SAFE PRODUCE WASHING GUIDELINES

1. WASH YOUR HANDS

Safe produce washing starts with cleaning hands of any potentially harmful bacteria. First, wet your hands. Next, use soap, scrub hands and forearms for 10 seconds. Use a nail brush if possible. Rinse hands and forearms thoroughly and then dry both hands and forearms with a single-use paper towel. Lastly, use paper towel to turn off faucet and if needed, to open door. According to the U.S. Food & Drug Administration guidelines, produce labeled as pre-washed does not need further washing. However, you may choose to wash this produce as an extra precaution.

2. REMOVE DAMAGED PARTS OF PRODUCE

Cut off and remove any bruised or damaged areas of vegetables or fruits before eating or preparing. Produce that appears rotten should be put in your compost bin or trash.

3. WASH AND DRY ALL PRODUCE

All produce should be washed thoroughly under running water from a safe water source. This includes produce from your campus pantry, farmers' market, garden, or store. Even if you do not plan to eat the skin of the produce item, it should still be washed before peeling or cutting. Scrub firm produce, like carrots, sweet potatoes, or melons with a clean produce brush. When you have finished washing, dry the produce with a clean cloth towel or paper towel.

4. PROPERLY STORE PRODUCE

When you have finished washing, dry the produce with a clean cloth towel or paper towel. Place clean produce in a clean and sanitized container or on clean and sanitized surface.