the “Health Zone” display by putting each type of produce in its own basket or box (example: apples should be in an apple basket).
- It is important to display a variety of fruits and vegetables and other healthy foods in your “Health Zone” so that it attracts a wide range of customers.
- Take away bruised and decaying foods regularly.
- Have clear signs with the name and price of each food.
- Display healthy eating information on the benefits of healthy foods. Place signs throughout the store showing customers the location of the Health Zone.

POSTERS AND ADVERTISING

- Place posters made for the Healthy Corner Store Initiative in the high-traffic areas of the store.
- Have all signs in languages that the majority of your customers can understand.
- Create a friendly and welcoming community space.
- Give out advertising flyers (provided by CARE) at churches, social service agencies, and other community meetings and events.
- Host a taste test or food demo in the front of the store. Present samples of healthy food and drinks with nutritional information.

SHELF POSITION AND DISPLAY

- Mark shelves clearly to identify where the healthy foods will be displayed.
- Place healthy foods on the shelves at eye level to help boost sales.



V. What are healthy foods?

Healthy foods are foods rich in essential nutrients needed for good health. There are five basic food groups that each food may fall under. These are protein, carbohydrates, fats, vitamins and minerals and water. Foods are grouped together when they share similar properties. Healthy foods contain a variety of these nutrients which the body needs for energy, to grow, and to stay healthy. Below are the basic nutrients and what you should know about them.

Protein

Proteins are made up of amino acids. We need to eat various forms of protein because our body can't produce some of them otherwise. Protein is necessary for healthy muscles, bones, skin, hair, and cells that fight disease. Protein can be found in the following foods:

- Meat, Poultry, Fish
- Eggs
- Milk and Milk Products
- Tofu
- Nuts and Seeds
- Legumes (Dry Beans and Peas)

Animal-based foods such as meat, poultry, fish, milk, and eggs are considered high quality proteins because they provide all the essential amino acids.

Carbohydrates

Carbohydrates are used by the body for energy. Glucose is a type of simple carbohydrates, which gets stored or broken down for energy. The body uses carbohydrates immediately or stores its by-products in the liver and muscles until they are needed. Carbohydrates can be found in the following foods:

- Starchy foods such as cereals, rice, corn, peas, and potatoes.
- Grains and whole grains.
- Vegetables and fruit (fruit has more carbohydrates through natural sugars than vegetables do).
- Foods containing added sugars (cakes, cookies, sweetened beverages).
- Milk and milk products.



Foods can still be considered healthy even if they're high in carbohydrates. This is especially true of foods that provide dietary fiber, whole grains, and those with limited added sugars.

Fats

Fats provide energy that the body uses, and they also keep cell membranes functioning well. They are a good source of essential fatty acids, which the body cannot produce on its own. While fats are important, some fats are better than others. Trans fats, saturated fats, and cholesterol are less healthy than polyunsaturated and monounsaturated fats. Polyunsaturated and monounsaturated fats can be found in foods such as nuts, avocado and olive oil. When eaten in moderation, fats can add to a healthy and well balanced diet. Fats can be found in the following foods:

- Butter
- Vegetable Oils
- Cheese
- Milk, Yogurt, Ice Cream
- Nuts
- Bacon, Eggs
- Meats

Vitamins and Minerals

Fruits and vegetables provide us with a variety of vitamins and minerals needed for the body to grow and to develop normally. Vitamins are organic substances made by plants and animals; minerals are inorganic substances that are absorbed by plants and animals. In addition to supporting normal growth and development, vitamins and minerals boost the immune system, and help cells and organs function well. Foods rich in vitamins and minerals include:

- Vegetables
- Fruits
- Fortified Milk and Milk Products
- Fish, Meat and Poultry
- Whole Grains
- Bean and Legumes



Water

Water is the most essential nutrient needed for the body to grow and to function properly.

Water helps the body to:

- Control its temperature.
- Circulate nutrients through the blood which is mostly water.
- Protect the brain, spinal cord, and other sensitive tissues.
- Remove waste through urine, bowel movements, and sweat.

Drinking the recommended eight glasses of water helps to prevent dehydration in the body by replenishing the water that the body loses through normal everyday functions.

