

SIX STEPS TO FRUIT & VEGETABLE SAFETY

Check

- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- Do not buy fresh cut items that are not refrigerated.



Clean

- Wash hands with warm water and soap for at least 20 seconds.



- Clean all surfaces and utensils with hot water and soap.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Scrub firm-skin fruits and vegetables under running tap water with a vegetable brush.



Separate

- Keep fresh fruits and vegetables separate from raw meat, poultry, seafood or household chemicals.
- Wash your cutting board with hot water and soap before and after preparing fresh fruits and vegetables, meat, poultry, or seafood.



Cook

- Cook or throw away fruits or vegetables that have touched raw meat, poultry, seafood or their juices.



Chill

- Refrigerate all cut, peeled, or cooked fresh fruits and vegetables within two hours.



Throw Away

- Throw away fresh fruits and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Throw away any fruit or vegetable that will not be cooked if it has touched raw meat, poultry or seafood.
- If in doubt, throw it out

