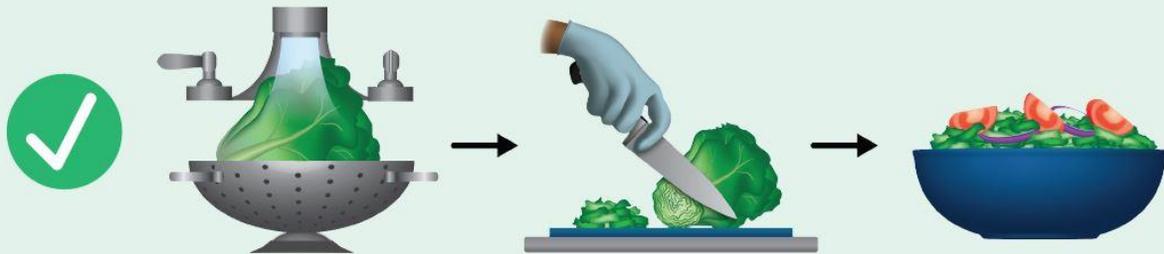


# Fruit and Vegetable Washing

Fruits and vegetables can have germs, bugs, pesticides, and other things on the outside. All whole fruits and vegetables must be rinsed before being prepared or served to remove things that could cause illness. This also includes avocados, berries, garnishes, and fresh herbs.

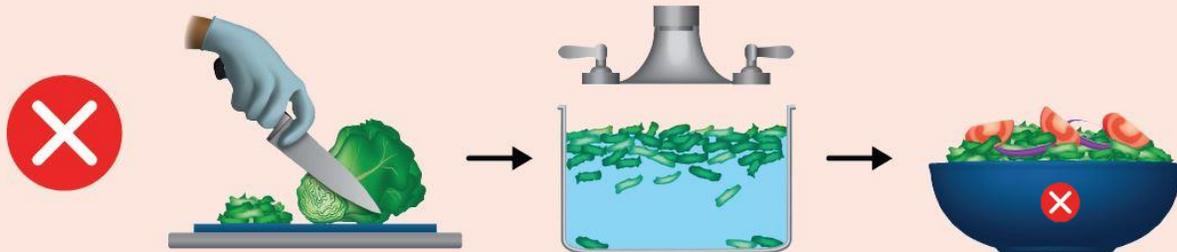
✔ A good way to think of it is that fruits and vegetables should take a shower not a bath.

Rinse under running water before preparation to remove dirt and germs first



Wash hands and wear gloves when working with ready to eat foods

A knife carries germs and dirt from the outside to the inside of the food



Germs can cross contaminate in the water bath and the salad becomes unsafe



- Only rinse fruits and vegetables in an approved vegetable prep sink.
- Wash, rinse and sanitize the vegetable prep sink before use.



DO NOT rinse fruits and vegetables in the 3-compartment sink or the handwashing sink.



Modified from 'Wash Produce Before Preparing or Serving' by Tacoma-Pierce County Health Department / CC BY-NC 4.0. Photo credit.