



Appendix D—Food Preparation

Please see <http://www.cfsan.fda.gov/~dms/prodsafe.html> for further information on the handling of fresh produce. The following text is a part of “Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices” produced by the Center for Food Safety and Applied Nutrition (CFSAN).

Preparation – Tips for Fresh Produce

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

- **Cut away any damaged or bruised areas** on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- All produce should be **thoroughly rinsed before eating**. This includes produce grown conventionally or organically at home, or produce that is purchased from a grocery store or farmer’s market. Rinse fruits and vegetables under running water just before eating, cutting or cooking.
- **Even if you plan to peel** the produce before eating, it is still important to rinse first.
- Washing fruits and vegetables with soap or detergent or using commercial produce washes is *not recommended*.
- **Scrub firm produce**, such as melons and cucumbers, with a clean produce brush.
- **Drying produce** with a clean cloth towel or paper towel may further reduce bacteria that may be present.

What about Pre-washed Produce?

- Many pre-cut, bagged produce items like lettuce are pre-washed. If so, **it will be stated on the packaging**. This pre-washed, bagged produce can be used without further washing.
- As an extra measure of caution, you can wash the produce again **just before you use it**. Pre-cut or pre-washed produce in open bags should be washed before using.