Wash Your Hands, Wash Your Produce

1. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

2. Rinse produce BEFORE you peel it, so dirt and bacteria aren’t transferred from the knife onto the fruit or vegetable.

3. If damage or bruising occurs before eating or handling, cut away the damaged or bruised areas before preparing or eating.

4. Gently rub produce while holding under plain running water. There’s no need to use soap or a produce wash.

5. Use a clean vegetable brush to scrub firm produce, such as melons and cucumbers.

6. Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.

7. Remove the outermost leaves of a head of lettuce or cabbage.

(via https://www.fda.gov/consumers/consumer-updates/7-tips-cleaning-fruits-vegetables)