

# Food Safety for Fruits and Vegetables

## Washing produce correctly.

The Food and Drug Administration recommends washing produce correctly to help keep your fruits and vegetables fresh and free from harmful bacteria or pesticide residue.

- \* **Wash all produce** that isn't pre-bagged and clearly labeled "pre-washed".
- \* **Wash your hands** first, for 20 seconds with warm water and soap before and after preparing fresh produce.
- \* You can cut away and bruised or damage areas on fresh fruits and vegetables before preparing or eating.
- \* **Any produce that looks rotten should be discarded.**
- \* Wash fruits and vegetables under running water before eating, cutting or cooking.
- \* Even if you peel the produce before eating, it's important to wash it first.
- \* You do not have to use anything special to wash your fruits and vegetables, gently rubbing under running water will safely remove dirt, bacteria or residue.
- \* Scrub firm produce such as melons and cucumbers with a clean produce brush.



Wash fruits and vegetables under running water before eating, cutting or cooking.

- \* Dry your produce with a clean cloth or paper towel.

Inter Tribal  
Council of  
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Program



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## Storing Fruits and Vegetables

Not all fruits and vegetables need to be kept in the refrigerator. Follow the grocery store example; the items kept refrigerated, on ice, or regularly moistened in the grocery store will do better and last longer in your home

refrigerator. Other items found in bins in the grocery store can be kept in a cool, dry place in your home.

Store fruits and vegetables separate in the refrigerator.

Fruits give off ethylene gas which can cause early deterioration of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect the taste.



**Introduce Fruits &  
Vegetables in  
Small Pieces**

## Fruit and Vegetable Safety for Children

- \* *Cut fruits and vegetables into smaller bite-sized pieces for children.*
- \* *Be sure to peel fruits and vegetables for children who might have difficulty chewing the tougher outer skin.*
- \* *Pare fruits and remove seeds before feeding fruits and vegetables to your child.*

*Wash cutting boards, dishes, utensils and countertops with soap and hot water after preparing any raw meat, poultry or seafood and before preparing raw fruits and vegetables.*



## Keep Cut Fruit from Turning Brown

**L**ightly sprinkle or spray lemon juice (orange or pineapple juice also works) on cut fruits such as apples, pears, bananas and peaches, just enough to coat.

**M**ake a fruit salad by mixing in some acidic fruits like oranges, tangerines, grapefruit or pineapple.

**C**over and refrigerate cut fruit until serving time- no longer than 2 hours.



Mixing in Acidic Fruits Keeps Your Fruit Fresher Longer.