

**Oregon Food Bank Network of Regional Food Banks**

# **Food Safety and Handling Manual**

**For Partner Agencies**

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**OREGON  
FOOD BANK  
NETWORK**

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March 2017

# Introduction to Food Safety

CDC (Center for Disease Control) estimates that each year roughly 1 out of 6 Americans (or 48 million people) gets sick, 128,000 are hospitalized, and 3,000 die from foodborne diseases. The great majority of these cases are mild and cause symptoms for only a day or two. The most severe cases tend to occur in the very old, the very young, those who have an illness already that reduces their immune system function, and in healthy people exposed to a very high dose of an organism.

It is our responsibility to maintain the highest possible safety standards to protect our clients, many of whom are at high risk for foodborne illness. This guide lays out rules and standards for food storage and handling. If you have any questions not addressed in this guide, please call your regional food bank or Oregon Food Bank for clarification or assistance.

Your pantry should have a copy of the OFB-produced **Food Safety DVD**. Please make sure that all of your staff and volunteers review this annually. If you need a replacement copy, please contact your Regional Food Bank or the OFB Statewide Network team at 503-282-0555.

# General Food Safety Guidelines

## Labels

Unlabeled food, or any food packages that do not list every ingredient, must be discarded.

If you repackage any food at your agency, ensure the item is labeled completely as stipulated in the Fair Packaging and Labeling Act or add a label prior to distribution that includes *all* of the following:

- common name of the product (e.g. Lasagna, Chicken Noodle Soup etc.)
- name and location of the distributing agency
- the name and location of the donor *or* a designated donor ID number that can be tracked in the inventory system
- the date of the donation
- an allergen disclaimer statement

See sample labels.

## Dented cans

Cans that have sharp creases, bulges or rust that cannot easily be rubbed must be discarded. Please refer to the [Evaluating Canned Food](#) poster for details.

## Homemade items

Food that has been canned or preserved at home must be discarded. Only distribute food that has been processed by a commercial kitchen or company.

## Donations of domestic meat

All domestic meat donations must be processed in a USDA- certified facility. If there is no USDA stamp on the packaging, do not accept as a donation or distribute.

## Donations of wild game

Home-processed wild game is not acceptable for distribution. Game that has been processed in a state-licensed facility may be accepted as a donation and distributed to clients.

## Baby food/formula

Baby food must be distributed by the date shown on the package. Please be sure to check baby food often and discard any post-dated product

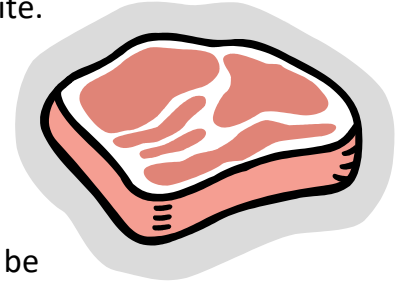
## Supplemental dietary beverages

Supplemental nutrition beverages must be distributed by the date shown on the package. While the product may be safe to consume after the date, the nutritional content may be compromised.

# Safe Handling Guidelines

## Food Preparation

Foods served by emergency meal programs must be prepared on-site. Volunteers or staff cannot prepare food in home kitchens. The only exceptions are non-potentially hazardous foods, such as cookies, breads, and fruit pies. Programs must have permission (letter of intent) from local health department to prepare these foods off-site. On-site meal programs may also use food from approved kitchens, such as supermarkets. However, the food must be transported swiftly and safely to the site.



Safe food preparation is centered on three important principles:

- Maintaining good personal hygiene
- Avoiding cross-contamination
- Preventing time-temperature abuse of foods

## Good Personal Hygiene

All staff and volunteers who prepare food should:

- Bathe or shower daily
- Use hair restraints
- Leave jewelry at home
- Wear clean clothes
- Keep fingernails clean and well-trimmed
- Wash hands and forearms frequently

If any volunteer or staff is ill, he or she should not work with food. Furthermore, any person who has an infected cut or boil on hands or fingers cannot work with food.

