



Steps to Safe & Healthy Fruits & Vegetables

- 1 WASH:**
 - Wash your hands before and after coming in contact with fruits, vegetables and other packed items.
 - Wash or scrub all fruits, vegetables and packed food under running water before eating, cutting or cooking.
 - Fruits and vegetables labeled "prewashed" do not need to be washed again at home.
- 2 KEEP COLD:**
 - Refrigerate cut, peeled or cooked fruits and vegetables as soon as possible or within 2 hours.
 - Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.
- 3 SEPARATE:**
 - Store fruits and vegetables away from and not next to or below raw meat, poultry and seafood. These items can drip juices that may have germs.
 - Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry or seafood.
 - Wash cutting boards, counter tops and utensils with hot, soapy water before and after preparing fruits and vegetables.