

When preparing any fresh produce, begin with clean hands. Wash your hands for at least 20 seconds with soap and warm water *before and after* preparation.



Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.

- Wash all produce thoroughly under running water before eating, cutting or cooking. This includes produce grown conventionally or organically at home, or purchased from a grocery store or farmer's market. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.

- Even if you plan to peel the produce before eating, it is still important to wash it first so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable

Scrub firm produce, such as melons and cucumbers, with a clean produce brush.

Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.

U.S. Food and Drug Administration