## Hand Washing

Our hands carry a lot of germs. One of the most important activities you can do to prevent food contamination is washing your hands often and correctly.

While handling food, you should wash your hands after:

- Using the toilet
- Handling raw foods
- Eating, drinking, smoking
- Touching dirty materials and equipment
- Sneezing
- Handling garbage
- Touching your body

To wash your hands correctly:

- Wet hands with clean, warm water and soap
- Rub hands together for at least 20 seconds
- Clean under the nails and between the fingers
- Rinse under clean, running water
- Dry hands with single-use towel

## Wearing Single-Use Disposable Gloves

Single-Use disposable gloves (do not use latex) prevent contamination.

Kitchen staff often find themselves doing many tasks over the course of meal preparation. You might be preparing a salad, cleaning a countertop, and washing dirty dishes. During this time, you might also take a bathroom or snack break. Just like your hands, gloves can get soiled; be sure to change your gloves:

- After using the bathroom
- After smoking, coughing, or sneezing
- After taking out the garbage
- In between preparing raw foods and cooked or ready-to-eat foods
- When changing tasks in the kitchen.



***Remember: Wash your hands thoroughly before putting on gloves. Wearing gloves is not a substitute for washing hands!***

## Avoiding Cross-Contamination

Cross contamination is the transfer of harmful microorganisms to already cooked or ready-to-eat foods. The contamination can come from four sources:

1. Raw food
2. Soiled food-service equipment, such as a knife or cutting board
3. Dirty, contaminated gloves, cloths or clothing
4. Dirty, contaminated hands



### **To prevent cross-contamination:**

- Keep raw foods separate from ready-to-eat foods. For example, use different cutting boards for slicing raw chicken and cutting salad ingredients.
- Wash and sanitize all utensils and equipment after preparing raw foods and before preparing cooked or ready-to-eat foods.
- Wash hands (and put on clean gloves) after handling raw foods or equipment and before handling cooked or ready-to-eat foods.

## Preventing Temperature Abuse of Foods

Your goal is to keep food out of the temperature danger zone (41°F-135°F) as much as possible. This will prevent growth of harmful bacteria. Thawing, cooking, and cooling food all require careful attention.

### Thawing

Some of the foods you prepare for meals, including many meats, will need to be thawed from the frozen state. There are 4 acceptable ways to thaw food:

1. In a bowl or pan on a refrigerator shelf **BELOW** pre-cooked or ready-to-eat foods.
2. In a clean pan submerged under cold running water.
3. In a microwave, just before the cooking process.
4. As part of the cooking process.

***Remember: Do not thaw food on the countertop or in the sink!***

## Cooking

The only way to kill harmful bacteria and viruses that may be present in food is by cooking to proper temperatures.

| Food                             | Internal cooking temperature  |
|----------------------------------|-------------------------------|
| Poultry, stuffing, stuffed meats | 165°F for at least 15 seconds |
| Ground or flaked meats           | 155°F for at least 15 seconds |
| Pork, veal, lamb                 | 145°F for at least 15 seconds |
| Shell eggs, fish                 | 145°F for at least 15 seconds |
| Leftovers                        | 165°F for at least 15 seconds |

To make sure foods are cooked thoroughly, check the food temperature with a clean instant read thermometer at the end of the cooking time.

### Here are some helpful tips:

- Take temperatures in several areas of the food.
- Always take the temperature in the center or in the thickest part of the food.
- Avoid touching bones when testing meat.
- Clean the thermometer after each use.
- Be sure to calibrate your thermometer every 2 weeks, or if dropped, to ensure accuracy.



### To calibrate your thermometer:

Place crushed ice in a small container.

Allow ice to melt to 50/50 ice and water

Stir to uniform temperature. Insert thermometer. If temperature does not register 32°F, adjust by turning by hand or using a wrench.

