



# GUIDE TO WASHING PRODUCE

*Colorful, fresh fruit and vegetables are nutritious, delicious and help us stay healthier longer. They're an important part of a balanced diet!*

## WASH YOUR HANDS

with soap and water for 20 seconds before preparing or eating food.



## GENTLY RINSE PRODUCE

in cold, running tap water. Do not use soap or other sanitising products.



## DON'T FORGET THE PEEL!

Rinse or scrub the peel, even if you don't plan to eat it.



## DRY BEFORE EATING

with a clean paper towel. The WHO recommends eating 5 servings of fruit per day!

