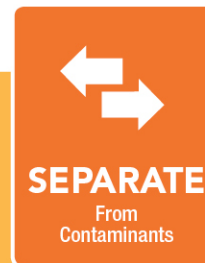




Your Fresh Fruits and Vegetables Safe Handling for Good Health

Home Handling Tips for Consumers



Presentation Outline

- What do I need to know about food poisoning?
- How can I reduce my risk?
- How can I help others reduce risk?



What do I need to know about food poisoning?

- It is caused by naturally-occurring pathogens you cannot see, smell or taste.
- It is common. 1 in 6 Americans get sick from food poisoning each year.
- It can be dangerous – about 3% of illnesses lead to more serious long-term health effects.
- There are things you can do to help reduce your risk! Everyone has a role to keep food safe!



Should I be worried?

No, not worried – informed!

- The US food supply is among the safest in the world.
- Some people are at greater risk for getting sick – older people, young children, pregnant women, and people with weakened immune systems.
- Fresh fruits and vegetables are necessary for a healthy diet – and can be a source of foodborne pathogens.
- Brush up on home produce safety tips for good health!



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How can I reduce my risk?

Brush up on the basics!

Safe handling of fresh fruits and vegetables at home is easy.

Follow the 6 Smart ProducePro tips
consistently

...every time you prepare food. You can reduce your family's risk of food poisoning!

Always wash your hands with soap and water before and after handling food

– that's a basic!



Become a ProducePro



Fight BAC!® at home
with these 6 smart
produce-handling tips.



Become the ProducePro
your friends and family
can depend on!

www.fightbac.org/campaigns/produce-handling



Safe Handling of Fruits & Vegetables

“Food safety is integral to eating well. It doesn’t have to be a scary conversation—it’s simply about forming good basic habits for preparing and enjoying more produce.”

— Ellie Krieger

Registered dietitian and TV personality



FIGHT BAC!® LIKE A

producepro



As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself and your family from food poisoning. It is important to be consistent in practicing safe food handling at home. For more information, go to www.fightbac.org.

CHECK

fresh produce for signs of cuts or bruising, where harmful bacteria can breed



- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

RINSE

fresh fruits and veggies just before eating



- 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.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or “triple washed” should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

CLEAN

hands, surfaces and utensils to prevent contamination



- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.

SEPARATE

produce from raw meat, seafood, poultry, eggs and household chemicals



- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- In your refrigerator, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs. Do not use the same cutting board or utensils without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

CHILL

cut fresh produce within two hours to prevent bacteria growth



- Keep your refrigerator at or below 40°F.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing.

THROW AWAY

bruised, damaged or potentially cross-contaminated produce



- Throw away any fresh fruit and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!



Fight BAC!® with these 6 smart produce-handling tips!

Check

Clean

Rinse

Separate

Chill

Throw Away

FIGHT BAC!® LIKE A
producepro





CHECK
For Bruising
or Damage

- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.





- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.





RINSE

Fresh Fruits and
Vegetables

- 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.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or “triple washed” should not be washed.
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SEPARATE

From
Contaminants

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CHILL

Cut Produce
Below 40°F

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Building a community of ProducePros

Proper food handling is important to good health!

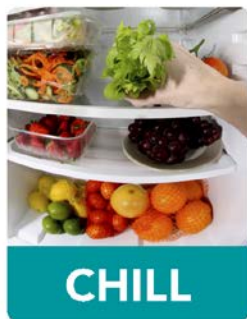
Help friends and family become ProducePros and reduce risk of food poisoning!

- Advise at-risk people (elderly; pregnant women; immune-compromised) about the 6 smart produce-handling tips.
- Visit fightbac.org and follow @Fight_BAC on Twitter.
- Ask school teachers if they teach the importance of food safety education and highlight **fightbac.org** as a resource.
- Volunteer to organize a community presentation about basic safe food handling.



Resources for Families and Health Educators

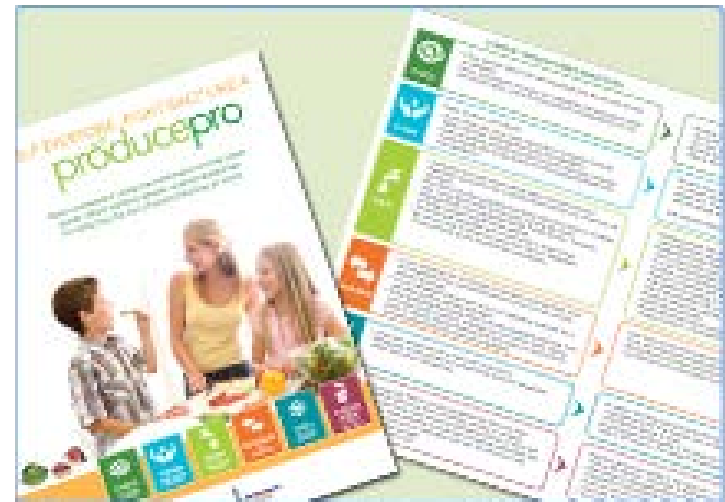
www.fightbac.org



PRODUCE
protip



Refrigerate all cut, peeled, or cooked fresh fruits and vegetables within two hours of preparing.



Produce safe handling information from the Partnership for Food Safety Education
www.fightbac.org/campaigns/produce-handling



@Fight_BAC

