



Kids! Write down your favorite fresh fruit and vegetable recipe!

Recipe for: _____ **Serves:** _____

Ingredients: _____

Directions: _____

Draw your food

CHECK
For Bruising
or Damage

CLEAN
Hands, Surfaces
and Utensils

RINSE
Fresh Fruits and
Vegetables

SEPARATE
From
Contaminants

CHILL
Cut Produce
Below 40°F

**THROW
AWAY**
If in Doubt,
Throw It Out

For more activities, go to
www.fightbac.org/kids

