

Handling Produce Safely

- Wash your hands thoroughly with hot soapy water before and after handling produce
- Discard any produce (fresh fruits and vegetables) that is slimy, mouldy or that smells off
- Use a clean cutting board and a clean knife for cutting produce; wash the cutting board and knife with hot soapy water after using
- All cut fruits and vegetables must be refrigerated
- Use a vegetable scrub brush when washing produce with rough surfaces such as cantaloupe, potatoes and squash
- Do not return washed produce to its original packaging
- Discard outer layers of lettuce, cabbage and other leafy vegetables
- Leafy green or dense vegetables such as broccoli, cauliflower and Brussels sprouts should be soaked in water to dislodge dirt. Follow by rinsing thoroughly under cool running water.
- Soap, chlorine bleach and vinegar can leave residues and should not be used when washing produce

