PRODUCE SAFETY UNIVERSITY

Panel Discussion

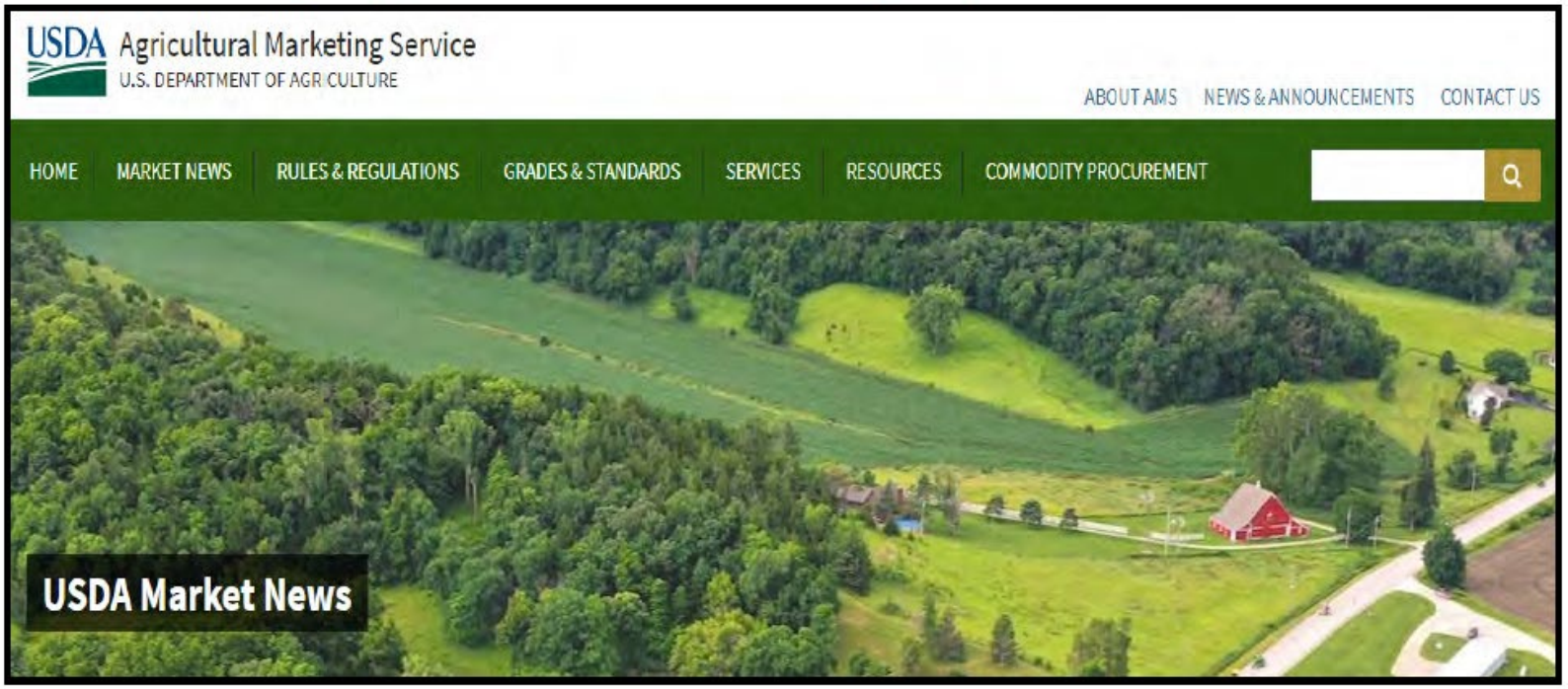
Equity • Quality • Collaboration • Community

Agenda:

- What is Produce Safety University
- What we learned
  - Market Watch/Ordering Produce
  - Receiving Produce
  - Storage and Safe Preparation of Produce
- Resources
- Q & A's

Market News Portal

https://www.ams.usda.gov/market-news



https://www.ams.usda.gov/market-news

https://www.ams.usda.gov/market-news

Pick the "Market" closest to your location (other options are Atlanta, Baltimore, Boston, Chicago, Columbia, and Dallas).

USDA United States Department of Agriculture
Agricultural Marketing Service

SPECIALTY CROPS
MARKET NEWS

Close Window

Report Results

Location: Chicago
Commodity: BANANAS **Report Type:** Terminal Market
Aggregate by: Daily **Date(s):** 07/19/2023

Download as: Excel Text XML PDF (adobe reader required) Printable View (adobe reader required)

Refine Results

Commodity: BANANAS **Environment:** All
Variety: All **Type:** All Hide Empty Columns:
Date: 07/19/2023
Date Format: mm/dd/yyyy
Go

CHICAGO : BANANAS Market : ABOUT STEADY.

BANANAS Package: 40 lb cartons

Date	Low-High Price	Mostly Low-High Price	Origin	Origin District	Item Size	Environment	Color	Unit of Sale	Quality	Condition	Storage	Appearance	Crop	Trans Mode	Repacked	Comment
07/19/2023	23.00 - 24.00		COSTA RICA													
07/19/2023			GUATEMALA													Offerings insufficient to quote.
07/19/2023			HONDURAS													Offerings insufficient to quote.
07/19/2023	21.00 - 21.00		MEXICO													

BANANAS Package: 40 lb cartons Type: Organic

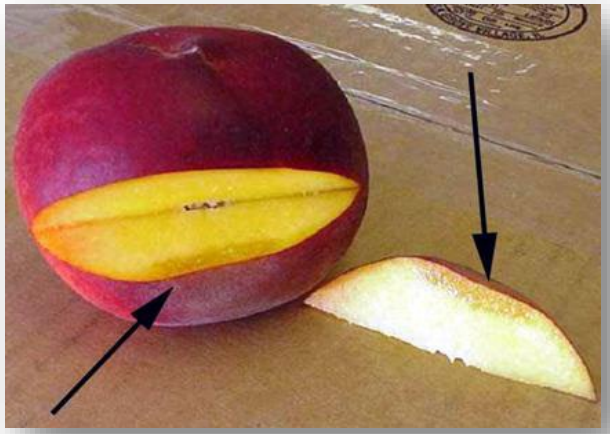
Date	Low-High Price	Mostly Low-High Price	Origin	Origin District	Item Size	Environment	Color	Unit of Sale	Quality	Condition	Storage	Appearance	Crop	Trans Mode	Repacked	Comment
07/19/2023	32.50 - 32.50		ECUADOR													

Ordering: Specifications

May ensure you get what you want, which may minimize costs and reduce waste.

- Size
- Count
- Quality or grade
- Appearance
- Quantity ordered

When to contact your distributor:



Receiving Produce

- **Take action** if produce does not meet specifications.
- **Train staff** to receive and store your specified produce.
- **Do not** accept poor quality fresh fruits and vegetables.