## Cooling

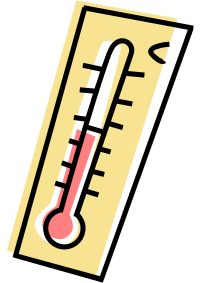
If you have leftovers or are preparing food ahead of time, you may need to cool cooked food. As with thawing and cooking, the main goal is to keep food out of the temperature danger zone as much as possible. Before placing foods in the refrigerator, perform one or more of the following actions, as appropriate:

- Cut large pieces of meat and poultry into pieces that are 3 inches thick or less. Pieces should weigh 4 pounds or less.
- Transfer thicker soups, gravies, chili, casseroles, and stews to shallow pans at a depth of 2 inches or less.
- Transfer broths to shallow pans at a depth of 4 inches.
- Stir the food in a container placed in an ice-water bath.

To encourage quicker cooling, use uncovered containers while cooling in the refrigerator. Food must be cooled from 135°F to 70°F in 2 hours and from 70°F to 41°F in 2 additional hours. For larger pieces of food, you may want to take temperatures periodically to ensure that you are following this cooling schedule.

## Reheating Foods

Reheat previously cooked food to 165°F or above for 15 seconds. Never mix reheated leftovers with fresh foods.



## Serving Foods

Whether your agency holds food on a service line or brings plates directly out of the kitchen, keep these principles in mind:

- Keep hot foods at 135°F or above.
- If temperature falls below 135°F reheat food to 165°F.
- Hold cold food at 41°F or below.
- If you are holding food for over 2 hours, monitor food temperatures with a thermometer.
- Wear hair restraints and gloves while serving
- Avoid bare hand contact with ready-to-eat food at all times! Use forks or tongs.

## Carrying Food Off-Site

If you transport foods off-site, make sure that hot foods are kept hot and cold foods are kept cold. Product must be transported, received, stored and held at appropriate temperatures (41°F or below for chilled, 0°F or below for frozen, 135°F or higher for hot foods). Portable insulated food carriers, ie. coolers with ice packs or thermal blankets will help you keep food out of the temperature danger zone.

## Cleaning and Sanitizing

Any utensil, surface, or piece of equipment that comes into contact with food must be cleaned and sanitized after use.

Cutlery, dishes, and food service utensils can be cleaned and sanitized in a three-bay sink. Depending on water temperature (see below), a dishwasher may not sanitize.

In a three-bay sink, follow these steps:

- a) Scrape any food into the garbage.
- b) Wash with hot soapy water.
- c) Rinse in hot water.
- d) Sanitize using a chemical such as chlorine, iodine or quaternary ammonium.  
Follow the manufacturer's instructions to ensure proper concentration.

A dishwasher or sanitizer must heat water to a temperature of at least 180°F to sanitize effectively, unless chemicals are used to sanitize.

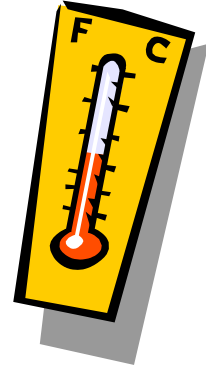
Food preparation surfaces should be washed, dried, and sprayed with a sanitizing solution. Allow to air dry.



# Storage Guidelines

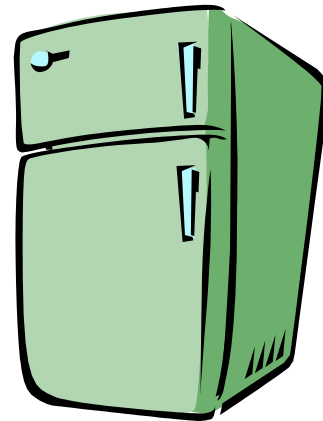
## Dry Storage

- Keep floor clean of dirt and debris.
- Store food at least 4" off the ground.
- Maintain at least 4" space between wall and food items.
- Target storage temperatures between 50°F and 70°F.
- Rotate stock at least every month.
- Keep chemicals stored on separate shelves or pallets.
- Maintain an ongoing system of pest control.