VI. How to Read a Nutrition Label

Nutrition labels are the tools that help us to make healthier food choices. Learning how to read nutrition labels will enable you to assist your customers in making better decisions about the foods they buy.

1 **Start Here** →

2 **Check Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5 **Footnote**

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
<hr/>	
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
<hr/>	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

6

Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



1 The Serving Size

Serving Size 1 cup (228g)
Servings Per Container 2

The serving size gives you an idea of the recommended serving size of the food. It is important to note the number of servings within each container, as many packages have two or more servings. The amount per serving (listed below) tells you how many nutrients your body will absorb by eating one serving of the food.

2 Calories (and Calories from Fat)

Calories give a measure of how much energy you get from a serving of the food. Keep in mind that the number of servings you eat determines the number of calories you will take in. In the example below, there are 250 calories in one serving of this food.

Amount Per Serving	
Calories 250	Calories from Fat 110

The serving size also shows that 110 of the 250 total number of calories are from fat. A good rule of thumb is to eat no more than 30 fat calories for every 100 calories of food.



3 Limit These Nutrients

Total fat lists the amount of good fats (monounsaturated and polyunsaturated fats) and bad fats (saturated and trans fats) that are in the food.

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%

The nutrients listed above should be eaten in small amounts. It is best to limit foods that have saturated fats, trans fats, cholesterol, and a high amount of sodium.

Tips:

- It is best to eat less than 1g of saturated fat per 100 calories
- It is best to eat no more than 300 mg of trans fat per day
- It is best to eat no more than 2,400 mg of sodium per day

4 Get More of These Nutrients

Dietary Fiber 0g	0%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Dietary fiber listed on the label shows how much fiber is in a serving of the food. Eating a diet rich in fiber produces healthy bowel movements.

The list of vitamins and minerals shown above tells you how much of these nutrients you will get from eating this food. Eating enough of these nutrients can improve your health and help to reduce your risk for some diseases and conditions.



5 Understanding the Footnote on the Bottom of the Nutrition Facts Label

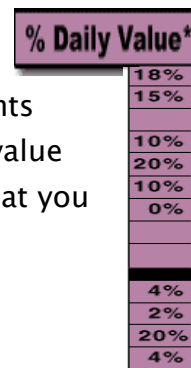
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

This section lists the daily values for total fat, saturated fat, cholesterol, sodium, carbohydrate, and dietary fiber, which are based on both 2,000 calories a day and 2,500 calories a day. For instance, if you were eating 2,000 calories a day (the recommended amount for most adults), you should have less than 65 grams of total fat, less than 20 grams of saturated fat, less than 300 mg of cholesterol, and less than 2,400 mg of sodium.

6 The Percent Daily Value

The Percent Daily Value (%) tells you the recommendations for important nutrients based on a 2,000 calorie diet. Generally, a value of 5% is considered low and a value of 20% is considered high. These recommendations are a guide to watching what you eat in order to maintain your current body weight.





VII. HEALTHY FOOD BUYING GUIDE

Thank you for becoming Our Healthy Corner Store! By joining this program, you have committed to stocking and marketing healthy foods. We ask you to:

- 🍏 Stock two varieties of fresh fruits (excluding lemons and limes).
- 🍏 Stock two varieties of fresh vegetables (excluding white potatoes and onions).
- 🍏 Stock three healthier snacks.
- 🍏 Stock low-fat or fat-free (skim) milk.
- 🍏 Stock canned fruit in its own fruit juice or with no sugar added.
- 🍏 Stock low-salt/low sodium -- OR -- “no salt added” canned vegetables, beans, or soup. Front label must specify low-sodium or “no salt added.” (<290mg/serving for beans/vegetables, <480 for soup.)
- 🍏 Stock one low-sugar cereal.
- 🍏 Stock one low-fat salad dressing or mayonnaise.
- 🍏 Stock frozen vegetables.

The following guide will help you to determine which foods meet these criteria.

