



# The Pocket Guide

## to Produce Safety:

How to pick, store, prepare & wash your fruits & veggies.



## Fruits and vegetables are an important part of a healthy diet.

Your farmers market carries an amazing variety of fresh fruits and vegetables that are both nutritious and delicious. Farmers take great care to get their produce to you in the best possible condition, but there is always a chance that harmful bacteria in the soil or water could come into contact with fruits and vegetables. Fresh produce may also become contaminated after it is harvested, such as during preparation or storage. Consuming contaminated produce (or juices made from contaminated produce) can lead to food borne illness (aka food poisoning.) As you enjoy fresh produce and fresh-squeezed fruit and vegetable juices, follow these simple handling tips to help keep yourself and your family healthy and safe.

### Refrigerate

- |          |                 |
|----------|-----------------|
| Apples   | Eggplant        |
| Beans    | Grapes          |
| Berries  | Peppers         |
| Broccoli | Leafy Greens    |
| Carrots  | Zucchini        |
| Celery   | Herbs           |
| Cherries | Any Cut Produce |

### Room Temp

- |          |               |
|----------|---------------|
| Avocados | Pears         |
| Apricots | Peaches       |
| Citrus   | Potatoes      |
| Garlic   | Beets         |
| Kiwi     | Tomatoes      |
| Melons   | Winter Squash |
| Onions   |               |

This pocket guide brought you by:



Rinsing your produce and calling it clean may not be enough. Water alone is not effective in removing wax, some pesticides, and agricultural residue from produce. Both conventionally and organically grown produce should be washed before consuming.

Protect and preserve your family's produce and enjoy cleaner, safer, longer lasting fruits and veggies with Eat Cleaner®.

Learn how you can support farmers markets at: [FarmersMarketCoalition.org](http://FarmersMarketCoalition.org)



## Buying Tips

- Purchase produce that is not bruised or damaged, unless you intend to use it for canning, soups, or other thorough cooking.
- When selecting fresh-cut produce - such as a half a watermelon - choose items that are refrigerated or surrounded by ice.
- Bag fresh fruits and vegetables separately from meat, poultry and seafood products.

## Storage Tips

- Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a 40° F or below.
- Keep high ethylene fruits like apples separate from other fruit to help prevent over-ripeness.
- Refrigerate all produce that is purchased pre-cut or peeled.

## Preparation Tips

- Begin with clean hands. Wash your hands for 20 seconds (sing the happy birthday song twice) with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas on fresh fruits and vegetables. Produce that looks rotten should be discarded.
- Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood — and from kitchen utensils used for those products.
- Wash cutting boards, dishes, utensils and counter tops with soap and hot water between the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked.



- If you use plastic or other non-porous cutting boards, run them through the dishwasher after use.
- All produce should be thoroughly **CLEANED** before eating.
- Even if you plan to peel the produce before eating, it is still important to wash it first to avoid cross-contamination.
- Clean and scrub firm produce, such as melons and cucumbers, with a produce brush.
- Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

Source: [www.Foodsafety.gov](http://www.Foodsafety.gov)

STEP 1



STEP 2



### EAT CLEANER® Fruit + Vegetable Wash Spray:

Turn child lock under the trigger to the side. Spray surface of produce until lightly coated. Wait 2-5 minutes. Meanwhile, grab a snack or check out our latest FB post. Time's up! Rinse produce with clean water, dry and enjoy or store in the fridge for next time. They'll keep for up to 200% longer! Now that's greener, cleaner, leaner eating.

### EAT CLEANER® Fruit + Vegetable Wipes:

Wipe surface of firm fruit and veggies thoroughly. Even produce with peels should be wiped first. No rinsing necessary and no more apple rubbing on your pant leg! Use them to clean hands, mouths, utensils – even a binky! Pack them in a lunchbox, purse, computer bag, in the car, in a suitcase, in the diaper bag, at the farmers market...just don't leave home without them.

For our free e-newsletter, recipes, and tips, visit us at [www.eatcleaner.com](http://www.eatcleaner.com)



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