



# Home Food Safety **MYTHBUSTERS**

**Myth:** It's only important to rinse fresh fruits and vegetables for safety. I don't need to dry them too.



**Fact:** Using a clean cloth or paper towel to blot dry fresh fruits and vegetables after rinsing is more important than you might realize!

Research has found this drying step further reduces the level of harmful bacteria on the surface of fresh produce. Take a two-step approach to cleaning your produce:

1) just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten; and 2) dry fruits and vegetables with a clean cloth or paper towel.

[fightbac.org](http://fightbac.org)



**Partnership for  
Food Safety  
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