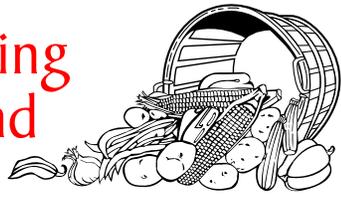


Safe Handling of Fruits and Vegetables



At the store:

- Look for fresh-looking fruits and vegetables that are not bruised, shriveled, moldy or slimy. Don't buy anything that looks or smells bad.
- Buy only what you need. Most fresh fruits and vegetables are not "stock-up" items. Apples, potatoes and most citrus can be stored at home, but most items should be bought to be used within a few days.
- Handle produce gently at the store. Keep produce on top in the cart so it won't get bruised.

At home:

- Put produce away promptly. Keep most of your produce in the crisper because it will stay fresher longer. Keep all cut fruits and vegetables covered in the refrigerator.

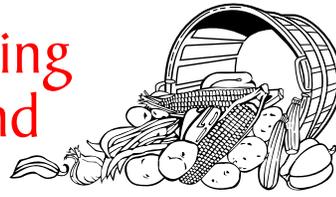
Preparation:



- 1) Wash hands—front and back—with soap and warm water using warm to hot water scrubbing for at least 20 seconds. Use a clean towel for drying.

Kitchen helpers—especially your children—need to do this too.

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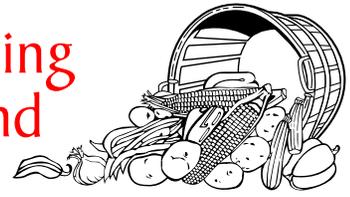
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2) Wash produce.

Washing fruits and vegetables helps remove dirt and germs. Even if you are going to peel or cut produce, washing helps keep chemicals and dirt from the part you will eat.

Use a stiff brush to scrub thick-skinned produce such as squash. Scrub vegetables such as potatoes that have a lot of dirt.

Produce keeps better if you wash it just before you use it, not when you put it away. An exception is leafy greens such as lettuce, it's best to wash them before storing in the refrigerator to keep them crisp.

You should not use detergent when washing fruits and vegetables. Some detergent may be left on the produce because of its porous surface.

If you use a cutting board for preparing fruits or vegetables, be sure that it is clean and sanitize with bleach water before you start. Your produce cannot be any cleaner than its surroundings.



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