Food Safety
Keep your food safe

CLEAN
hands, surfaces (including cutting boards) and utensils to prevent contamination

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits, vegetables, and other fresh foods

RINSE
fruits and vegetables just before eating

- Just before use, rinse only the fruits and vegetables you plan to eat, including those with skins that are not eaten
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under warm running tap water
- Do not use soap or bleach to wash fresh fruits or vegetables

SEPARATE
fruits and vegetables from raw meat, seafood, poultry, eggs

- In refrigerator, keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs
- Do not use same cutting board or utensils without cleaning them with hot water and soap before and after preparing fresh fruits and vegetables

REFRIGERATE
or freeze meat, poultry, eggs, and fresh cut fruits and vegetables as soon as you bring them home

- Never let raw meats or cut fruits and vegetables sit at room temperature for over 2 hours
- Never defrost food at room temperature. Always defrost food in the refrigerator, in cold water, or in the microwave