

## ***Safe Handling of Fresh Produce***

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1. Handle only produce you intend to purchase.
2. Wash hands prior to handling and/or consuming produce.
3. Bring multiple bags to the market. Keep produce separated from raw meats, eggs, and fish to prevent cross-contamination.
4. Reusable bags should be made of material that can go through a washing machine and dryer cycle. Bags should be washed regularly.
5. Wash all produce whole before consumption, even those that you remove the exterior from.
6. Produce should be washed under cool running water. Do not soak or submerge produce, this increases chances of cross-contamination.
7. Ensure that work areas and tools used to prepare produce for consumption are clean and that your hands have been properly washed.
8. Produce that has a firm exterior should be scrubbed with your clean hands or a clean brush under running water.
9. Dry produce that has been washed with a single use towel.
10. Fruits and vegetables that have been cut should be stored in the refrigerator. Cut produce should not be left at room temperature for more than two hours.

# Safe Storage of Fresh Produce

## COUNTERTOP STORAGE

### Fruits

Apples (less than 7 days)  
Muskmelons

Persimmons  
Watermelons

### Vegetables

Basil (stems in water)  
Cucumbers  
Dry onions  
Eggplant  
Garlic  
Ginger

Peppers  
Potatoes  
Pumpkins  
Sweet potatoes  
Tomatoes  
Winter squashes

## RIPEN ON COUNTER THEN REFRIGERATE

Nectarines  
Peaches

Pears  
Plums

## REFRIGERATOR STORAGE

### Fruits

Apples (greater than 7 days)  
Apricots  
Asian pears  
Blackberries  
Blueberries  
Cherries

Cut fruits  
Figs  
Grapes  
Raspberries  
Strawberries

### Vegetables

Artichokes  
Asparagus  
Green beans  
Lima beans  
Beets  
Broccoli  
Brussels sprouts  
Cabbage

Carrots  
Cauliflower  
Celery  
Cut vegetables  
Green onions  
Herbs (not basil)  
Leafy vegetables  
Leeks

Lettuce  
Mushrooms  
Peas  
Radishes  
Spinach  
Summer squash  
Sweet corn