FOOD RECOVERY NETWORK’S

GUIDE TO GLEANING

Presented by:

FOOD RECOVERY NETWORK
FIGHTING WASTE. FEEDING PEOPLE.

BON APPÉTIT MANAGEMENT COMPANY
food service for a sustainable future®
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Food Recovery Network:

Food Recovery Network unites students at colleges and universities across the country to fight food waste and hunger by recovering perishable food that would otherwise go to waste from their campuses and the surrounding communities and donating it to people in need. With the support of Bon Appétit Management Company, we are launching a gleaning initiative in order to provide greater amounts of fresh, nutritious produce to the hunger-fighting agencies with which we work.

We know that farms are the number one place where surplus food is going to waste. Feeding America estimates that at least 6 billion pounds of food are wasted on farms in the US each year, and other estimates are much higher. We hope that with the help of this guide, students will recover thousands of pounds of fresh produce that would otherwise be tilled back into the soil or end up in the compost pile. Together we are fighting waste and feeding people...produce!

Bon Appétit Management Company:

Bon Appétit Management Company is an on-site restaurant company offering full food-service management to corporations, universities, and specialty venues. Bon Appétit has more than 500 cafés in 32 states. Some of their sites include eBay, the University of Pennsylvania, and the Getty Center. All Bon Appétit food is cooked from scratch, including sauces, stocks and soups. A pioneer in environmentally sound sourcing policies, Bon Appétit has developed programs addressing local purchasing, the overuse of antibiotics, sustainable seafood, the food and climate change connection, humanely raised meat and eggs, and farmworker welfare. It has received numerous awards for its work, from organizations including the International Association of Culinary Professionals, the James Beard Foundation, Chefs Collaborative, Natural Resources Defense Council, Seafood Choices Alliance, The Humane Society of the United States and Food Alliance.

Bon Appétit Management Company has been a leader in sustainable waste management and food recovery. Bon Appétit partnered with Food Recovery Network to develop the first national guide to food recovery for chefs and managers, was the first business to get Food Recovery Certified with now over 30 cafés certified and growing and has had Waste Specialist, Claire Cummings, on Food Recovery Network’s Board of Advisors for over a year. Bon Appétit believes there is no reason quality food should go to waste when there are people in need and hopes this guide to gleaning will empower people around the country to address issues of waste and hunger in their communities.
What is gleaning?

An important question to ask, no doubt. Gleaning is the act of collecting excess fresh foods from farms, gardens, farmers markets, grocers, restaurants, state and county fairs and other food-based institutions and businesses for distribution to the poor and hungry. 2,3,4

Why is gleaning important?

“We started gleaning because we had been discussing the nutritional value of our donations and how most of it consists of baked goods and bread, which serve to quell hunger but breed malnutrition.”

Renata Robles, FRN@Brown University

In the United States, an unfortunate paradox exists. Each year Americans throw out 72 billion pounds of food, wasting over 40% of their entire food supply. 2,3 At the same time, 49 million people in this country are at risk of going hungry. 2 FRN tackles this issue by connecting a surplus with a need. With our gleaning initiative, we will further address serious public health issues by feeding people in need with fresh, healthy, locally grown food not always available in low-income communities. 3 Gleaning prevents unnecessary wasting of quality, nutritious food while simultaneously fostering strong local community food systems.
Below we outline seven important steps to starting a gleaning program. The protocol primarily addresses gleaning from local farms, but if you decide to pursue gleaning opportunities at other food businesses such as farmer’s markets, check out FRN’s guide to pitching to food businesses and be sure to explore the benefits to businesses in partnering with FRN. Of course, all Food Recovery Network chapters are different, so we encourage you to adapt or eliminate items that do not make sense for your organization. Have fun. Do your research. And enjoy the many fruitful (pun intended!) adventures in your future!

