

How to Handle Fresh Produce

COVID-19 is NOT foodborne — but best practices for handling produce and all other foods *still apply*.



1. Wash your hands for 20 seconds with soap and water before handling fresh produce, while preparing food and before serving and consuming food.
2. Keep produce cool. This is important for quality and safety. Running errands? Don't let your fresh produce sit in a hot vehicle! Chill fruit and vegetables in a cooler until you can refrigerate them.
3. Rinse fruits and vegetables under cold running water just before you plan to eat or cook them. If the skin of the fruit or vegetable is hard and rough, you can use a brush to scrub them.
4. Do not use soap or a bleach solution to wash your produce. Ingesting bleach, other sanitizers, and detergents can be dangerous and lead to other health issues.
5. Avoid cross-contamination in the kitchen when preparing and storing fresh produce. Keep fruits and vegetables separated from raw meat, including fish and poultry, and any kitchen tool (e.g., cutting boards, knives) that has come into contact with raw meat. Wash your hands immediately after handling all raw meat.

For more on COVID-19 visit: instituteforfoodsafety.cornell.edu/covid-19-consumer-resources



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