

Cleaning Fruits and Vegetables

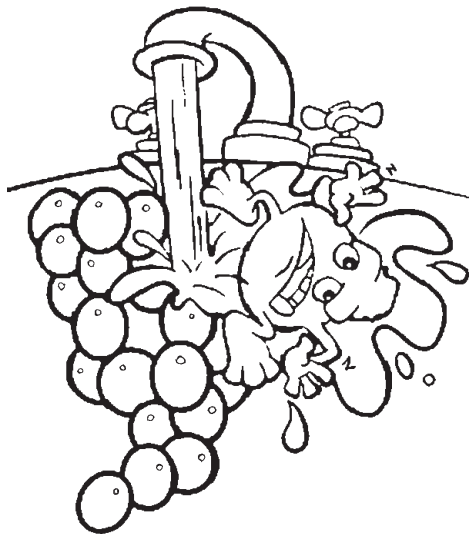
Maintaining Safety of Fresh Produce

- Always wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards, counter tops, peelers, brushes and knives that will touch fresh fruits or vegetables before and after food preparation.

Washing

- When ready to serve, rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Do not wash produce before storage.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Dry fruits and vegetables with a clean cloth towel or paper towel.
- Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

Information taken from "Fight Bac! Six Steps to Safer Fruits and Vegetables." For more information about food safety go to www.fightbac.org



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