Receiving Produce

- Reject if specifications are not met
- Provide staff training

Accepting poor quality affects eye appeal of fresh fruits and Vegetables!

What is a quality defect?

Quality defects are permanent factors that affect produce that will not change.

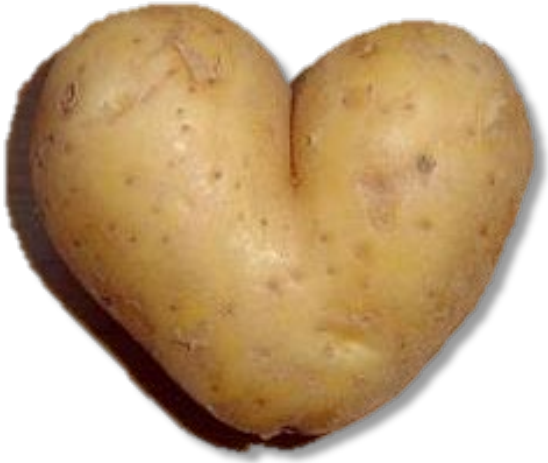
Commonly referred to as **"Grade"** defects.

Directly determine the "U.S. grade designated".

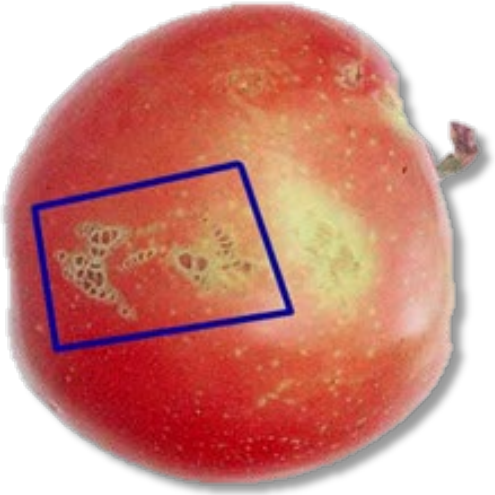
Examples:

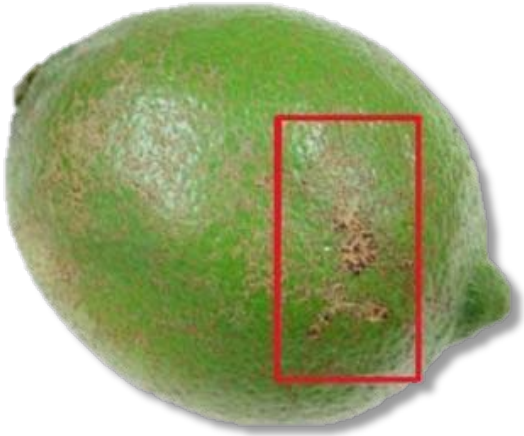
Scars, misshapen, undersize.

Quality: Misshapen



Quality: Scars



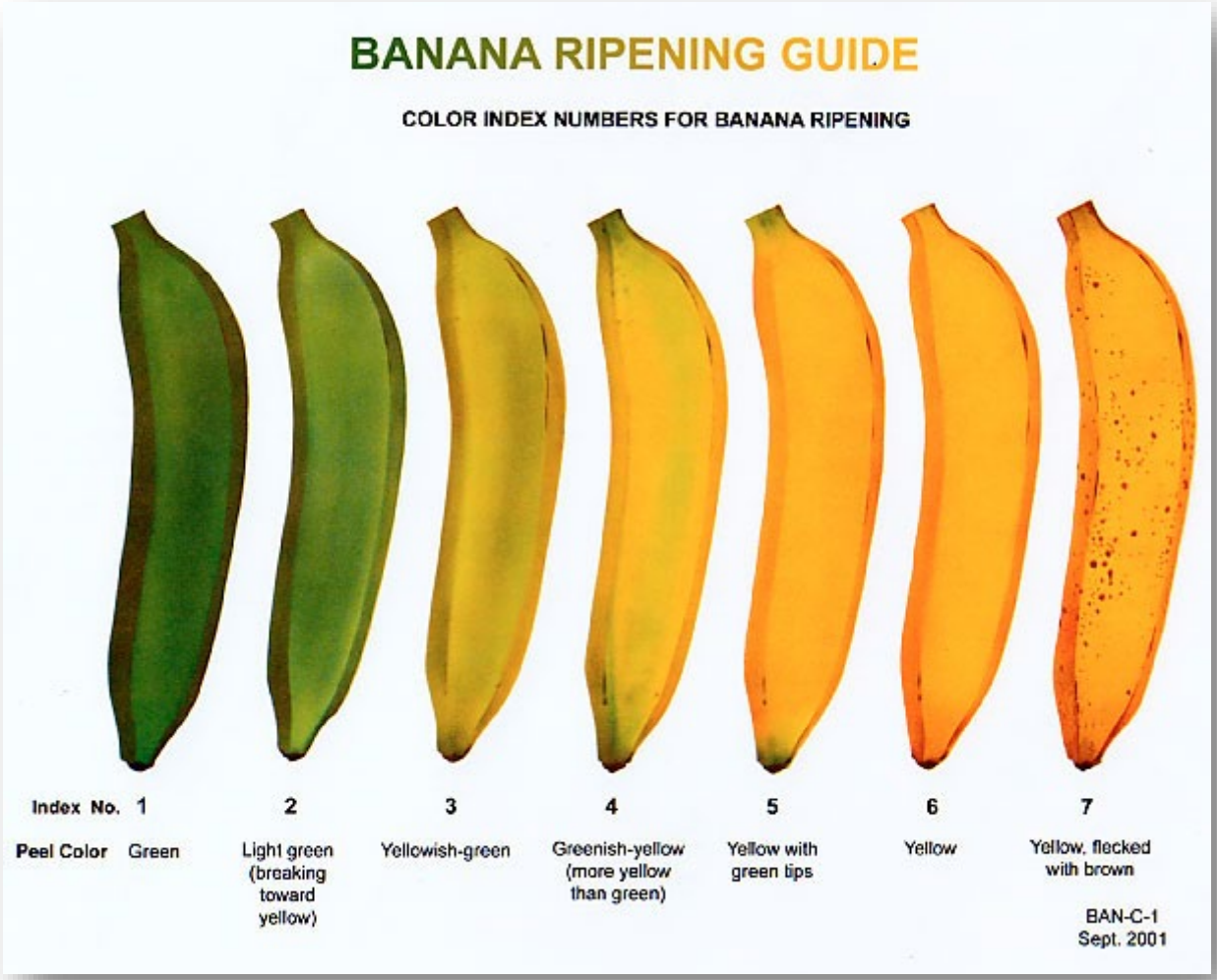


What is a condition defect?