1. Identify good places to glean

• Track down the closest farmer’s market.
• Find a community garden near your college.
• Consider your very own campus farm or the National Young Farmers Coalition to get involved with active, young, and prosperous farmers in the area.
• Reach out to your agricultural community and see what working farms are nearby.

TIP 1: THINK AHEAD

If you missed this growing season, fear not! It is never too early to start making contacts and connections for the next one.

2. Reach out to potential food donors about getting involved

“Be persistent. Make phone calls, send emails, do whatever you have to do. We aren’t going to change the world by sitting on our butts and accepting the status quo. Make connections with local farms, talk to folks who already may be gleaning, and get plugged in.”

Cameron Kritikos, Calvin College FRN

• Call donors or go there in person. Be sensitive to how busy they are -- especially during the growing season.
• Ask the farmer if (s)he has ever heard of or participated in a gleaning event. Gleaning may be something the farmer is already familiar with -- if so, let her tell you about her own experience. This way you can better gauge how much background information is needed when you ask her to get involved.
• Inform all potential donors of the Bill Emerson Good Samaritan Act, which, barring gross negligence, protects any food donor from liability relevant to the food donation. In other words, the farmer cannot be held responsible if the food they donate is bad in any way.
• Notify donors of potential tax deductions. Most businesses don’t know that if they donate food to a non-profit they are eligible for tax deductions. Note: with gleaning, these tax deductions do vary by state.
Find a place to donate

- If you don’t already have a relationship with a nearby hunger-fighting agency, visit Ample Harvest or Feeding America to find one.
- If you have produce that is not fit for human consumption, consider donating it to an animal sanctuary!
- Make sure the donation center has the capacity to accept fresh donations (e.g., refrigerators, a well-equipped kitchen). *Note: Gleaning has a potential to be high-yield, and often does not have a long shelf life.*

Walking on the wild side

The EPA’s Food Recovery Hierarchy illustrates that the next best thing after donating food to humans is donating it to animals. And animal sanctuaries could definitely use the donations! While no federal regulations are in place regarding donations of food scraps in animal feed, do consult and make sure to follow your state’s laws and regulations.

“Food for the animals is one of the single largest expenses of running an animal sanctuary.”
– Vernon Weir, American Sanctuary Association

Prepare for your first glean

- Set measurable goals and track your progress (e.g., pounds gleaned, types of produce collected).
- Make sure you organize enough transportation and enough people.

“Transportation and manpower have been our biggest challenges so far.”
– Rose Cardoso, Fresno State FRN

- Go through the gear checklists (Appendix I).
- Confirm with the donor:
  - The exact time and location for your arrival
  - How the donated foods will be identified
  - How to properly handle/pick the produce
  - An estimated number of boxes or crates needed to hold all donations
  - A list of any gear/tools that the farm may be able to provide
  - Recommended gear/tools that your chapter should provide
  - Where to park the vehicles
- Prep the volunteers:
  - Define your expectations
  - Educate volunteers about the farm you are recovering from
  - Go over farm rules and task techniques
  - Recommend layers of clothing and wearing work clothes and close-toed shoes that volunteers don’t mind getting dirty
  - Bring enough water and snacks
  - Go to the bathroom before going out to the field—there might not be a bathroom on site
  - Do not glean if you are sick

**TIP 2: BE RESOURCEFUL**

Rather than buying new materials, go to local grocery stores (or Costco) to see if they have extra crates and boxes you can use for your trip! Be sure to ask your dining hall if they have extra food grade buckets that you can take with you.
Check-in with your hunger-fighting partner agency:
- Make sure that they will still accept the food to be gleaned
- Confirm delivery sites, approximate amounts and times

Media:
- Publicize your event! Check out FRN’s communication toolkit for tips on how to write a press release and gain other media attention.
- Check with the farm to see if it is okay to take pictures. If they say yes, pack a camera!

5 Glean

- Remember your farm etiquette.

