



Restaurant Storage & Handling

Sprouts

Sprouts are pre washed and should be treated like other leafy produce such as lettuce, kale, or spinach.

Handling

Use separate cutting board for meats and vegetables.

Wash and sanitize all surfaces that come into contact with fruits and vegetables.

Wash hands in hot, soapy water —

- Before handling food.
- If you come in contact with juices from raw meat, poultry or fish.
- After using the bathroom.
- After touching hair or face, blowing your nose, sneezing or coughing.
- After toughing the floor on other surfaces that are not sanitized.

Cooking

Cooking reduces the risk of food borne pathogens in any food. Sprouts are no exception. Although bean sprouts can be stir fried, they are best par boiled for 9 seconds before adding to cooked stir fry or other dishes.

Storage Temperature and Shelf Life
The shelf life of sprouts is greatly affected by storage temperature. Alfalfa sprouts should be stored around 35°F. Bean sprouts freeze at 30°F and should be stored as close above freezing as possible.

Rotation

Rotating your fresh sprouts helps ensure high quality. A common rotation system is referred to as “first in first out,” (FIFO). This simply means that you should stock your sprouts in the order that you received it. For example, make sure all of the sprouts that were delivered on Monday are used before sprouts received on Wednesday.

Many restaurants find it beneficial to write the delivery date on each box of fresh produce to be certain that everyone is aware of which product needs to be used first. Again, FIFO helps ensure quality and success.

Spoilage

Throw away any browning, slimy or foul-smelling sprouts.

Bean Sprout remain in good salable condition at 32-35°F for 10 days.

If Bean Sprouts Reach This Temperature (°F)	This is How Long They Stay Fresh
35°	10 Days
40°	8 Days

Nutrition Facts

Serving Size: 1 cup sprouts (33g)
Amount Per Serving

Calories 8	Fat Calories 0
	% Daily Value*
Total Fat 0	0%
Sat Fat 0	0%
Cholesterol 0mg	0%
Sodium 2 mg	0%
Total Carbohydrates 1 g	0%
Dietary Fiber 1 g	3%
Sugars 0 g	
Protein 1g	
Vitamin A 1%	Vitamin C 5%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.



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Proper rotation is achieved by carefully removing all older product from the display, placing new, fresh product in the display and stacking the older (but good quality) product in front of the newly displayed product.

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Conditions

Check your sprouts a few times a day as you are going about your other duties in the store. Throw away any browning, slimy or foul-smelling sprouts. It is hard to throw away inventory but your customers may not buy anything if their attention is drawn to the damaged sprouts in your display. Be sure to restock whenever the display starts to look empty. Empty displays look picked-over and unappealing.

Signage

It is important to draw attention to your sprouts. Customers dislike surprises at the register, so be sure to make attractive, easy-to-read signs. Clearly communicating the price of your sprouts is very important.

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