Condition includes, but is not limited to, its firmness, or stages of:

- ripeness,
- decay,
- shriveling,
- or any other progressive factor which affects its marketability.

Condition: Colored



Condition: Decay

- **Early** – approximately 10% or less of the surface or specimens affected.
- **Moderate** – approximately 11 to 25% of the surface or specimen affected.
- **Advanced** – approximately 26% or more of the surface or specimen affected.

Receiving Produce

Check produce BEFORE the truck leaves

- Verify quantity
- Check temperature
- Evaluate quality & condition
- Cut for internal defects & ripeness
- Check dates of fresh-cut products
- Check marked weights
- Check all sections of containers

Receiving Produce—Specifications

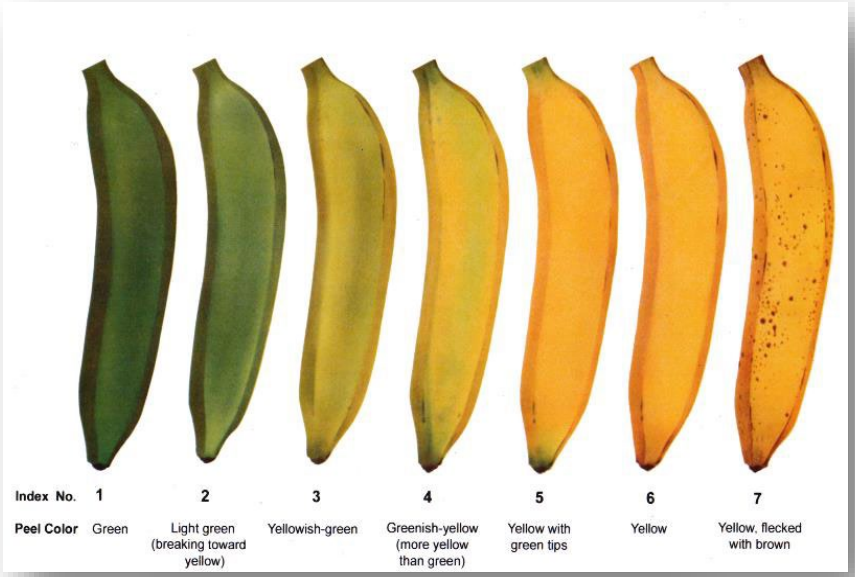
- Check carton
  - weights.
- (25 lb. NET WT)

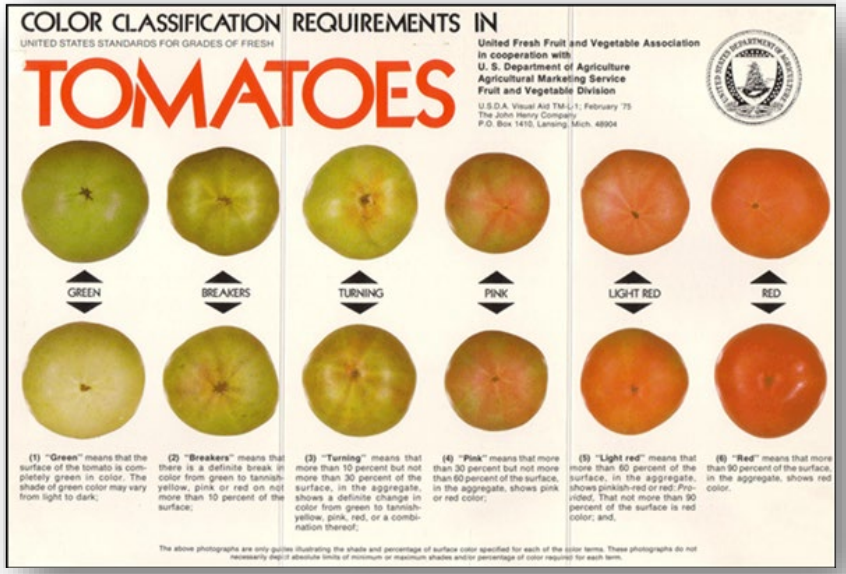
Receiving Produce

- Open cartons from bottom to inspect contents.

Receiving Produce—Check Color

Color is an indication of ripeness





Receiving Produce

Receive based on bid specifications

- Size
- Count
- Quality or grade
- Appearance
- Quantity ordered

Receiving Produce

- Inspect based on specifications
- Check temperatures for refrigerated produce
- Check produce “best if use by” dates
- Reject produce that does not meet specifications

Receiving Produce

Check temperatures for refrigerated produce, including fresh-cut produce

- Infrared thermometer
- Probe thermometer
- Clean and sanitize before touching produce
- Do not pierce sealed plastic bags
- Calibrate

Receiving Produce

Check dates on fresh-cut produce

- Best if used by date
- Produce quality and appearance should aid in determining shelf life
- Maximum shelf life based on ideal conditions

Evaluating Produce

- Quality
  - Fine, Good, Fair, Ordinary, Poor
- Condition
  - Good, Fair, Ordinary, Poor, Hold Overs
- Appearance
  - Fine, Fair, Ordinary, Poor
- Qualifying Terms
  - Occasional, Few, Some, Many, Mostly, Generally, Fine, Fair, Ordinary, Poor

Quality

Quality

Quality includes size, color, shape, texture, cleanness, freedom from defects, and other more permanent physical properties of a product which can affect its market value.

The following terms, when used in connection with "quality," are interpreted as meaning:

Fine: Better than good. Superior in appearance, color, and other quality factors.

Good: In general, stock which has a high degree of merchantability with a small percentage of defects. This term includes U.S. No. 1 stock, generally 85 percent U.S. No. 1 or better quality on some commodities, such as tomatoes.

Fair: Having a higher percentage of defects than "good." From a quality standpoint, having roughly 75 percent U.S. No. 1 quality with some leeway in either direction.

Ordinary: Having a heavy percentage of defects as compared to "good." Roughly 50 to 65 percent U.S. No. 1 quality.

Poor: Having a heavy percentage of defects, with a low degree of salability, except to "low priced" trade. More than 50 percent grade defects.

Condition

Condition

Condition includes stage of maturity, decay, freezing injury, shriveling, or any other deterioration which may have occurred, or progressed since the product was harvested and which may continue to progress.

The following terms, when used in connection with "condition," are interpreted as meaning:

Good: Such condition does not justify price reduction because of condition factors.

Fair: Having a slight degree of off-condition factors which may warrant a small price reduction as compared to "good."

Ordinary: Having a heavier degree of off-condition factors which may warrant a substantial price reduction as compared to "good."