🍏 **STOCK TWO (2) VARIETIES OF FRESH FRUITS (EXCLUDING LEMONS AND LIMES).**

Excluding lemons and limes, you choose which fruits you think will sell best in your store. Please keep at least two types of fresh fruit stocked at all times. These are some of the most common types of fruit.



Apples



Bananas



Grapes



Oranges



Pineapple



Strawberries

🍏 **STOCK TWO VARIETIES OF FRESH VEGETABLES (EXCLUDING WHITE POTATOES AND ONIONS).**

Excluding white potatoes and onions, you choose which vegetables you think will sell best in your store. Please keep at least two types of fresh vegetables stocked at all times. These are some of the most common types of vegetables.



Collard greens



Corn



Lettuce



Peppers



Spinach



Tomatoes



🍏 STOCK THREE HEALTHIER SNACKS.

Choosing which healthier snacks to buy and stock is challenging. Our Healthy Corner Stores must adhere to strict snack standards – outlined in the table below.* It may be hard to figure out which snacks meet these requirements. We have selected the snacks on the following pages for you. All of these meet the requirements. **If there are other snacks you are interested in ordering, please speak to your CARE representative to see if it meets the standards.**

Standards for Healthy Snacks	
FAT:	Less than 35% of total calories from fat (nuts, seeds, eggs, avocado are exempt) Less than 10% of total calories from saturated fats Less than .5 grams of trans fats per serving
SUGAR:	Less than 35% total calories from total sugars <u>OR</u> no more than 10 g sugar per serving (fruit products with no added sugars are exempt)
CALORIES:	No more than 200 calories per serving
FIBER:	Grain-based products must contain 2g or more fiber per serving (applies to chips, granola bars, cookies, etc.)
SODIUM:	No more than 200 mg sodium per serving
OTHER STANDARDS:	Nuts and dried fruit: <ul style="list-style-type: none"> <input type="checkbox"/> Must not have any added sugar <input type="checkbox"/> Must be grouped with other snacks (e.g. not shelved with baking goods) Packaged fruit (e.g. applesauce, fruit cups): <ul style="list-style-type: none"> <input type="checkbox"/> Must not have any added sugar <input type="checkbox"/> Must be sold in single serving sizes

Calories from Fat Calculation Table	
Calories	# allowable cals from fat
200	≤70
190	≤67
180	≤63
170	≤60
160	≤56
150	≤53
140	≤49
130	≤46
120	≤42
110	≤39
100	≤35



CHIPS, PRETZELS, AND POPCORN

ONLY the following BAKED! LAY'S meet our snack standards:

- 🍏 Baked! Lay's Original Potato Crisps
- 🍏 Baked! Ruffles Original Potato Crisps
- 🍏 Baked! Lay's Barbeque Flavored Potato Crisps
- 🍏 Baked! Lay's Parmesan & Tuscan Herb Flavored Potato Crisps
- 🍏 Baked! Lay's Sour Cream and Onion Flavored Potato Crisps
- 🍏 Baked! Lay's Southwestern Ranch Flavored Potato Crisps
- 🍏 Baked! Tostitos Scoops





ONLY the following UTZ products meet our snack standards:

- 🍏 Utz Original Baked Crisps
- 🍏 Utz Original Sunflower Chips
- 🍏 Utz Ripple Baked Crisps
- 🍏 Utz Organic White Corn Tortilla Chips
- 🍏 Utz Organic Yellow Corn Tortilla Chips
- 🍏 Utz Organic Seven Grain Pretzels



ONLY the following SNYDER's products meet our snack standards:

- 🍏 Snyder's Multigrain Lightly Salted Tortilla Chips
- 🍏 Snyder's Multigrain Honey Mustard and Onion Pretzel Nibblers
- 🍏 Snyder's Multigrain Lightly Salted Pretzels





Other chips, pretzels and popcorn include:

- 🍏 Sunchips Original Flavor
- 🍏 Herr's Extra Thin No Salt Pretzels
- 🍏 Wise Reduced Fat Buttered Popcorn



CRACKERS

Healthier crackers include:

- 🍏 Pepperidge Farm Goldfish Pouch Cheddar Baked (100 calorie pack)
- 🍏 Reduced Fat Triscuit





