



PRODUCE SAFETY: Tips

- Buy fruits and vegetables in season when possible.
- Begin with clean hands.
- Cut away any damaged or bruised areas on fresh fruits and vegetables.
- Wash fruits and vegetables under running water just before eating, cutting or cooking.
- Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- Scrub firm produce with a clean produce brush.
- Select a variety of foods from a variety of sources. This will give you a better mix of nutrients.