Poor: So badly off-condition as may warrant heavy price reduction.

Hold Overs: Refers to merchandise that has been on the terminal market or at shipping point longer than normal, but remains near its original condition. Prices are discounted in order to clear supplies because shelf-life is reduced.

Appearance

Appearance

Appearance refers to color, texture of the skins, uniformity of the pack and other external conditions.

The following terms, when used in connection with "condition," are interpreted as meaning:

Fine: Appearance that is higher than average, often justifying a price increase.

Fair: Having a slight degree of off-appearance factors which may warrant a small price reduction as compared to normal appearance.

Ordinary: Having a heavier degree of off-appearance factors which may warrant a substantial price reduction as compared to normal.

Poor: So badly off-appearance as may warrant heavy price reduction.

Qualifying Terms

Qualifying Terms

The following terms, when used in Market News, Perishable Agricultural Commodities Act (PACA), or Federal-State inspection documents, are interpreted as meaning:

Occasional: 1 to 5%

Few: 6 to 10%

Some: 11 to 25%

Many: 26 to 50%

Mostly: 51 to 90%

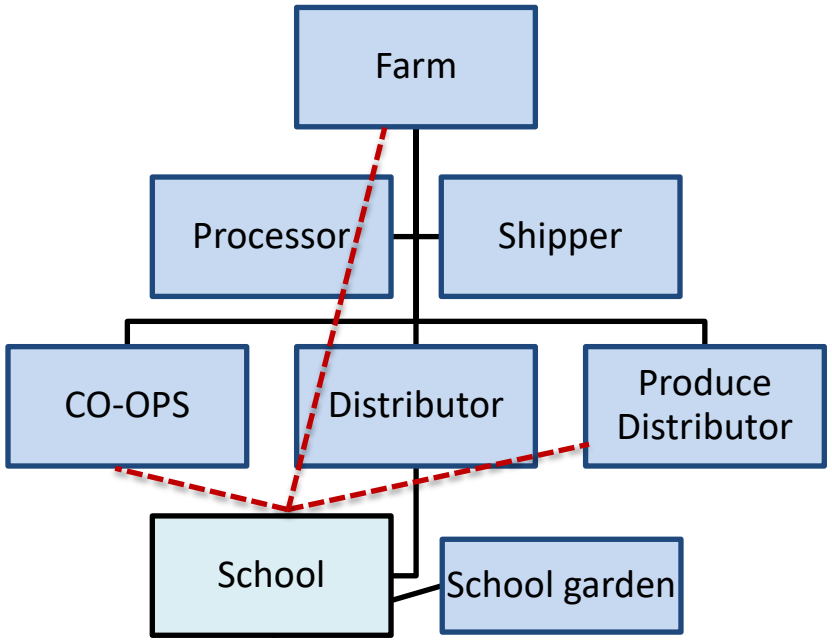
Generally: 91 to 100%

Storing Produce

Storing and Preparation—Handwashing

- Wash your hands
  - -Before starting work
  - -After using the restroom
  - -Before putting on or changing gloves
  - -After handling chemicals
  - -When changing tasks
- Handwashing benchmark found to be 11 times per hour for school nutrition staff!

Maintain Traceability



- Maintain purchasing records
- Avoid co-mingling produce in storage
- Track internal distribution
- Document service of fresh produce
- Conduct mock recalls

Ensuring Traceability of Fresh Produce
https://fns-prod.azureedge.us/sites/default/files/foodsafety_traceability.pdf

Storing Produce

Inventory rotation system

First In, First Out (FIFO)

Storing Produce

- Do not wash fresh fruits and vegetables before storing them.
- Dampness encourages bacterial growth, so WAIT TO WASH!

Storing Produce

Ethylene is **"introduced"** to ensure **"uniform" ripening** of:

- Avocados
- Bananas
- Mangoes
- Tomatoes

Storing Produce

- Does produce need to be refrigerated?
- At what temperature? Ethylene producer or ethylene
- sensitive?

- **The best way to improve shelf life of produce is to receive in good condition and store properly.**

Storing Produce

Ethylene Sensitive

Ethylene Producer

Storing Produce

Ethylene Sensitive	Ethylene Producers
Broccoli	Apples
Cabbage	Avocados
Cauliflower	Bananas
Leafy Greens	Melons
Lettuce	Pears
	Stone Fruits
	Tomatoes
	Squash

Storing Produce

Apples	Broccoli
Cabbage	Carrots
Cauliflower	Celery
Corn	Cucumbers *
Fresh-cut	Grapes
Green Beans *	Lettuce
Oranges *	Peppers *
Spinach	Strawberries

* Ideal to store at 45-50°F

Storing Produce

Store at 55-65°F

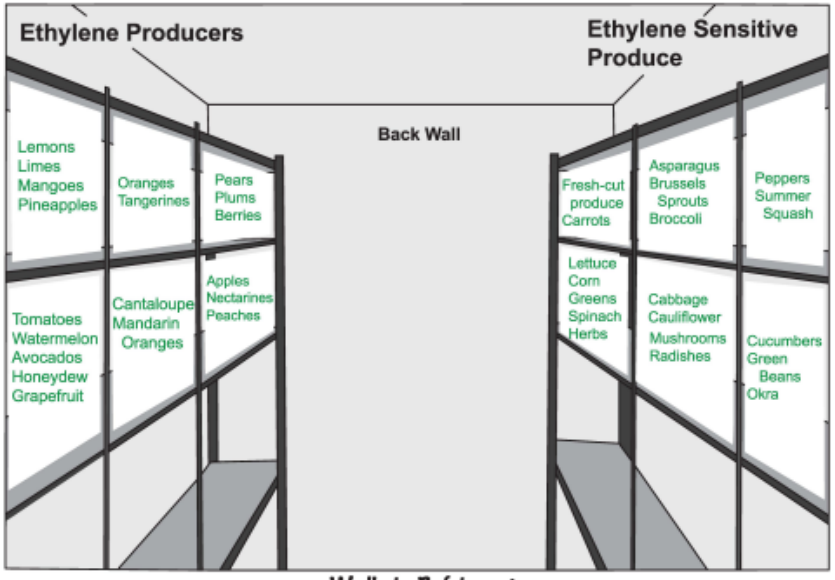
Bananas	Garlic
Onions	Potatoes
Pumpkins	Tomatoes
Sweet Potatoes	Watermelons
Winter Squash	

Storing Fresh Produce

Refrigerators should maintain a temperature of 41 °F, or less, but temperatures inside a refrigerator can range from colder (32 °F) to warmer (41 °F), depending on the location. Colder temperatures are found in the back and warmer temperatures in the front, near the door. Some kinds of produce should be stored at warmer temperatures near the door for best quality. Location of fruits and vegetables is important because fruits, in general, produce ethylene gas, which fosters natural ripening, but it also can cause most vegetables and a few non-ethylene producing fruits to deteriorate more quickly and develop undesirable characteristics. Ideally, ethylene-producing fruits should be stored in the refrigerator as far from ethylene-sensitive fruits and vegetables as possible.