Don't be a pig!
- Be considerate
- Show up on time
- Introduce the farmer if he/she visits the gleaning group
- Be conscious not to trample produce
- Stay inside the designated pick area
- Carpool to avoid the numbers of cars entering the property
- Bring your own water and snacks
- Send ‘thank yous’

- Thoroughly wash your hands before handling produce and make sure that any open wounds are covered with a bandage. Any cuts or abrasions that occur while on the farm or transporting produce should be immediately treated to prevent contamination with produce.
- All produce should be collected, boxed, weighed and labeled with the crop name, source, harvest date and weight.
- Have transportation ready to take produce to donation site as soon as possible.

“There was an intense sense of accomplishment at the end of the trip when the group ended up gleaning 700 pounds of apples and pumpkins.”

Renata Robles, FRN@Brown University

6 Donate

- Consider providing recipes for how to use the produce! Check out Bon Appétit’s website for select recipes from a cookbook written by Arcadia Culinary Educator and Mobile Market Outreach Coordinator, JuJu Harris. The recipes use seasonal, commonly gleaned produce. Buy the whole 100-page cookbook here!
- Donate the food to your designated hunger-fighting partner agency.
- If you have the time and volunteer capacity, offer to help prepare what you glean (e.g., peel apples, wash and chop peaches, etc.).
- Log your donations using your FRN Food Tracking Form throughout the season to measure your progress!
7 Follow-through activities

- Maintain a positive relationship with your donor.
- Write a ‘thank you’ note to your farm and volunteers with a recap of how much was recovered for donation.
- Debrief and ask your volunteers for suggestions to improve future events.
- Send gleaning day photographs to FRN National, your local newspapers, your volunteers and the farm at which you gleaned.
- Make your gleaning program sustainable.
- Designate a leader in your chapter to be responsible for organizing future gleaning events.
  - Encourage a consistent volunteer base
  - Find multiple donors and partner agencies in case one falls through
As you follow the seven steps to recovering bountiful produce, do consider food safety. It is of the utmost importance that food safety is maintained at every step of the process. Many hunger-fighting partner agencies serve clients with weakened immune systems who are more susceptible to being hurt by lapses in food safety. The Centers for Disease Control estimates that 48 million people fall ill each year as a result of foodborne diseases, and we are relying on you to make sure that no one receiving the food that you glean gets sick. Be sure to follow rules, regulations and best practices according to your local health code. Below, we lay out food safety advice for harvesting, packing, transporting and storing food.

Harvest

- Plan your harvest time to minimize excessive heat to prevent damage to crops.
  - Some crops are more sensitive to heat than others
  - For example, greens should be harvested in the early morning or evening if possible
- Gather tools and equipment.
  - All tools and equipment used for harvesting and transporting produce should be properly cleaned and disinfected prior to use (Appendix I).
  - Use food grade containers (such as reusable, plastic harvest crates or waxed, food grade boxes) to pack and transport produce. Reusable containers should be sanitized after each use.
- Before picking a crop, evaluate it.
  - If there is major insect damage or insects present in the crop, do not harvest it for donation to people – BUT check with the farm to see if these can be donated to animal sanctuaries.
  - If the produce has visible decay or major cuts/broken skin, do not harvest it for donation (unless, again, they are suitable for animals). If these damaged crops are stored alongside others, pathogens can spread and ruin the bunch.
- Remove excess soil from the crop by brushing it off with a soft cloth or rinsing with potable water.
  - Note: some tender-skinned crops such as summer squash, tomatoes, eggplant, and berries should not be washed. Onions and garlic should remain dry as well
- Thoroughly cool the produce to remove field heat.
  - While harvesting, store produce out of the direct sun in well-ventilated containers or coolers.
  - Hydro-cooling, or submerging crops in clean, cool water, can help preserve quality and freshness of some crops such as leafy greens, beets, carrots, and broccoli. Keep wash water no more than 10°F cooler than the produce.
To use, or not to use, that is the question?

