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cal  fresh Nutrition Education

UC FOOD SAFETY CE UPDATE

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Produce Tips to Keep You Safe

Fresh produce is loaded with essential nutrients including vitamin A, vitamin C, dietary fiber, potassium, and folate. But whether you get your produce from the local farmers market, grocery store, or a backyard garden, it is important to follow these tips to ensure the produce you serve your family is safe.



Check for Bruising or Damage

- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- Harmful bacteria can breed in cuts and bruises.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

Clean Hands, Surfaces, and Utensils

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.



Rinse Just Before Eating

- Just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.



- Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or “triple washed” should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

Separate from Contaminants

- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood, and eggs.
- In your refrigerator, keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs. Do not use the same cutting board or utensils without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

- **Keep your refrigerator below 40° F.**
- **Refrigerate all cut, peeled, or cooked fresh fruits and vegetables within two hours of preparing.**

Throw Away

- Throw away any fresh fruits and vegetables that have not been refrigerated within two hours of cutting, peeling, or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables, when preparing to cook them or before eating them raw.
- Throw away any fruits or vegetables that have touched raw meat, poultry, seafood, or eggs.
- **If in doubt, throw it out!**