SOY CRISPS AND PITA CHIPS

Healthier soy crisps and pita chips include:

- 🍏 Glenny's Lightly Salted Soy Crisps
- 🍏 Glenny's Low Fat Apple Cinnamon Soy Crisps
- 🍏 Glenny's Low Fat White Cheddar Soy Crisps
- 🍏 Stacy's Cinnamon Sugar Pita Chips





GRAHAM CRACKERS

Healthier graham crackers include:

- 🍏 Honey Maid Grahams Chocolate
- 🍏 Honey Maid Grahams Chocolate Sticks
- 🍏 Honey Maid Grahams Cinnamon Sticks
- 🍏 Honey Maid Grahams Honey
- 🍏 Honey Maid Grahams Honey Low Fat
- 🍏 Honey Maid Grahams Honey Sticks
- 🍏 Nabisco Barnum's Animal Crackers





GRANOLA BARS

Healthier granola bars include:

- 🍏 Quaker Chewy 25% Less Sugar Chocolate Chip
- 🍏 Quaker Chewy Peanut Butter Chocolate Chunk
- 🍏 Nature Valley Roasted Nut Almond Crunch
- 🍏 Nature Valley Roasted Nut Peanut Crunch
- 🍏 Nature Valley Oats n' Honey Granola Bar
- 🍏 Nature Valley Cinnamon Granola Bar
- 🍏 Nature Valley Peanut Butter Granola Bar
- 🍏 Kashi TLC Peanut Butter Chewy Granola Bars
- 🍏 Kashi TLC Trail Mix Chewy Granola Bars
- 🍏 Luna Bar Toasted Nuts and Cranberry
- 🍏 Luna Bar Berry Almond

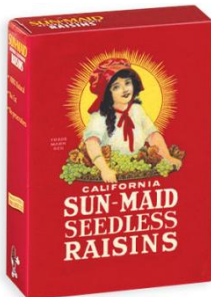




DRIED FRUIT

Healthier dried fruits include **dried fruits with NO SUGAR ADDED** such as:

- 🍏 Sun-Main Raisins
- 🍏 Sunsweet Dried Apricots
- 🍏 SunSweet Orchard Mixes
- 🍏 Dried pineapple
- 🍏 Dried apricot
- 🍏 Dried mango
- 🍏 Dried banana
- 🍏 Dried mixed fruit
- 🍏 Brothers All Natural Fruit Apple Crisps
- 🍏 Brothers All Natural Fruit Banana Crisps
- 🍏 Brothers All Natural Fruit Strawberry Crisps





NUTS AND SEEDS

Healthier nuts and seeds with NO SUGAR ADDED include:

- 🍏 Planters Nut-rition Energy Mixes
- 🍏 Planters Nut-rition Digestive Health Mixes
- 🍏 Frito Lay Sunflower Seeds
- 🍏 Unsalted Almonds
- 🍏 Roasted Unsalted Almonds
- 🍏 David Sunflower Seeds
- 🍏 David Pumpkin Seeds





- 🍏 STOCK CANNED FRUIT IN ITS OWN FRUIT JUICE OR WITH NO SUGAR ADDED.

Healthier canned fruit includes **canned fruits with NO SUGAR ADDED** such as:

- 🍏 No Sugar Added Applesauce
- 🍏 Del Monte Diced Peaches (in 100% Juice)
- 🍏 Del Monte Mixed Fruit (in 100% Juice)
- 🍏 Del Monte Pineapple Tidbits (in 100% Juice)
- 🍏 Dole Mixed Fruit (in 100% Juice)





🍏 **STOCK LOW-SALT/LOW SODIUM -- OR -- “NO SALT ADDED” CANNED VEGETABLES, BEANS, OR SOUP.**

Front label must specify low-sodium or “no salt added.”

Salt content should be less than 290mg/serving for beans/vegetables and less than 480mg/serving for soup. Many brands likely qualify – just check the sodium content or ask a CARE representative.