Because packaging used to store food comes in direct contact with the food, it is essential to make sure it is suitable for the intended use. Note that not all plastics are “food grade”, which means they may not be safe to use for long term contact with food. Often containers will outline on the label whether or not they are suitable for this purpose. Look for these various symbols (shown below) imprinted on the bottom of the plastic when assessing whether they are safe for food. If no such indication is made, assume it is not food-grade.


Do go to local bakeries, restaurants, and food processing plants that might already have extra buckets already used to store food. An examples of food grade containers is shown below.

![Examples of food grade containers](http://www.theelectricbrewery.com/forum/viewtopic.php?f=3&t=24805)

Don’t use:

- Garbage cans or pails
- Mop buckets
- Laundry detergent or kitty litter buckets
- Household storage containers
- Any container—even if made of food grade plastic—that has been used to store non-food items like chemicals, paint, or detergent
Pack Produce

- Pack heavier, bulkier items at the bottom and lighter, more perishable items on top. Not only will this prevent items from being crushed, but you will also be more likely to spot items before they perish.¹
- Store fruits and vegetables separately. Fruits give off ethylene gas which causes veggies to ripen faster.¹
- Take extra care with produce with delicate skins such as summer squash, tomatoes, eggplant and berries.
- Ventilation is key. Vented, wax-lined boxes and produce crates work well. Be sure to sanitize them between use.

![Apples and Oranges](image1)

Transport

- Transport produce in a clean vehicle; food should be isolated and nowhere near cleaning supplies, other chemicals, dirty clothes, trash, etc.
- To maintain freshness and quality, transport produce as quickly as possible after harvesting.
- If you are ever in doubt about whether these procedures were followed, do not donate the food!

On-Site Storage

- Below are some tips for extending the shelf-life of produce. Consider sharing the information below with your partner agency to ensure that they can keep the produce as fresh as possible for as long as possible.
- If the produce is not going to be used immediately, it should be stored in the proper conditions for later use. Refer to food storage tables (Appendices II and III).¹
- Make space in the refrigerator or freezer for the donated food. Consider using the FIFO method — First In, First Out; rotate the food to be sure the newest food is moved to the back.
- Before using, evaluate the produce:
  - Is the food discolored? Is it moldy? Does it have a sour odor?
  - Is the food at the correct temperature?
  - When in doubt, throw it out (or in this case, compost it!)
- Clean all surfaces that you will be using when the food arrives.
You have finished the body of our guide! If you want to peruse more resources (always encouraged), please take a look at the websites linked below. If not, continue on to our Appendix, ripe (ha!) with useful information.

Appendix I. Checklists

Check with the farmer and partner agency to see if they can provide the equipment you need for harvest. Depending on the season, different tools may be needed. Also consider asking your own campus farm or gardening club to loan you the gear. Do try to provide gardening gloves for all volunteers-- the basic ones from your local hardware store would function just swell.

<table>
<thead>
<tr>
<th>Harvesting Tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boxes (waxed and non-waxed)</td>
</tr>
<tr>
<td>Produce crates</td>
</tr>
<tr>
<td>Buckets (5 gallon-- no lid necessary)</td>
</tr>
<tr>
<td>Grain sacks</td>
</tr>
<tr>
<td>Duct tape and/or clear packing tape</td>
</tr>
<tr>
<td>Harvesting tools (e.g., spades, clippers, shovels).</td>
</tr>
<tr>
<td>Scale</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Personal Gear</th>
</tr>
</thead>
<tbody>
<tr>
<td>First aid kit</td>
</tr>
<tr>
<td>Sharpies</td>
</tr>
<tr>
<td>Appropriate weather gear (e.g. hat, sunscreen, raincoat)</td>
</tr>
<tr>
<td>Gardening gloves</td>
</tr>
<tr>
<td>Long shirts and pants</td>
</tr>
<tr>
<td>Camera</td>
</tr>
</tbody>
</table>
## Appendix II. Food Storage -- Vegetables

