Fruits and vegetables are an important part of a well-rounded diet. But produce can be a source of foodborne illness if it becomes contaminated with harmful bacteria in the soil, water or even your own kitchen.* You can’t see, smell or taste the bacteria that can cause food poisoning. That’s why it’s important to be consistent in practicing safe handling when preparing fresh fruits and vegetables at home.

Fight BAC!* with these six smart produce-handling tips and be the ProducePro in your family!

**Raw Produce: Selecting and Serving it Safely,** FDA.gov