



# Washing fruits & veggies

## Why fruits and veggies need to be washed

Raw fruits and vegetables are agricultural products and that means they can be exposed to fertilizers and other chemicals such as herbicides and pesticides. Grooves and cracks in the produce can trap dirt and bacteria

Some fruits and vegetables have a “natural package” where we remove the skin revealing a clean fruit inside, some have an edible skin that we need to make sure is clean



## How to clean fruit & veggies

The only way to ensure your vegetables, fruits and pre-cut salads are free from dirt and germs is to wash them with running water.

Step 1: wash your hands before handling fruit and vegetables

Step 2: rinse fruit and veggies under running tap water

Step 3: rub the skin of the fruit under running tap water or scrub with a vegetable brush while under running water

Step 4: shake or pat dry with a paper towel

### Helpful tips:

- Scrub the outside of melons with water before cutting through the rind.
- Carrots, potatoes and other root crops should be scrubbed with a clean vegetable brush.
- Break apart leafy produce and discard outer leaves. Wash each piece individually.
- Break apart vegetables with tight heads such as broccoli or cauliflower before washing.