These items should not be refrigerated. Place in dry storage 60 °F and 70 °F.

Bananas Sweet Potatoes Potatoes Dry Onions

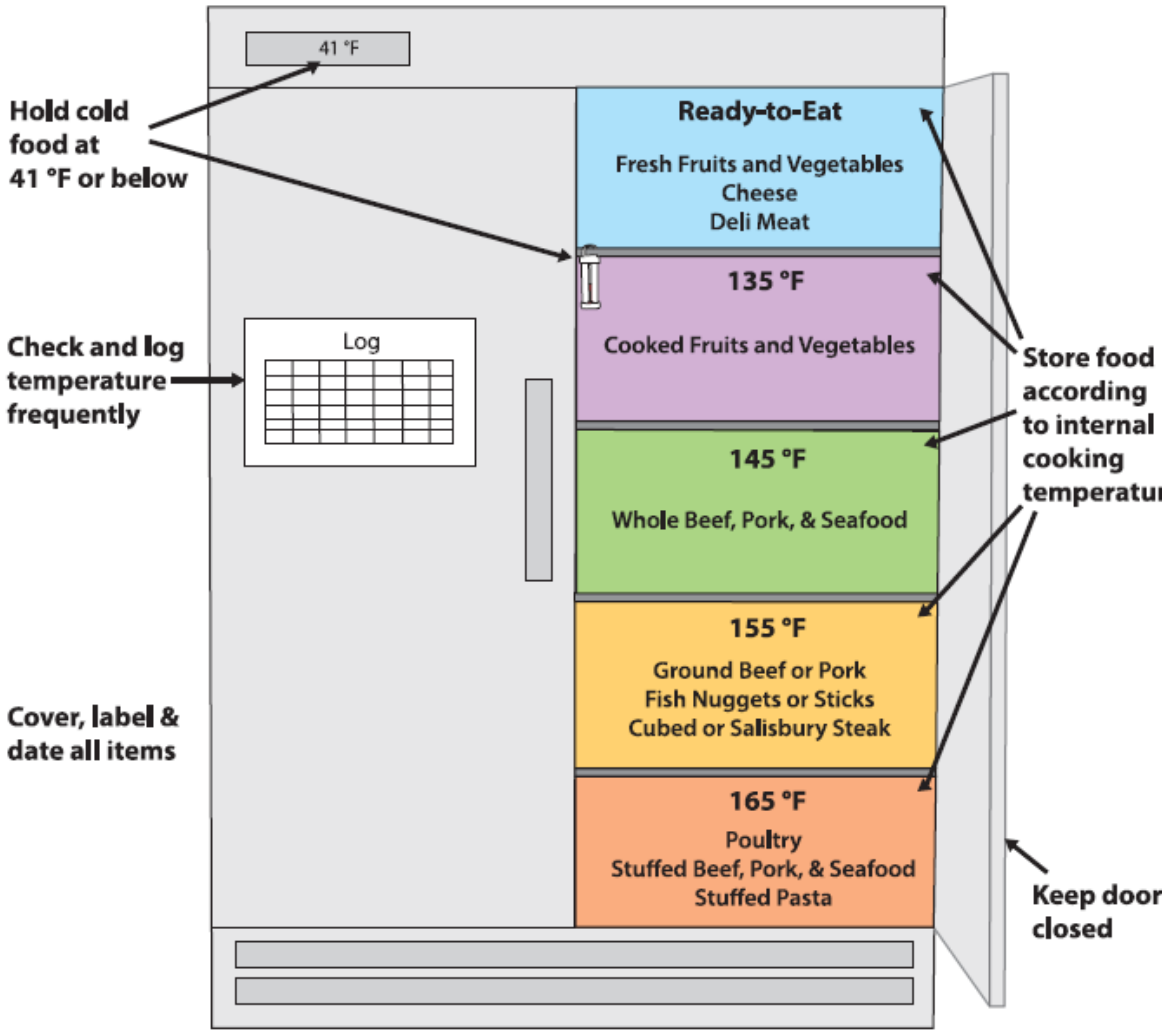


Walk-in Refrigerator

Ready to Eat Product

Fully Cooked and Leftovers

Iced or Wet



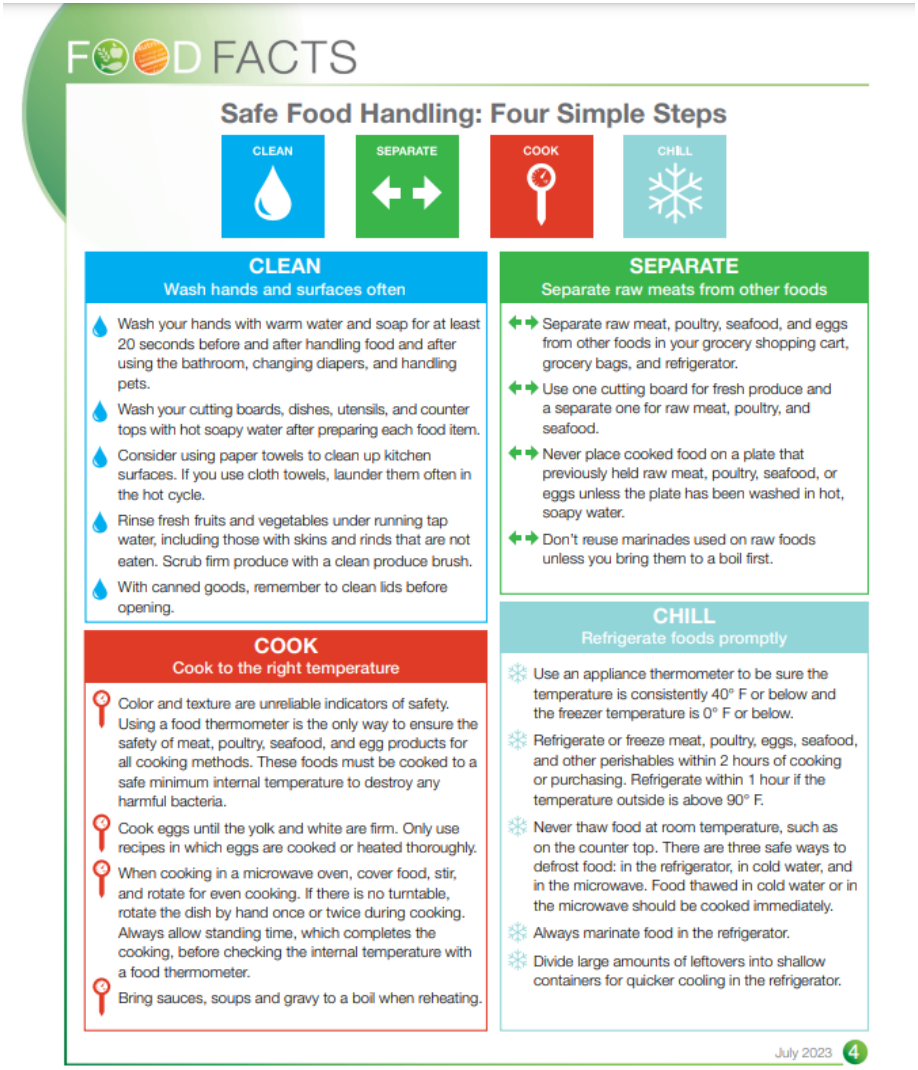
4 STEPS TO FOOD SAFETY

CLEAN

SEPARATE

COOK

CHILL



FOOD FACTS

Safe Food Handling: Four Simple Steps

CLEAN | SEPARATE | COOK | CHILL

CLEAN
Wash hands and surfaces often

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.
- With canned goods, remember to clean lids before opening.

SEPARATE
Separate raw meats from other foods

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.
- Don't reuse marinades used on raw foods unless you bring them to a boil first.

COOK
Cook to the right temperature

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.
- Bring sauces, soups and gravy to a boil when reheating.

