

More on Washing

7. Soaking fruits and vegetables is not recommended because of the potential for cross-contamination.
8. Remove outer green leaves from items like lettuce or cauliflower before washing.
9. Trim the hull or stem from tomatoes, strawberries or peppers after washing, not before.
10. **Ready-to-eat, prewashed and bagged produce** does not need additional washing. Refrigerate these products and use by the “use-by” date.

Precut or prewashed produce purchased from **open** bags or containers should always be washed before using.

Refrigerate All Leftovers

1. Store all cut produce in a clean container in the refrigerator.
2. Peel leftover melons and store in the refrigerator.



Additional Sources of Information on Food Safety:

Fight Bac
www.fightbac.com

Gateway to Government Food Safety Information
www.foodsafety.gov

Centers for Disease Control and Prevention
www.cdc.gov/ounceofprevention

US FDA Food Safety Resources
www.fda.gov/ResourcesForYou/Consumers

USDA Food Safety Fact Sheets
www.fsis.usda.gov/Fact_Sheets/



University of California, Davis
www.wifss.ucdavis.edu
www.cps.ucdavis.edu
www.ucfoodsafety.ucdavis.edu

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Safe-Handling



of Fruits & Vegetables

Eating a variety of fruits and vegetables is healthy. Care must be taken to be sure fruits and vegetables do not become contaminated with harmful bacteria. One out of four people suffer from foodborne illness each year. Some of these illnesses have been traced to eating raw fruits or vegetables.

Everyone is at risk for foodborne illness; however, people who are younger than 5, older than 50, diabetic, pregnant, taking antibiotics or antacids, and those whose immunity is compromised are at higher risk than others.

Bacteria are everywhere. Harmful bacteria may be on fruits and vegetables, hands, kitchen counters and sinks, even when they look clean.

This brochure provides guidelines for protecting YOU from harmful bacteria.

At the Store

1. In the grocery cart, **separate** fruits and vegetables from meat, poultry, and fish to avoid cross-contamination.



2. When bagging fresh fruits and vegetables, put fresh produce and meat, poultry, and fish in **separate bags**.

Home Storage

1. All cut or prepared fruits and vegetables should be stored in the refrigerator.

2. Store meat, poultry, and fish in the clean meat drawer or on a tray on the bottom shelf **below** other foods. This prevents meat juices from dripping on other foods.

In the Kitchen

1. Clean the sink with hot soapy water or cleanser **before** and **after** washing and preparing fresh fruits and vegetables.



2. Use a **different** cutting board and preparation area for meat, poultry, fish, and fresh fruits and vegetables.

Always wash cutting boards and preparation areas **before** and **after** food preparation. Wash these items especially well between the preparation of meat, poultry, fish and the preparation of foods that will be eaten without cooking.



3. For additional safety, **sanitize cutting boards and food preparation areas** by one of the following methods:



a. Use a solution of 1 teaspoon chlorine bleach in a quart (4 cups) of water for rinsing cutting board, sinks, and/or countertops.



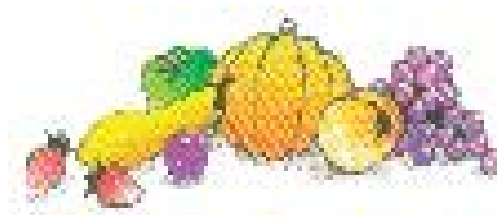
b. Place cutting boards in dishwasher with other items and run, using normal cleaning cycle.

4. **Always wash knives** after cutting meat, poultry, or fish with hot soapy water before cutting fresh fruits and vegetables or use different knives for meat and produce.



Wash Your Hands

Always wash hands with hot soapy water for at least 20 seconds **before** and **after** handling fresh fruits and vegetables.



Wash ALL Fruits and Vegetables

(including organically grown, Farmer's Market, homegrown, and produce purchased from a store)



1. Wash fruits and vegetables just before cooking or eating.

2. Wash under running water.

3. When possible, scrub fruits and vegetables with a clean scrub brush or with hands.



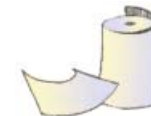
4. For **melons**, scrub the rind with a brush under running water before cutting or peeling. This removes bacteria before they are spread by the knife when slicing.



Sanitize the brush by putting it in the dishwasher, placing it in boiling water for 20 seconds, or rinsing it in bleach solution.



(1 teaspoon chlorine bleach to 1 quart {4 cups} water).



5. Dry fruits and vegetables with **disposable** paper towels.

6. **Do not use antibacterial soaps or dish detergents** to wash fruits and vegetables because soap or detergent residues can remain on the produce.*

**Commercial cleaning solutions designed for fresh fruits and vegetables may help remove dirt.*