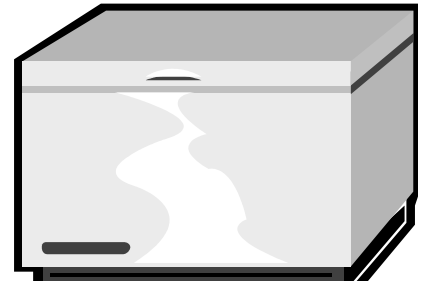
## Refrigerator

- Document temperatures of cold storage units daily when open; when not write in space "closed". Maintain a log.
- Maintain temperatures at or below 41°F, preferably at 37°F.
- Equip each refrigerator with an internal thermometer
- Keep refrigerators clean! Use a chlorine bleach solution to clean periodically. Check the chemical manufacturer's instructions to ensure the proper concentration.
- Do not crowd refrigerators with food. Airflow is necessary to keep a uniform temperature.
- Make sure door seals are tight.
- Store raw meat products and eggs BELOW produce, ready-to-eat, and prepared foods.
- Label the receiving date of each item or case of items.



## Freezer

- Document temperatures of cold storage units daily when open; when not write in space “closed”. Check temperatures when freezer is not being continuously opened and closed.
- Maintain temperatures at or BELOW 0°F.
- Keep freezers free of thick frost. Defrost when necessary.
- Do not crowd freezer with food.
- Make sure door seals are tight.
- Store raw meat products BELOW produce, ready-to-eat and prepared foods.
- Label the receiving date of each item or case of items.
- Rotate stock at least every 1-2 months, especially frozen animal products (beef, chicken, salmon, turkey, venison).
- Equip each freezer with an internal thermometer.
- If your agency's refrigerator or freezer is not keeping foods at acceptable temperatures, adjust the setting. If this does not work, have it serviced or replaced.



## FIFO

All food should be rotated every two weeks, using the First In First Out method. Move older stock to the fronts of shelves, and put newer products at the back. FIFO should be used in all storage areas: dry, refrigerated and frozen. Mark incoming product with the date of receipt to be sure the older food is going out first. Much of what we distribute through the emergency food system has already spent time on grocery or home pantry shelves, and should go out to clients as soon as possible. Remember, we are running distribution centers, not storage facilities. Avoid maintaining large stores of food.

## Produce Storage Guidelines

***Produce that is in good condition does not necessarily need to be refrigerated.***

This is a list of produce commonly received at food pantries, with storage temperature and hold time guidelines. Any produce that has signs of mold should be discarded immediately.

| Item                 | Temperature (°F)            | Typical shelf life (in days) |
|----------------------|-----------------------------|------------------------------|
| Apples               | 32-34                       | 90-240                       |
| Artichokes           | 33-38                       | 10-16                        |
| Avocados             | 55                          | 3-7                          |
| Bananas              | 56-58                       | 3-7                          |
| Beans, snap or green | 40-45                       | 4-5                          |
| Beets                | 32                          | 30-90                        |
| Blueberries          | 32-34                       | 10-18                        |
| Broccoli             | 32                          | 10-14                        |
| Cabbage              | 32                          | 90-180                       |
| Carrots              | 33-35                       | 30                           |
| Corn                 | 35-38                       | 4-10                         |
| Grapes               | 32                          | 56-180                       |
| Lettuce              | 34-36                       | 14-21                        |
| Melons               | 50; below 45 for cut melon  | 14-21                        |
| Onions, bulb         | 40-60                       | 30-180                       |
| Oranges              | 32-45                       | No                           |
| Pears                | 32                          | No                           |
| Plums                | 51-70                       | No                           |
| Potatoes             | 45-50                       | No                           |
| Rutabagas            | 32                          | No                           |
| Squash               | Soft 41-50; Hard 50-55      | Soft 95; Hard 70-75          |
| Strawberries         | 32-34                       | 90-95                        |
| Sweet potatoes       | 50-60                       | 95-90                        |
| Tomatoes             | Mature green or pink: 62-68 | 85-88                        |
| Turnips              | 32                          | 90-95                        |
| Watermelon           | 50-60                       | 90                           |

