

How to properly wash your fruits and vegetables

7 helpful steps to ensure your veggies are clean

Once you have finished cleaning the produce, dry using a disposal towel as to keep from using a dirty towel that could be contaminated with bacteria.

Begin with clean hands. Wash your hands with soap and warm water for at least 20 seconds before and after preparation.

Cut away any damaged or bruised areas before you begin preparing or eat raw the vegetables. Produce that appears rotten should be discarded

When you are working with layered produce such as lettuce or cabbage, remove and discard the outer leaves or layers.



Thoroughly wash all produce under running water, even organic. The use of soaps, detergents or commercial vegetable washes is not recommended.

Even if you plan on peeling, cutting or dicing your produce, be sure to properly wash it beforehand. When cutting or peeling, be sure the utensil you are using has been adequately cleaned.

Gently scrub the produce using a clean, produce brush.

When buying fresh produce...

- Select produce that is not bruised or damaged
- When buying pre-cut items, choose only those that are refrigerated or displayed on ice
- At checkout, bag your fresh fruits and vegetables separately from any meat, poultry or seafood products.

At home in the refrigerator...

- Store perishable fruits and vegetables in a clean refrigerator at a temperature at or below 40 °F. If you're unsure whether an item needs to be refrigerated to maintain quality, ask your grocer.
- Refrigerate all produce that is either pre-cut or already peeled.

Working in the kitchen...

- Keep fruits and vegetables that will be eaten raw away from items such as raw meat, poultry or seafood. Also, do not use the same preparation utensils for these items without properly washing them first.
- Wash cutting boards, utensils such as knives and even your countertops with hot water and soap between working with raw meat products and fresh produce.
- If you use plastic or other non porous surface cutting boards, run them through the dish washer after use.