

# 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.



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