

## SAFE HANDLING OF FRESH FRUITS AND VEGETABLES CONSUMER RECOMMENDATIONS

### INSPECT

- Inspect fresh fruits and vegetables for bruising, decay or damage before purchase.
- When purchasing fresh-cut fruits and vegetables, including packaged salads, only purchase product that is refrigerated or on ice.

### WASH

- Wash your 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 and knives, before and after preparing fresh fruits and vegetables.

### RINSE

- Just before use, rinse only the fruits and vegetables you plan to eat immediately under running water, including those with skins or rinds that are not eaten.
- Scrub firm-skinned fruits and vegetables with a clean brush while rinsing under running water.
- Do not wash packaged fruits and vegetables labeled “ready to eat,” “washed,” or “triple washed.”
- Dry fruits and vegetables with a single use disposable towel.
- Do not use soap, bleach or other household cleaners to clean fruits or vegetables, as these products are not intended for consumption.

### SEPARATE

- Keep fresh fruits and vegetables separate from household chemicals, raw meat, poultry, seafood and eggs in your shopping cart and grocery bags.
- Keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs in your refrigerator.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs.
- Do not use cutting boards, knives or other utensils without cleaning with hot water and soap both before and after preparing fresh fruits and vegetables.

#### REFRIGERATE

- Set your refrigerator at or below 40°F.
- Refrigerate all pre-cut fruits or vegetables immediately upon returning home from the supermarket.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparation.
- Do not store fresh fruits and vegetables directly on ice or at temperatures below freezing.

#### DISCARD

- Dispose of any fresh fruits or vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Before eating or preparing any fresh fruits or vegetables, remove and discard any bruised, decayed or damaged areas.
- Throw away any fresh fruits or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!