Permission to use this resource from ‘Garden Gleaning – A Toolkit for Growers and Food Shelves’ granted from the Garden Gleaning Task Force of Hennepin County’s Healthy Eating Minnesota Project.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>How to Store</th>
<th>Shelf-life</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Cool and moist (32-36°F)</td>
<td>3-4 days</td>
<td>Wrap stalks in damp paper towel, store in sealed plastic bag or snap off the woody bottoms of stalks, and store standing in 2 inches of water. Watch tips for signs of decay.</td>
</tr>
<tr>
<td>Beans, green</td>
<td>Cool and moist (32-36°F)</td>
<td>3-5 days</td>
<td>Store in perforated plastic bag in warmest part of refrigerator. Temperatures below 32-36°F damage beans.</td>
</tr>
<tr>
<td>Beets, Turnips, Rutabagas</td>
<td>Cold and moist</td>
<td>1 month</td>
<td>Trim greens a few inches above bulb and store roots in vented plastic bag in crisper. Store greens separately for up to 3 days in sealed plastic bag in crisper. Do not wash before using.</td>
</tr>
<tr>
<td>Bok Choi</td>
<td>Cold and moist</td>
<td>4-5 days</td>
<td>Store in crisper in vented plastic bag; wash well before using.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cold and moist</td>
<td>4-5 days</td>
<td>Store in vented plastic bag; wash thoroughly before using.</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Cold and moist</td>
<td>1-2 weeks</td>
<td>Trim damaged leaves and store in moist vented plastic bag.</td>
</tr>
<tr>
<td>Cabbage, cut</td>
<td>Cold and moist</td>
<td>2-3 days</td>
<td>Wrap tightly in plastic wrap.</td>
</tr>
<tr>
<td>Cabbage, whole</td>
<td>Cold and moist</td>
<td>4-6 weeks</td>
<td>Remove loose leaves and store in vented plastic bag.</td>
</tr>
<tr>
<td>Carrots</td>
<td>Cold and moist</td>
<td>4-6 weeks</td>
<td>Store in crisper. Remove tops 1 inch from carrot, rinse and store in sealed plastic bag. Wash thoroughly before using.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Cold and moist</td>
<td>3-5 days</td>
<td>Store stems side down in vented plastic bag. Wrap cut cauliflower tightly in plastic. Wash thoroughly before using.</td>
</tr>
<tr>
<td>Chard, Collards, Mustard, other leafy greens</td>
<td>Cold and moist</td>
<td>3-5 days</td>
<td>Wrap in wet paper towel and store in sealed plastic bag in coldest part of refrigerator.</td>
</tr>
<tr>
<td>Celery</td>
<td>Front of refrigerator</td>
<td>2 weeks</td>
<td>Wrap in damp paper towel and then aluminum foil; wash thoroughly before using.</td>
</tr>
<tr>
<td>Cilantro and Parsley</td>
<td>Cold and moist</td>
<td>1 week</td>
<td>Remove rotten leaves. Wrap loosely in moist paper towel and store loosely in plastic bag in crisper or cut off bottom of stem, and store unrefrigerated in 1 inch of water.</td>
</tr>
<tr>
<td>Corn, sweet</td>
<td>Cold and moist</td>
<td>2-3 days</td>
<td>Use as soon as possible for best flavor and texture, and store in husks. If immediate use is not possible, encourage guests to cut kernels off cob and freeze for future use.</td>
</tr>
<tr>
<td>Vegetable</td>
<td>How to Store</td>
<td>Shelf-life</td>
<td>Comments</td>
</tr>
<tr>
<td>--------------------</td>
<td>------------------------------------------------</td>
<td>-----------------------------</td>
<td>------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Store on top shelf of refrigerator or cool spot in the kitchen</td>
<td>1 week for waxed, less for unwaxed</td>
<td>Wrap in plastic if refrigerating. Do not store with apples or tomatoes. Refrigerate sliced cucumber in sealed plastic bag and use within 3 days. The skin contains most of the vitamins.</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Cool spot in kitchen (55°F)</td>
<td>1 week</td>
<td>Do not refrigerate; will discolor and decay if stored below 50°F.</td>
</tr>
<tr>
<td>Garlic</td>
<td>Cool, dark, and dry</td>
<td>2-3 months</td>
<td>Refrigeration shortens shelf life; store away from other foods.</td>
</tr>
<tr>
<td>Leeks</td>
<td>Cold and moist</td>
<td>1 week</td>
<td>Dry excess water and store loosely wrapped in plastic or in plastic bag in crisper. Cut off bottom of stem and green top leaves before using. Cut in half lengthwise and wash thoroughly.</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Cold and moist</td>
<td>4 days to 2 weeks by variety</td>
<td>Store away from fruits in vented plastic bag. Remove damaged leaves before storing and wash well before using. Dry with paper towel or salad spinner. Store away from fruits. The more firm the leaves, the longer it will keep.</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Cool and dry</td>
<td>5-7 days</td>
<td>Store in package, once opened store loosely in paper bag.</td>
</tr>
<tr>
<td>Peppers, bell and hot</td>
<td>Cool and dry (45-50°F)</td>
<td>1 week</td>
<td>Store whole in paper bag in crisper. Store cut peppers in plastic bag in refrigerator for up to 2 days. Peppers decay quickly below 45-50°F degrees. Store away from pears and apples.</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Cold and moist</td>
<td>4 months</td>
<td>Sweetens after 2 weeks storage at 32°F degrees in sealed plastic bag. Wash well before using. Parsnips need moist storage conditions</td>
</tr>
<tr>
<td>Onions, bulb</td>
<td>Cool, dry, and well-ventilated (55-60°F)</td>
<td>3-4 weeks</td>
<td>Store away from potatoes, which will cause decay. Store loosely with good ventilation at room temperature for 1-2 months. Cut onions can be refrigerated for up to 1 week. Do not freeze onions.</td>
</tr>
<tr>
<td>Onions, green</td>
<td>Cold and moist</td>
<td>5 days</td>
<td>Remove rubber band or twist tie, and store in sealed plastic bag in crisper. Wash thoroughly, and cut away any damaged parts before using.</td>
</tr>
<tr>
<td>Peas</td>
<td>Cold and moist</td>
<td>3-4 days</td>
<td>Store shelled peas in sealed plastic bags; unshelled peas in vented plastic bag. Wash before using.</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Cool, dark, dry, and well ventilated, (45-50°F)</td>
<td>3-5 weeks</td>
<td>Store away from onions, keep away from light (especially white and yellow potatoes). Refrigeration shortens shelf life. Use new potatoes within 1 week.</td>
</tr>
</tbody>
</table>
Appendix III. Food Storage -- Fruit

