



Keeping Fruits & Vegetables Safe

Choose Wisely

- Choose produce that is not bruise or damaged.
- When buying pre-cut, bagged or packaged produce – such as half of a watermelon or bagged salad greens – choose only those items that are refrigerated or surrounded by ice.
- Bag fresh fruits and vegetables separately from raw meat, poultry, and seafood when packing them to take home from the market.

Store Properly

- Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 41° F or below. Use a refrigerator thermometer to check!
- Refrigerate all produce that is purchased pre-cut or packaged.

Separate for Safety

- Keep fruits and vegetables that will be eaten raw separate from raw meat, poultry, and seafood
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Wash cutting boards, dishes, utensils, and countertops with soap and hot water between preparing raw meat, poultry, and seafood and preparing produce that will not be cooked.

Prepare Safely

- Cut damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating.
- Wash all produce under running water before preparing and/or eating.
- Do not wash fruits and vegetables with soap, detergent, or commercial cleaning products.

Pre-washed and ready-to-eat vegetables do not need to be washed. However, if you choose to wash produce marked as “pre-washed” or ready-to-eat,” be sure that it does not come in contact with unclean surfaces or utensils. This will help to avoid cross contamination.

