Safe Handling of Fresh Fruits and Vegetables

Written by: Joyce McGarry, Extension Educator

**Check:**
- Never buy damaged or bruised fresh fruits and vegetables.
- Only buy cut fruits and vegetables, such as packaged salads and precut melons, that are refrigerated.

**Clean:**
- Wash hands with soap and warm water for at least 20 seconds before and after handling fresh fruits and vegetables.
- Wash all surfaces and utensils, such as cutting boards, counter tops or knives, with hot water and soap before and after preparing fresh fruits and vegetables.
- Rinse all fresh fruits and vegetables under running tap water, including those with skins and rinds that you will not be eating.
- While rinsing under running tap water, rub or scrub firm-skinned fruits and vegetables with a clean vegetable brush.
- Never use detergent or bleach to wash fresh fruits or vegetables since these products are not consumable.

**Separate:**
- When shopping, separate fresh fruits and vegetables from household chemicals and raw foods, such as meat, poultry and seafood.
- Store fresh fruits and vegetables separately from raw meat, poultry or seafood in the refrigerator.
- Always wash kitchen utensils and cutting boards with hot soapy water between preparation of fresh fruits and vegetables and raw meats, poultry and seafood.

**Cook:**
- Remove and throw away bruised or damaged portions of fruits and vegetables before cooking or eating raw.
- Throw away any fruit or vegetable that will not be cooked if it has touched raw meat, poultry or seafood.

**Chill:**
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparation.

**Throw Away:**
- Throw away fresh cut-up, peeled or cooked fruits and vegetables that have not been refrigerated within two hours.

Find out more about Michigan Fresh at msue.anr.msu.edu/program/info/mi_fresh.


Lawn or garden questions? Visit migarden.msu.edu. Call toll-free 1-888-678-3464.