Popular Campbell’s canned soups include:

- 🍏 Campbell’s Low-Sodium Chunky Vegetable Beef Soup
- 🍏 Campbell’s Chicken with Noodles Low-Sodium Soup
- 🍏 Campbell’s Low-Sodium Chicken Broth
- 🍏 Campbell’s Cream of Mushroom Low-Sodium Soup
- 🍏 Campbell’s Low Sodium Split Pea Soup





Canned vegetables & beans include:

- 🍏 Green Giant 50% Less Sodium Green Beans
- 🍏 Green Giant 50% Less Sodium Sweet Peas
- 🍏 Green Giant 50% Less Sodium Whole Kernel Sweet Corn
- 🍏 Del Monte Diced Tomatoes (No Salt Added)
- 🍏 Hunt's Stewed Tomatoes (No Salt Added)
- 🍏 Goya Low-Sodium Beans (Many Varieties)
- 🍏 Bush's Low Sodium Beans (Many Varieties)





🍏 STOCK ONE LOW-SUGAR CEREAL.

Popular low sugar cereals include:

- 🍏 Cheerios
- 🍏 Kix
- 🍏 Wheaties
- 🍏 Post Shredded Wheat (Original)
- 🍏 Kashi 7 Whole Grain Puffs
- 🍏 Kashi 7 Whole Grain Honey Puffs
- 🍏 Kellogg's Corn Flakes
- 🍏 Kellogg's All-Bran (Original, Bran Buds, & Complete Wheat Flakes)





🍏 **DRINKS: MILK, BOTTLED WATER & JUICE**

Bottled water and seltzer including:

- 🍏 Poland Spring Bottled Water
- 🍏 Dasani Bottled Water (Including Flavored Waters)
- 🍏 Aquafina Bottled Water (Including Flavored Waters)
- 🍏 Ice Mountain Bottled Water
- 🍏 Poland Spring Seltzer (Many Varieties)

100% Juice Drinks, including:

- 🍏 Nestle Juicy Juice (Bottles, Concentrate, and Juice Boxes)
- 🍏 V8 100% Vegetable Juice
- 🍏 V8 Splash Juice
- 🍏 Ocean Spray 100% Juice Blends
- 🍏 Dole 100% Juice
- 🍏 Garelick Farms 100% Orange Juice
- 🍏 Florida's Natural 100% Orange Juice
- 🍏 Tropicana 100% Orange Juice
- 🍏 Low Fat (1%, or 2%) and Skim/Fat-Free Milk





🍏 OTHER HEALTHY FOODS TO CONSIDER

Low-Fat Yogurt

- 🍏 Dannon Light and Fit Carb & Sugar Control Yogurt (Many Varieties)
- 🍏 Yoplait Kids 25% Less Sugar Drink Yogurt (Many Varieties)
- 🍏 Colombo Plain Low Fat Yogurt
- 🍏 Colombo Plain Fat Free Yogurt
- 🍏 Weight Watchers Fat Free Yogurt (Many Varieties)
- 🍏 Blue Bunny Lite 85 Yogurt (Many Varieties)





Frozen Yogurt and Low Fat Ice Cream

- 🍏 Edy's Slow Churned No Sugar Added Ice Cream (Many Varieties)
- 🍏 Turkey Hill No Sugar Added Ice Cream
- 🍏 Blue Bunny No Sugar Added Fat Free Ice Cream (Many Varieties)
- 🍏 Blue Bunny Sugar Free Bomb Pops
- 🍏 Breyer's Smooth & Dreamy No Sugar Added Ice Cream (Many Varieties)
- 🍏 Breyer's Pure Fruit No Sugar Added Fruit Bars (Strawberry, Tropical, Raspberry)





Low Fat Mayonnaise and Salad Dressing

- 🍏 Hellman's Reduced Fat Mayonnaise Dressing
- 🍏 Cain's Reduced Fat Mayonnaise Dressing
- 🍏 Kraft Fat Free Miracle Whip
- 🍏 Hidden Valley Ranch Light
- 🍏 Hidden Valley Fat Free Ranch
- 🍏 Ken's Light Vinaigrette (Many Varieties)
- 🍏 Wishbone Light Vinaigrette (Many Varieties)





