



RINSE RIGHT

Why it's important to clean our
produce



Fruits and vegetables may accumulate contaminants during the process of harvesting, transporting, and storing produce. Rinse correctly to remove these.

What gets washed off?

- Dirt
- Dust
- Bugs
- Bacteria
- Pesticides

How to remove them:

- Use cold, running water
- Gently rub the surface with your hands
- Avoid soaking in harsh cleaning agents

Step 1:



Wash hands with soap and WARM running water for at least 20 seconds

Step 2:



Use COLD running water to gently scrub produce with your hands. Use colander or strainer if needed

Step 3:



Wash hands again and pat the produce dry with a clean towel

Tips:

- Use vinegar or baking soda to remove waxy film
- Avoid harsh chemicals such as soaps, bleach, or other cleaning agents

