

# Safety Tips for Handling and Preparing: Fruits and Vegetables



## Fruit and Vegetable Safety at the Store or Market

### Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.

### Keep Precut Fruits and Vegetables Cold

- Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.

### Separate

- Separate fruits and vegetables from raw meat, poultry and seafood in your shopping cart and grocery bags.

## Fruit and Vegetable Safety at Home

### Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting or cooking.
- Fruits and vegetables labeled "prewashed" do not need to be washed again at home.

### Keep Cold

- Refrigerate cut, peeled or cooked fruits and vegetables as soon as possible or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40° F or below.

### Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. The items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry or seafood.
- Wash cutting boards, counter tops and utensils with hot, soapy water before and after preparing fruits and vegetables.

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