CHILL
Refrigerate foods promptly

- Use an appliance thermometer to be sure the temperature is consistently 40° F or below and the freezer temperature is 0° F or below.
- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.
- Never thaw food at room temperature, such as on the counter top. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

July 2023 4

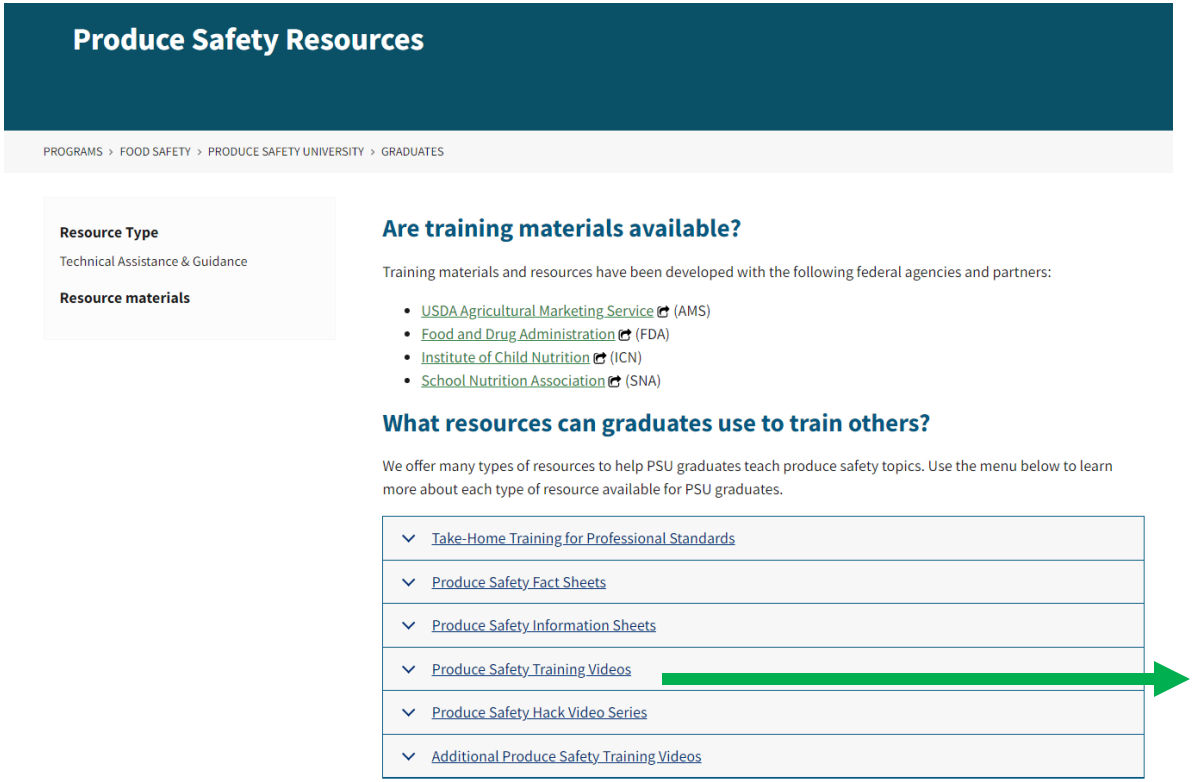
www.fda.gov/media/77178/download

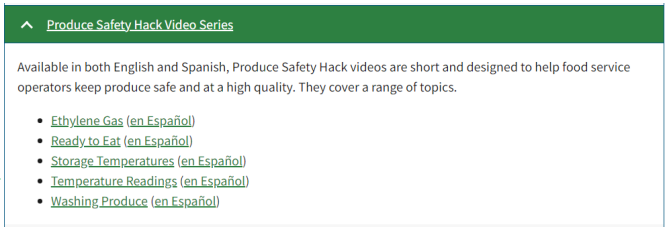
Resources

[Fresh Produce Manual on CD-(americanfruitandproduce.com)]

Equity • Quality • Collaboration • Community

Resources





www.fns.usda.gov/psu/graduates

Resources

Produce Safety Hack Video Series

Available in both English and Spanish, Produce Safety Hack videos are short and designed to help food service operators keep produce safe and at a high quality. They cover a range of topics.

