From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.

**Fruit and Vegetable Safety at the Store or Market**

- **Check for Bruises**
  - Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.

- **Keep Precut Fruits and Vegetables Cold**
  - Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.

- **Separate**
  - Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

**Fruit and Vegetable Safety at Home**

- **Wash**
  - Wash your hands before and after preparing fruits and vegetables.
  - Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
  - Fruits and vegetables labeled “prewashed” do not need to be washed again at home.

- **Keep Cold**
  - Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
  - Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.

- **Separate**
  - Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
  - Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
  - Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.