

Salads

Washing Fruits And Vegetables

Fresh fruits and vegetables are rich in vitamins and minerals, which make them essential for good health. Before consuming any fresh fruits or vegetables, it is important that you correctly wash any harmful bacteria off the surface.

- **Apples, Peaches And Other Fruits With Soft Outer Skins:**

- Hold produce under running water in both palms and rub, turning continuously.
- Scrub around stem area of apple with a small brush.
- Wipe dry with a clean paper towel and enjoy.



- **Strawberries, Grapes And Other Bite Sized Fruits And Vegetables:**

- Place fruits in a colander. Run cold water over the produce while rubbing each fruit gently with the fingertips.
- Drain in the colander and enjoy.



Be sure to clean your sink before washing your fresh produce.

- **Lettuce, Spinach, Cabbage And Other Leafy Vegetables:**
 - Remove and discard outer layers.
 - Separate and hold individual leaves under cold running water while rubbing with tip of fingers.
 - Repeat this process until water is clean of particles.
 - Shake produce to drain. If you wish to dry it, be sure to use a clean paper towel.
- **Oranges, Melons, Cantaloupes And Other Fruits With Tough Outer Skins And Rinds:**
 - Hold produce under cold running water if possible. Scrub lightly with a vegetable brush while turning continuously.
 - Cut with a clean knife or peel with clean hands.
- **Potatoes, Carrots, Turnips And Other Firm Vegetables:**
 - Scrub produce with a vegetable brush while holding under cold running water. Be sure to turn while brushing.
 - Wipe with a clean paper towel and peel or cut as desired with a clean knife.

