

# How to Wash



While fruits and vegetables are healthy foods, they must be washed before eating to remove harmful bacteria, pesticides and waxes. By washing your produce according to these instructions, you can help to keep everyone healthier.

## 1. Trim and Separate

Trim leafy greens and remove any rotten or damaged produce. Place trimmed vegetables and fruits in a bowl or sink of cold water.



## 2. Vinegar Bath

Dunk produce in a solution of 3 cups water and 1 cup vinegar to help kill germs and break down wax.

## 3. Scrub and Wash

Use a produce brush to gently scrub anything with a peel or outer skin including potatoes, carrots, apples, watermelons, and cucumbers. Wash under cold running water before cutting or eating to prevent germs from moving from the outside to the inside.



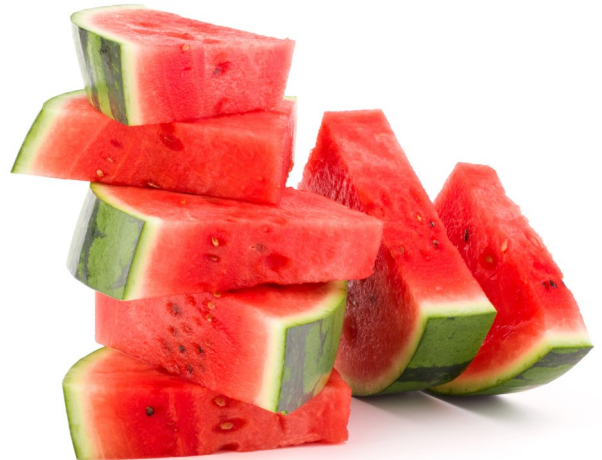
## Food Safety Tips

- ◆ Wash your hands for 20 seconds with warm, soapy water before touching any food or when switching between different types of food.
- ◆ Remember to **trim and separate**, use a **vinegar bath**, and **scrub and wash** produce before preparing and eating.
- ◆ Use spatulas, tongs, wax paper or other kitchen tools to limit hand contact with food.
- ◆ Wash cutting boards and utensils with warm, soapy water after every use.
- ◆ Place prepared fruits and vegetables in the refrigerator within 2 hours.
- ◆ When in doubt, throw it out!

## Time-Temperature Controlled For Safety (TCS) Produce

TCS produce are fruits and vegetables that must be kept out of the temperature danger zone (41°F to 135°F) to prevent the growth of pathogens (disease-causing bacteria). Store TCS produce at or below 41°F keep them safe.

- ◆ Cut lettuce
- ◆ Cut melons - watermelon, honeydew and cantaloupe
- ◆ Cut tomatoes
- ◆ Raw seed sprouts - bean and alfalfa
- ◆ Cooked vegetables or fruits



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216-201-2000 [www.ccbh.net](http://www.ccbh.net)



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