## Food Distribution

When distributing food, keep refrigerated and frozen foods in cold storage, and take out packages only when requested by clients. If your food pantry needs to have refrigerated and frozen food set on tables for distribution, take out a reasonable amount of product to distribute, and replenish when necessary. No refrigerated or freezer items should sit out for more than 30 minutes. Remember, these items will spend more time in transit with the person who brings them home.

## Eating at the Pantry

You may distribute snacks to waiting clients. Food safety standards must be adhered to. It's best to hand out individually-wrapped items. If the snack is an open box of donuts, for example, provide tongs and paper plates or napkins. Remember that donated food is for clients only; volunteers and staff may only consume food or drinks that are purchased for them.

## Retail and Hospitality Establishment Donations

This includes but is not limited to Product from restaurants, caterers, hotels, retail establishments and convenience stores. It does not include whole produce.

***This is a more complicated process than accepting shelf-stable manufactured goods, and may require additional food safety training or certification. Please consult with your RFB before accepting donations of perishable and prepared foods from these types of donors.***

All donations from retail and hospitality sources must be provided by a regulated food business, and must be in compliance with local food handling regulatory requirements. In addition, they must:

- Be transported, received, stored and held at appropriate temperatures (41°F or below for chilled, 0°F or below for frozen, 135°F or higher for hot foods).
  - The person or business transporting the food must use a passive (thermal blanket/cooler with icepacks) or visibly active temperature retention system (refrigeration unit) to maintain temperatures within the allowable limits.
  - Sample temperatures must be taken and documented at the time of pick-up and delivery.
  - A log must be maintained for pick-up and delivery temperatures as well as for calibrating thermometers.

- Be protected from environmental contamination during display and/or services.
- Not include foods previously served to the public (e.g., exposed to the public on a self-service buffet or on bulk displays exposed to the public).
- Be first generation surplus foods, i.e., not previously reheated for second-time service.
- Be packaged in first-use food grade packaging.
- Be labeled correctly, the label to include:
  - The name and location of the agency.
  - The name and location of the donor.
  - The food description (e.g., lasagna, chicken noodle soup, etc.)
  - The date of the donation.
  - An allergen disclaimer statement that includes the following: “Allergen Warning: This container holds rescued food that may contain, have come into contact with, or have been produced in a facility which also produces milk, eggs, peanuts, tree nuts (walnuts, almonds, pecans, hazelnuts/filberts, pistachios, cashews, coconuts, pine nuts, macadamia nuts, and/or Brazil nuts), fish, shellfish (crab, crawfish, lobster, shrimp, mussels, and/or oysters), wheat, soybeans, and/or sesame seeds.”

## **Handling Donations from Perishable Food Drive Operations**

If your agency holds or is a recipient of a food drive in which perishable items are specifically requested (e.g., turkeys, hams, milk), you must comply with applicable food safety regulations. If someone else is hosting the food drive, you must make sure that they will comply with these rules. It’s best to have a meeting before the food drive to be sure that all parties are aware of their responsibilities.

## **Receiving Perishable Food Drive Donations**

Appropriate cold holding equipment must be available when receiving perishable food drive donations (walk-in cooler/freezer, refrigerated truck, chest freezer, chest cooler) if the perishable food drive takes place anywhere other than at your agency.

Refrigerated product must be received at 41°F or below, frozen product must be received at 0°F or below.

Random, sample temperatures of perishable food drive products must be taken and documented.

Once the perishable food drive has been completed, all donations received must be stored appropriately.