New Department of Public Health Codes

19-13- B40 Sanitation of foodstuffs

No person, firm or corporation shall sell, offer for sale or keep for sale any groceries, bakery products, confectioneries, meats, fish, vegetables or fruits except after compliance with the following requirements:

- All food and drink shall be clean, wholesome, and free from spoilage and so prepared as to be safe for human consumption.
- All food and drink shall be so stored, displayed and served as to be protected from dust, flies, vermin, depredation and pollution by rodents, unnecessary handling, droplet infection, overhead leakage or other contamination.
- No animals or fowls shall be kept or allowed in any room in which food or drink is prepared or stored.
- All means necessary for the elimination of flies, roaches and rodents shall be used.
- All exposed food shall be stored at least eighteen inches above the floor and all food which may be contaminated by exposure when deposited at a food establishment on delivery shall be stored at least eighteen inches above the floor.
- Food cooking or processing operations shall be conducted in a sanitary manner.
- The floors, walls, windows and ceilings of rooms used for the preparation and sale of foods shall be kept clean and in good repair.
- During the season when flies are prevalent, all openings into the outer air shall be effectively screened and doors shall be provided to prevent the entrance of flies.
- Any food to be eaten without cooking shall not be stored directly in contact with ice.
- All refrigerators shall be kept in a clean and sanitary condition.
- All potentially hazardous food which consists in whole or in part of milk or milk products, eggs, meat, poultry, fish, shellfish, or other ingredients capable of



supporting the rapid and progressive growth of infectious or toxigenic microorganisms, shall be maintained at safe temperatures at 45 degrees F. or below, or 140 degrees F. or above, except during necessary periods of preparation.

- No decayed fruits, meats, fish, vegetables or other foods shall be allowed to remain in any receptacle wherein any fruits, meats, fish, vegetables or other foods intended for human consumption are kept for sale or other disposition.
- All garbage and rubbish containing food wastes shall, prior to disposal, be kept in a leak-proof, non-absorbent container which shall be kept covered with tight fitting lids when filled or stored, or not in continuous use; provided such containers need not be covered when stored in a xermin-proofed room or enclosure, or in a food waste refrigerator.
- All other rubbish shall be stored in containers, rooms or areas in an approved manner. The rooms, enclosures, areas and containers used shall be adequate for the storage of all food waste and rubbish accumulating on the premises.
- Adequate cleaning facilities shall be provided, and each container, room or area shall be thoroughly cleaned after the emptying or removal of garbage and rubbish.
- All parts of the establishment and its premises shall be kept neat, clean and free of litter and rubbish.
- Cleaning operations shall be conducted in such a manner as to minimize contamination of food and food contact surfaces.
- None of the operations connected with a food service establishment shall be conducted in any room used as living or sleeping quarters.

(Effective October 8, 1963.)



19-13-B42. Sanitation of places dispensing foods or beverages

No person, firm or corporation shall operate or maintain within the State of Connecticut any place where food or beverages are served to the public except in compliance with the following requirements:

- Each food service establishment serving food or drink shall be provided with hand washing facilities located to allow for convenient use by employees in food preparation, food dispensing, and ware washing areas, and within or immediately adjacent to all toilet rooms.
- The hand washing facilities shall be equipped with hot and cold or tempered running water, hand cleansing soap or detergent dispensed in a sanitary manner, individual disposable towels or other hand drying device acceptable to the director of health.
- The use of a common towel is prohibited.
- A hand washing facility shall not be used for purposes other than hand washing.
- The hand washing facilities shall be maintained so that they are accessible at all times for employee use.
- Such facilities shall be kept clean and in good repair.
- No employee shall resume work after using the toilet room without first washing his hands.
- All equipment and multi-use utensils, and all show and display cases or window counters, shelves, tables, chairs, and refrigerating equipment shall be so designed and of such material and workmanship as to be smooth, easily cleanable and durable and shall be in good repair.
- The food contact surfaces of such equipment and utensils shall, in addition, be easily accessible for cleaning, nontoxic, corrosion-resistant and relatively nonabsorbent.
- All garbage and rubbish containing food wastes shall, prior to disposal, be kept in a leak-proof, nonabsorbent container which shall be kept covered with tight fitting lids when filled or stored, or not in continuous use; provided such



containers need not be covered when stored in a vermin-proofed room or enclosure or in a food waste refrigerator.

