



Safe Handling of Fresh Fruits and Vegetables

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Check:

- Make sure the fresh fruits and vegetables you buy are not bruised or damaged.
- Only buy cut fruits and vegetables, such as packaged salads and precut melons, that are refrigerated.



Clean:

- Wash hands with soap and warm water for at least 20 seconds before and after handling fresh fruits and vegetables.
- Wash all surfaces and utensils, such as cutting boards, counter tops or knives, with hot water and soap before and after preparing fresh fruits and vegetables.
- Rinse all fresh fruits and vegetables under running tap water, including those with skins and rinds that you will not be eating.
- While rinsing under running tap water, rub or scrub firm-skinned fruits and vegetables with a clean vegetable brush.
- Never use detergent or bleach to wash fresh fruits or vegetables since these products are not consumable.

Separate:

- When shopping, separate fresh fruits and vegetables from household chemicals and raw foods, such as meat, poultry and seafood.
- Store fresh fruits and vegetables separately from raw meat, poultry or seafood in the refrigerator.
- Always wash kitchen utensils and cutting boards with hot soapy water between preparation of fresh fruits and vegetables and raw meats, poultry and seafood.

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Cook:

- Cook or throw away any fruit or vegetables that have touched raw meat, poultry, seafood, or their juices.
- Remove and throw away bruised or damaged portions of fruits and vegetables before cooking or eating raw.

Chill:

- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparation.

Throw Away:

- Throw away fresh cut-up, peeled or cooked fruits and vegetables that have not been refrigerated within two hours.

Find out more about Michigan Fresh at msue.anr.msu.edu/program/info/mi_fresh.



Adapted from Partnership for Food Safety Education. (2004). *FightBac! Six steps to safer fruits and vegetables*. Retrieved from www.fightbac.org.

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