- Ethylene Gas (en Español)
- Ready to Eat (en Español)
- Storage Temperatures (en Español)
- Temperature Readings (en Español)
- Washing Produce (en Español)


Apple Information Sheet
Purchasing Specifications
U.S. Grades
Domestic Harvest
Receiving Guidelines
Broccoli Information Sheet
Purchasing Specifications
U.S. Grades
Domestic Harvest
Grape Information Sheet
Purchasing Specifications
U.S. Grades
Color Requirements
Domestic Harvest
JUN to DEC
JUN to JUL
Availability
Lettuce Information Sheet
Purchasing Specifications
Lettuce Varieties with U.S. Grades
Most Common U.S. Grades
Domestic Harvest
USDA

Produce Safety University Resources and References

Where Your Produce Comes From

- AMS: Food Hub Directory
  https://www.ams.usda.gov/local-food-directories/foodhubs

Food Safety and Fresh-Cut Produce

- FDA: Foodborne Illness Causing Organisms in the U.S. (In the PSU Binder)
  https://www.fda.gov/media/77727/download
- USDA FNS: Produce Safety Fact Sheets and Videos
  Including Food Safety Practices to Expect, Verifying Farm Food Safety, Conducting a Mock Recall of Produce in a School Nutrition Operation, and Produce Safety Hacks (Videos)
  https://www.fns.usda.gov/psu/graduates

Growing Food Safely

- FDA: Produce & Plant Products Guidance Documents & Regulatory Information
  https://www.fda.gov/food/guidance-documents-regulatory-information-topic-food-and-dietary-supplements/produce-plant-products-guidance-documents-regulatory-information
- USDA AMS: Companies that Meet USDA GAP&GHP Acceptance Criteria
  https://apps.ams.usda.gov/GAPGHP/reportG05.aspx
- ISU Extension and Outreach: Checklist for Retail Purchasing of Local Fresh Produce (In the PSU Binder)
- PSU Extension: Understanding FSMA - The Produce Safety Rule (In the PSU Binder)

Buy Smart, Save Smart

- FDA: Food Safety Modernization Act (FSMA) and FSMA Final Rule for Preventive Controls for Human Food
  https://www.fda.gov/food/guidance-regulation-food-and-dietary-supplements/food-safety-modernization-act-fsma
  https://www.fda.gov/food/food-safety-modernization-act-fsma/fsma-final-rule-preventive-controls-human-food
- USDA FNS: Food Buying Guide
  https://foodbuyingguide.fns.usda.gov/
- NC Cooperative: Insurance Coverage Options for Fresh Produce Growers (In the PSU Binder)

Farm to School

- DC Government: Garden Safety Checklist (In the PSU Binder)
- USDA FNS: Farm to School Fact Sheets
  Including Decision Tree, Buy American, and Get the Facts on Food Safety
  https://www.fns.usda.gov/f2s/fact-sheets

Quality and Condition

- USDA AMS: U.S. Grades and Standards for Fruits and Vegetables
  https://www.ams.usda.gov/grades-standards/fruits
  https://www.ams.usda.gov/grades-standards/vegetables

Produce Safety University Resources and References

Market News

- USDA AMS: USDA Market News
  https://www.ams.usda.gov/market-news

Receiving and Storage

- Optimum Storage Temperature and Factor Guide (In the PSU Binder)
- ARS: The Commercial Storage of Fruits, Vegetables, and Florist and Nursery Stocks
  https://www.ars.usda.gov/arsuserfiles/oc/np/commercialstorage/commercialstorage.pdf

Writing Specifications

- USDA AMS: Commercial Item Descriptions
  https://www.ams.usda.gov/market-news
- USDA FNS and ICN: Product Information Sheets (The Rainbow Book)
  https://theicn.org/icn-resources-a-z/produce-safety
  https://www.fns.usda.gov/psu/graduates
- PMA: Fresh Produce Manual
  http://www.americanfruitandproduce.com/uploads/data/pm.pdf
- USDA FNS: Fresh Fruits and Vegetables Galore
  https://archive.org/details/CAT30919019/page/n7/mode/2up

Safe Preparation and Service

- Study: Hand Washing Frequencies and Procedures used in Retail Food Service
  https://www.researchgate.net/profile/Jeannie_Sneed/publication/23191542_Hand_Washing_Frequencies_and_Procedures_Used_in_Retail_Food_Services/links/0912f50eac90680889000000/Hand-Washing-Frequencies-and-Procedures-Used-in-Retail-Food-Services.pdf
- Study: CDC EHS-Net Hand Hygiene
  http://www.cdc.gov/nceh/ehs/ehsnet/plain_language/food-worker-handwashing-restaurant-factors.htm
- Study: Implementation of School Districts' Food Safety Plans and Perceptions of Support for Food Safety and Training in Child Nutrition Programs in One USDA Region
  https://lib.dr.iastate.edu/cgi/viewcontent.cgi?article=3316&context=etd
- Study: Increasing Hand Washing Compliance with a Simple Visual Cue
  https://www.proquest.com/docview/1564432943?pq-origsite=gscholar
- Study: Observational Assessment of Glove Use Behaviors among Foodservice Workers in a University Dining Setting - Testing a Visual Intervention Tool
  https://www.foodprotection.org/files/food-protection-trends/Sep-Oct-13-rajagopal.pdf
- UM Cooperative Extension: Best Ways to Wash Fruits and Vegetables
  https://extension.umaine.edu/publications/4336e/

Additional Produce Safety Resources:

- ICN: Produce Safety Resources
  https://theicn.org/icn-resources-a-z/produce-safety
- USDA FNS: Food Safety Flashes (Videos)
  https://www.fns.usda.gov/ofs/food-safety-flashes

Resources—FDA Food Facts


FOOD FACTS

U.S. FOOD & DRUG ADMINISTRATION

Raw Produce

Selecting and Serving it Safely

Fruits and vegetables are an important part of a healthy diet. Your local markets carry a wide variety of nutritious fresh fruits and vegetables. However, harmful bacteria that may be in the soil or water where produce grows can come in contact with fruits and vegetables and contaminate them. Fresh produce may also become contaminated after it is harvested, such as during storage or preparation.

Furthermore, like any fresh produce that is consumed raw or lightly cooked, sprouts (such as alfalfa or mung bean) that are served raw or lightly cooked may contain bacteria that can cause foodborne illness. Unlike other fresh produce, sprouts are grown from seeds and beans under warm and humid conditions. These conditions are also ideal for the growth of bacteria, including *Salmonella*, *Listeria*, and *E. coli*. If just a few harmful bacteria are present in or on the seed, the bacteria can grow to high levels during sprouting, even if you are growing your own sprouts under sanitary conditions at home.

Eating contaminated produce can lead to foodborne illness, often called "food poisoning." Recent Food and Drug Administration regulations for produce help reduce the risk of illness-causing contamination but they do not eliminate it entirely. So, as you enjoy fresh produce, follow these safe handling tips to help protect you and your family.

As you enjoy fresh produce, follow these safe handling tips to help protect yourself and your family.

Buy Right

You can help keep produce safe by making wise buying decisions.

- Choose produce that is not bruised or damaged.
- When buying pre-cut, bagged or packaged produce — such as half of a watermelon or bagged salad greens — choose only those items that are refrigerated or surrounded by ice.
- Bag fresh fruits and vegetables separately from raw meat, poultry, and seafood when packing them to take home from the market.

Store Properly

Proper storage of fresh produce can affect both quality and safety.

- Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below. Use a refrigerator thermometer to check! If you're not sure whether an item should be refrigerated to keep its quality, ask your grocer.
- Refrigerate all produce that is purchased pre-cut or packaged.