## Rejecting Perishable Food Drive Donations

Remember to use the same standards for a targeted perishable food drive that you would use for any other donation:

- If perishable food drive products do not arrive at your agency at appropriate temperatures, they must be promptly isolated and discarded.
- If a frozen food drive product is provided and no longer frozen, the item cannot be refrozen. It must be promptly isolated and discarded.
- If any perishable meat, pork or poultry food drive product is not frozen by its sell-by date, it must be promptly isolated and discarded.
- If any perishable product shows signs of time/temperature abuse, such as large ice crystals inside the packaging, it must be promptly isolated and discarded.

## Shelf Life of Food

Oregon Food Bank often distributes food items that are “past date.”

Food manufacturers use different date codes to insure that consumers receive their product at peak quality. Once a product is past that date, many manufacturers or retailers donate it to food banks. Food Bank staff monitors this food to ensure that the quality remains good. **This food is still safe to eat!**



This guide explains “shelf life”, or how long a food is good past its code date.

### What do the dates on food packages mean?

The only foods that are required by federal law to have expiration dates are baby food, infant formula, and over-the-counter medications.

- Baby food should NOT be distributed past its expiration date.
- Many canned and boxed products are safe to eat long after the date on the container, and the shelf life of refrigerated and frozen foods can be extended if they are handled properly.
- Once a perishable item is properly frozen, it is safe indefinitely, although the quality slowly deteriorates over time.

Here are some code dates you may see on food packages:

**Expiration Date** (Examples: “Expires 2/15/12” or “Do not use after 2/15/12”)

**Look for it on:** Baby food and formula, medicines, vitamins, yeast, baking powder. **What it means:** Do not distribute infant formula, vitamins, medicines or nutritional supplement beverage after the expiration date! Yeast and baking powder work less well after expiration but are safe to eat.

**Pack Date** (Examples: “Packed on 2/15/12” or “192 VIG 2109”)

**Look for it on:** Canned food, crackers, cookies, spices.

**What it means:** This is the date the food was packaged. The code is used by the manufacturer. Usually this food is of good quality and safe to eat past the date.

**Sell By Date, or Pull Date** (Example: “Sell by 2/15/12” or “Best by 2/15/12”)

**Look for it on:** Refrigerated foods such as milk, yogurt, tofu, packaged salad, dips.

**What it means:** The store must sell these foods before the date listed and often donates them when they are close to date. If the food has been handled properly it is still safe to eat. Food bank staff monitors this food to ensure that the quality remains good.

**Use By Date** (Example: “Use by 2/15/12”)

**Look for it on:** Refrigerated food such as meat, deli items, bagged spinach.

**What it means:** Food must be distributed or frozen by this date. We recommend that frozen food be distributed within three months. Fresh Alliance meats are frozen on or before the use by date, and should be distributed within three months.

**Any package that is open or leaking should be discarded immediately, regardless of date.**

**Please refer to your Fresh Alliance poster for information on how long particular items can be kept safely.**

# Product Labeling and Repacking

Every product distributed through a food pantry **must** have a label with the full list of ingredients. If you find food that is not labeled, discard it immediately. Mystery cans and unknown ingredients may be a serious danger to a client with allergies.

Some pantries repack bulk items in limited quantities. These guidelines must be followed:

- *Never* repack food from USDA.
- *Never* repack food that was repacked at Oregon Food Bank (i.e. rice, beans, frozen carrots). This product may not be repacked into smaller portions.
- *Always* repack food in a certified kitchen, with staff or volunteers who have ServSafe training or food handlers cards.
- *Always* use “first use” packaging (*never use recycled bottles*)
- *Always* label repacked food with an ingredient labels attached to every package.
- *Never* thaw frozen foods in order to repack.

Product labels should contain the following information:

- common name of the product (e.g. Lasagna, Chicken Noodle Soup etc.)
- name and location of the distributing agency
- the name and location of the donor *or* a designated donor ID number that can be tracked in the inventory system
- the date of the donation
- Statement of net weight.
- Ingredient list, in descending order of predominance.
- The phrase “not for resale.”
- Keep Frozen or Keep Refrigerated, if necessary.