Permission to use this resource from ‘Garden Gleaning – A Toolkit for Growers and Food Shelves’ granted from the Garden Gleaning Task Force of Hennepin County’s Healthy Eating Minnesota Project.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>How to Store</th>
<th>Shelf-life</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Place apples in a perforated plastic bag, sprinkle with water, and store in the coldest area of the refrigerator.</td>
<td>1-2 months</td>
<td>Keep apples away from other fruits and vegetables because they give off a gas called ethylene that speeds up ripening.</td>
</tr>
<tr>
<td>Avocados</td>
<td>Store unripened avocados at room temperature. Store ripe avocados in the refrigerator.</td>
<td>2-3 days after ripe</td>
<td>When the fruit feels slightly soft, it is ripe.</td>
</tr>
<tr>
<td>Bananas</td>
<td>Room temperature</td>
<td>2-3 days after ripe</td>
<td>Ripe bananas can be refrigerated without damaging the fruit, but refrigeration will turn the skins black.</td>
</tr>
<tr>
<td>Berries</td>
<td>Do not wash. Refrigerate as soon as possible after picking.</td>
<td>2-3 days</td>
<td>Spread out in a thin layer on a tray or plate. Do not cover and place in the refrigerator. Wash gently just before using.</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Store in a perforated bag or in a bowl. Extend storage time by placing in a sealed bag and keep in the salad crisper drawer of the refrigerator.</td>
<td>1-2 weeks</td>
<td></td>
</tr>
<tr>
<td>Oranges</td>
<td>Ripen at room temperature and then refrigerate.</td>
<td>2-3 weeks</td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>Ripen at room temperature. To speed ripening, place in a loosely closed paper bag. Refrigerate when ripe.</td>
<td>2-3 days</td>
<td>Storing peaches in refrigerator for too long will cause dehydration and “woody” texture.</td>
</tr>
<tr>
<td>Pears</td>
<td>Ripen at room temperature and then store in coldest part of the refrigerator.</td>
<td>10-14 days</td>
<td>Keep pears away from other fruits and vegetables because they give off a gas called ethylene that speeds up ripening.</td>
</tr>
<tr>
<td>Watermelon</td>
<td>Uncut watermelon can be stored at room temperature for a few days, but cut sections should be wrapped with plastic wrap and refrigerated as soon as possible.</td>
<td>6-8 days</td>
<td></td>
</tr>
<tr>
<td>Lemons</td>
<td>Can be stored at room temperature, but will stay fresh longer if stored uncovered in the refrigerator. Keep fruit from touching each other.</td>
<td>2-5 weeks</td>
<td></td>
</tr>
<tr>
<td>Limes</td>
<td>Place in a plastic bag and store in the refrigerator.</td>
<td>1-3 weeks</td>
<td></td>
</tr>
</tbody>
</table>
Appendix IV. Sample Liability Waiver