July 2023 1


FOOD FACTS

Separate for Safety

Keep fruits and vegetables that will be eaten raw separate from raw meat, poultry, and seafood — and from kitchen utensils used for those products.

- Wash cutting boards, dishes, utensils, and countertops with soap and hot water between preparing raw meat, poultry, and seafood and preparing produce that will not be cooked.
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- If you use plastic or other non-porous cutting boards, run them through the dishwasher after use.

Prepare Safely

When preparing any fresh produce, begin with clean hands. Wash your hands for at least 20 seconds with soap and warm water before and after preparation.

- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Throw away any produce that looks rotten.
- Wash all produce thoroughly under running water before preparing and/or eating, including produce grown at home or bought from a grocery store or farmers' market.
- Washing can reduce bacteria that may be present, but it will not eliminate it.
- Washing fruits and vegetables with soap, detergent, or commercial produce wash is not recommended. Produce is porous. Soap and household detergents can be absorbed by fruits and vegetables, despite thorough rinsing, and can make you sick. Also, the safety of the residues of commercial produce washes is not known and their effectiveness has not been tested.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- After washing, dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present on the surface.
- Cooking produce thoroughly kills harmful bacteria and reduces the risk of illness.

What About Pre-Washed Produce?

Many pre-cut, bagged, or packaged produce items are pre-washed and ready-to-eat. If so, it will be stated on the packaging, and you can use the produce without further washing.

If you choose to wash produce marked as "pre-washed" or "ready-to-eat," be sure that it does not come in contact with unclean surfaces or utensils. This will help to avoid cross contamination.

July 2023 2


FOOD FACTS

About Foodborne Illness

Know the Symptoms

Consuming dangerous foodborne bacteria will usually cause illness within 1 to 3 days of eating the contaminated food. However, sickness can also occur within 20 minutes or up to 6 weeks later. Although most people will recover from a foodborne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems. Children, older adults, pregnant people, and people with weakened immune systems (such as transplant patients and individuals with HIV/AIDs, cancer, and diabetes) can be especially vulnerable to foodborne illness.

For more information on FDA's food safety advice for vulnerable populations, see the following:

- People at Risk of Foodborne Illness
  https://www.fda.gov/food/consumers/people-risk-foodborne-illness
- Safe Eats – Food Safety During Pregnancy
  https://www.fda.gov/food/people-risk-foodborne-illness/safe-eats-food-safety-moms-be
- Food Safety for Older Adults and People with Cancer, Diabetes, HIV/AIDS, Organ Transplants, and Autoimmune Diseases. https://www.fda.gov/media/83744/download

People who are more vulnerable to foodborne illness (as identified above) should avoid eating raw or lightly cooked sprouts of any kind (including onion, alfalfa, clover, radish, and mung bean sprouts).

Foodborne illness can sometimes be confused with other illnesses that have similar symptoms. The symptoms of foodborne illness can include:

- Vomiting, diarrhea, and abdominal pain
- Flu-like symptoms, such as fever, headache, and body ache

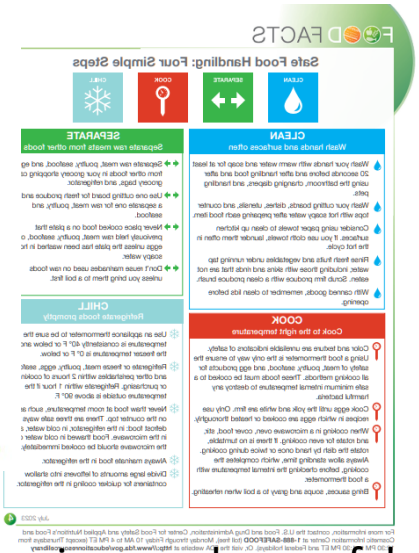
Take Action

If you think that you or a family member has a foodborne illness, **contact your healthcare provider immediately**. Also, **report** the suspected foodborne illness to FDA:

- Contact the Consumer Complaint Coordinator in your area. Locate a coordinator here: http://www.fda.gov/Safety/ReportaProblem/ConsumerComplaintCoordinators
- Contact MedWatch, FDA's Safety Information and Adverse Event Reporting Program:
  By Phone: **1-800-FDA-1088**
  Online: File a voluntary report at **http://www.fda.gov/medwatch**

For more information on preventing foodborne illness, see Safe Food Handling: Four Simple Steps at **https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling-what-you-need-know**

July 2023 3


FOOD FACTS

Safe Food Handling: Four Simple Steps

CLEAN

Wash hands and surfaces often

SEPARATE

Separate raw meats from other foods

COOK

Cook to the right temperature

CHILL

Refrigerate foods promptly

July 2023 4

www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-produce-safely

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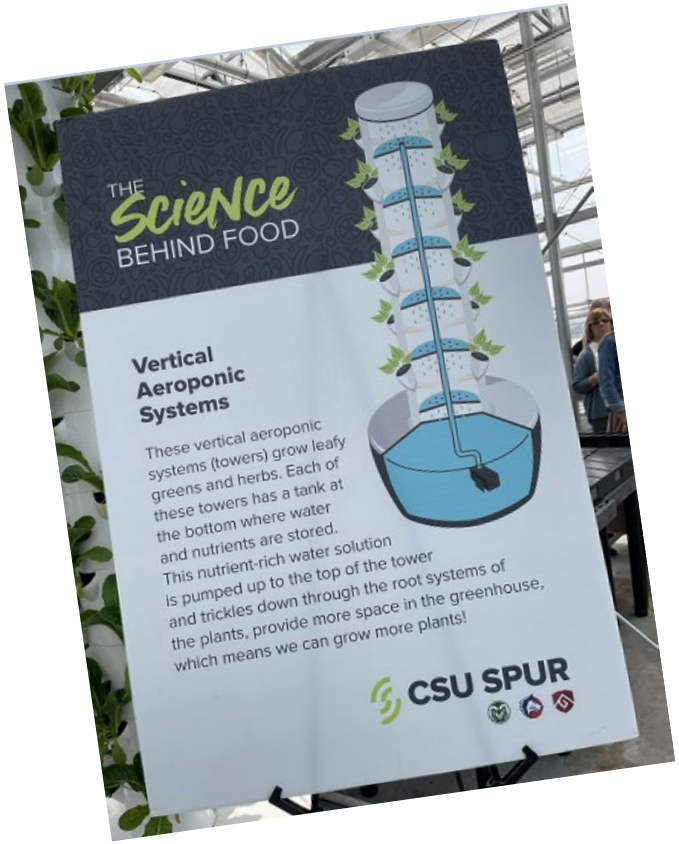

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Questions?