*See next page for label examples.*

Label examples:

## **CORN ON THE COB**

KEEP FROZEN

Distributed by Oregon Food Bank, Portland, OR 97211

**THIS PACKAGE NOT LABELED FOR RETAIL SALE!!**

**\_\_\_\_ EACH PER PACKAGE**

## **TOMATOES, CRUSHED, SALSA STYLE HOT**

Tomatoes, Tomato Puree, Dehydrated Onion, Salt, Distilled Vinegar, Dehydrated Chipotle Pepper, Dehydrated Bell Pepper, Dehydrated Celery, Dehydrated Garlic, Red Pepper, Oregano, Citric Acid, Coriander.

Distributed by Oregon Food bank, Portland, OR 97211

**This package not labeled for retail sale!!**

**NET WEIGHT 14.5 OUNCES (411 GRAMS)**

## **SLICED YELLOW SQUASH**

Distributed by Oregon Food Bank, Portland 97211

**This Package not labeled for retail sale!**

**NET WEIGHT \_\_\_\_\_ (\_\_\_\_ Grams)**

**KEEP FROZEN**

## **SLICED CARROTS**

Distributed by Oregon Food Bank, Portland 97211

**This Package not labeled for retail sale!**

**NET WEIGHT \_\_\_\_\_ (\_\_\_\_ Grams)**

**KEEP FROZEN**

## **USDA DEHYDRATED SLICED POTATOES**

DISTRIBUTED BY OREGON FOOD BANK

PORTLAND, OREGON 97211

**10 OUNCES [284 GRAMS]**

### **Preparation Directions**

1. Place desired quantity of dried potatoes in pan
2. Add water to cover potatoes
3. Add salt (optional)
4. Bring to boil and cover pan
5. Simmer until tender (12 - 15 minutes)
6. Drain excess water

**This Package not labeled for retail sale!!**

# Special Dietary Needs

Many persons seeking food assistance have special dietary needs. Often, people will not tell you if they are pregnant, breastfeeding, diabetic or have restricted diets – please ask your clients if they have special needs. Suggestions for special need diets are listed below, but the best resource is the client. Ask them what they cannot eat and how you can best accommodate their needs.

## **Pregnant and Breastfeeding Women**

***Add extra:*** Dairy foods, protein foods, fruits, vegetables, whole wheat grains

***Put less:*** Cookies, candies, other sweets, grains and breads

## **Sodium/Salt Restricted Diets**

***Add extra:*** Fresh and frozen vegetables

***reduce:*** Bottle salad dressing, processed food, pickled, smoked or cured food

Recommend to client that canned vegetables be drained and rinsed with water before eating.

## **Diabetic Diets**

***Add extra:*** Canned fruit in its own juice, bread and grain products, potatoes, unsweetened cereals, fresh fruit, 100% fruit juice

***reduce:*** Items that list sugar, corn syrup, dextrose and fructose at the beginning of list of ingredients (e.g., candy, cookies, donuts, sweetened cereals, any type of concentrated sweets)

Recommend to client that all canned fruit in syrup be drained and rinsed in water before eating.

## **Tips for Making Food Packages for Those with No Cooking Facilities**

If possible, provide your clients who have no cooking facilities a can opener with their food.

- ◆ Food in cans can be heated by putting the can under hot running water.
- ◆ Peanut butter is often appreciated because it is full of protein.
- ◆ Hot cereal is suitable because you only need to add hot water.
- ◆ Dried soups are good because you can simply add hot water.
- ◆ If you don't have dried soup to give, canned "broth" type soups are easier to heat.
- ◆ ASEPTIC packaging – the type of container used for juices (they have a little straw attached – do not need refrigeration.
- ◆ Individually packaged yogurt, cottage cheese and other dairy items are often appreciated.
- ◆ Try to provide small package sizes so leftovers do not need to be refrigerated.
- ◆ Always offer fresh fruit and vegetables!