Produce is harvested and flash frozen to lock in nutrients.

Fruits and vegetables make healthy snacks. Be sure to rinse whole fresh produce properly before you eat and follow the package instructions on frozen vegetables.

Learn more about food safety at StoryOfYourDinner.org.

Order the 6 steps vegetables take from the farm to your dinner table and then color them!

1. Seeds planted
2. Food grows
3. Produce is harvested
4. Food is transported
5. For sale at your grocery store
6. Your dinner table

Core four rules of home food safety:
- Clean: Wash hands and surfaces often.
- Separate: Don't cross-contaminate.
- Cook: Cook to the safe internal temperature.
- Chill: Refrigerate or freeze promptly.

FREEZING FOOD KILLS BACTERIA, SO IT ISN'T IMPORTANT TO COOK FROZEN VEGETABLES.

I eat a vegetarian diet, so I don't have to worry about food poisoning.

False! Bacteria can survive freezing temperatures, so freezing is not a method for making foods safe to eat. When food is thawed, bacteria can still be present and may begin to multiply. Cooking food to the proper temperature is the best way to kill harmful bacteria. Be sure to follow package cooking instructions for safety and quality.

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