

Fruit and Vegetable Safety

Eating a diet with plenty of fruits and vegetables gives important health benefits. But it's important to select and prepare them safely.

At the store or market:

- **Choose produce** that isn't bruised or damaged.
- **Keep pre-cut fruits and vegetables cold** by choosing produce that is refrigerated or kept on ice.
- **Separate fruits and vegetables** from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

At home:

Wash your hands,, kitchen utensils, and food preparation surfaces, including chopping boards and countertops, before and after preparing fruits and vegetables.

- **Clean** before eating, cutting, or cooking, unless the package says the contents have been washed.
 - Wash or scrub fruits and vegetables under running water—even if you do not plan to eat the peel. Germs on the peeling or skin can get inside fruits and vegetables when you cut them.
 - Cut away any damaged or bruised areas before preparing or eating.
 - Dry fruit or vegetables with a clean paper towel.
- **Keep fruits and vegetables separate** from raw foods that come from animals, such as meat, poultry, and seafood.
- **Refrigerate** fruits and vegetables within 2 hours after you cut, peel, or cook them (or 1 hour if the outside temperature is 90° or warmer). Chill them at 41°F or colder in a clean container.