

7 Tips for Cleaning Fruits and Vegetables

1. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
2. Cut away any damaged or bruised areas before preparing and eating.
3. Gently rub produce while holding under running water. There's no need to use soap or a produce wash.
4. Wash produce before you peel it so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.
5. Use a vegetable brush to scrub firm produce, such as melons and cucumbers.
6. Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.
7. Throw away the outermost leaves of a head of lettuce or cabbage.