- All other rubbish shall be stored in containers, rooms or areas in a manner approved by the director of health.
- The rooms, enclosures, areas and containers used shall be adequate for the storage of all food waste and rubbish accumulating on the premises.
- Adequate cleaning facilities shall be provided, and each container, room or area shall be thoroughly cleaned after the emptying or removal of garbage and rubbish.
- All food and drink while being stored, prepared, displayed, served or sold at food service establishments, or during transportation between such establishments, shall be protected from dust, flies, vermin, depredation and pollution by rodents, unnecessary handling, droplet infection, overhead leakage or other contamination.
- Raw fruits and vegetables shall be washed before use.
- If used, single-use gloves shall be used for only one task such as working with ready-to-eat food or with raw animal food, used for no other purpose, and discarded when damaged or soiled, or when interruptions occur in the operation.
- All means necessary for the elimination of flies, roaches and rodents shall be used. All exposed food shall be stored at least eighteen (18) inches above the floor.
- Only such poisonous and toxic materials as are required to maintain sanitary conditions and for sanitization purposes may be used or stored in food service establishments.
- Poisonous and toxic materials shall be identified and shall be stored and used only in such manner and under such conditions as will not contaminate food and drink or constitute a hazard to employees or customers.
- Smoking is prohibited in all indoor public areas of a food service establishment.
- Signs shall be posted at each entrance stating that smoking is prohibited by state law.



- No person while affected with any disease in a communicable form, or while a carrier of such disease, or while afflicted with boils, infected wounds, sores or an acute respiratory infection, shall work in any area of a food service establishment in any capacity in which there is a likelihood of such person contaminating food, drink or food contact surfaces with pathogenic organisms, or transmitting disease to other individuals; and no person known or suspected of being affected with any such disease or condition shall be employed in such an area or capacity.
- If the management of the food service establishment has reason to suspect that any employee has contracted any disease in a communicable form or has become a carrier of such disease, he shall notify the local director of health immediately.

Note: To see all regulations regarding food safety in the CT Department of Public Health's Food Protection Program, please visit the website <http://www.ct.gov/dph>.



VIII. Resources

Food Handling and Safety

Connecticut Department of Public Health Codes:

http://www.ct.gov/dph/lib/dph/agency_regulations/sections/pdfs/title_19._health_and_safety/phc/chapter_ii/19-12._sanitation_of_food....pdf

Network for a Healthy California, *Fruit and Vegetable Handling Guide*:

<http://www.cdph.ca.gov/programs/cpns/Pages/RetailResources.aspx>

Healthy Eating: Understanding Health Issues and Identifying Healthy Foods

Center for Disease and Control Prevention (CDC) *Nutrition for Everyone Program*:

<http://www.cdc.gov/nutrition/everyone/index.html>

CDC's Fruit and Veggies Matter Program:

<http://www.fruitsandveggiesmorematters.org>

CDC's *Rethink Your Drink*:

http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf

FDA's *How to Understand and Use the Nutrition Fact Label*,

<http://www.cfsan.fda.gov/~dms/foodlab.html>

National Heart, Lung and Blood Institute, *Keep the Beat: Heart Healthy Recipes*:

http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf

USDA's *Dietary Guidelines for Americans, 2010*:

<http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>



Other Corner Store Projects and Resources

Baltimore Healthy Stores: <http://healthystores.org/BHSmaterials.html>

California Food Policy Advocates, *Neighborhood Groceries: New Access to Healthy Food in Low-Income Communities*:

<http://www.cfpa.net/Grocery.PDF>

DC Healthy Corner Store Program:

<http://www.dchunger.org/projects/cornerstore.html>

Hartford's Healthy Food Retailer:

http://www.hartfordfood.org/pubs/healthy_retailers.pdf

Literacy for Environmental Justice's Good Neighbor Program (San Francisco, CA):

<http://www.lejyouth.org/programs/food.html>

Network for a Healthy California's Retail Program:

<http://www.networkforahealthycalifornia.net>