



**SECOND HARVEST**  
of SILICON VALLEY

# 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