This is a sample waiver-- please feel free to use as written or adjust based on the specific needs of your chapter, partner agency and donating party.

GLEANER INFORMATION:

Name: _____________________________________________________________________________    Age: __________
Address: ______________________________________________________________________________________________
City: _______________________________________________________  State: ___________  Zip: ______________________
Phone: (_______)________________________  E-mail: __________________________________________________________

EMERGENCY CONTACT INFORMATION:

Name: ______________________________________________ Relationship: _______________________________________
Home phone: ____________________________________________ Cell phone: ______________________________________

WAIVER:

Please print clearly and fill out the form to the best of your knowledge:

List any allergies to medicines, foods, etc.: _____________________________________________________
Date of last tetanus shot: __________________
List any history of serious illness (e.g., diabetes, asthma, epilepsy, etc.) or any recent hospitalizations: ___________________________
_____________________________________________________________________________________________________
_____________________________________________________________________________________________________
List any current medications: ________________________________________________________________________________
_____________________________________________________________________________________________________
List any other medical concerns we should be aware of: _____________________________________________________________
_____________________________________________________________________________________________________
_____________________________________________________________________________________________________

In the event (gleaner’s name) ______________________________________________ suffers any illness or accident requiring
emergency hospitalization, medication, or surgery while participating in this gleaning, on the recommendation of the doctor, I hereby give
my permission for any medical treatment which may be deemed necessary and reasonable under the circumstances, understanding that the
gleaning coordinator or other responsible person will contact me at the earliest possible moment. I fully understand and comprehend that
individuals coordinating the gleaning event, to protect the safety of all involved, will exercise reasonable care, I do not hold (school name)
___________________________________________  or any fellow volunteers liable for any injury, bodily harm, accidents or death of
myself during gleaning events sponsored by (organization name) ______________________________________________. Neither
will I hold the person(s) who own(s) and/or operate(s) the farm(s) from which we glean, liable for accidents, injury, or death during gleaning
events.

Signature: _____________________________________________________  Date: __________________

Parent/guardian signature: ___________________________  Date: __________________
(for volunteers under 18 years)
ACKNOWLEDGEMENTS

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