



# Cleaning Produce

Because a lot of fresh produce is not cooked before being eaten, it is important to handle it safely to prevent it from being contaminated with harmful microorganisms that can make you, and others sick.

## Prepare

- Wash your hands with warm water and soap for at least 20 seconds.
- Clean and sanitize countertops, cutting boards and utensils before and after preparing food.
- Cut away very bruised or damaged areas on vegetables and fruits as harmful bacteria can thrive in these areas. Be sure to clean your knife with hot water and soap before using it again.



## Tip

### Sanitizing solution:

Mix 1tsp bleach + 1000ml water.

*For solutions in different quantities, use Food Safe's Chlorine Dilution Calculator.*



## Wash

Wash vegetables and fruits thoroughly under clean, cool water.

- Washing helps remove bacteria that may be present on the surface of vegetables and fruits. Wash even if you plan on peeling and cutting the produce, especially with melons and cantaloupes.
- Use a clean produce brush to scrub items that have firm surfaces like oranges, melons, potatoes, carrots, etc. It is not necessary to use a special produce wash to clean fresh vegetables and fruits.
- Once cut, eat produce right away, otherwise refrigerate or freeze it.





## Prevent Contamination

- Clean and sanitize cutting boards when moving from preparing produce, or ready-to-eat foods, to raw meats. If available, use separate cutting boards for produce and raw meat, poultry, fish and seafood.
- Place prepared vegetables and fruits in a separate clean container and away from raw meat, poultry, fish and seafood.
- Change kitchen cloths and towels daily or use paper towels to wipe kitchen surfaces to avoid the risk of cross-contamination and the spread of bacteria. Avoid using sponges, as they are harder to keep bacteria-free.

