## Safe Food Handling

**Begin with clean hands.** Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce. Vinyl food service gloves are provided for food preparers.

**Cut away any damaged or bruised areas** on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.

All produce should be **thoroughly washed before eating**. This includes produce grown conventionally or organically at home, or produce that is purchased from a grocery store or farmer's market. Wash fruits and vegetables under running water just before eating, cutting or cooking.

**Even if you plan to peel** the produce before eating, it is still important to wash it first.

**Drying produce** with a clean cloth towel or paper towel may further reduce bacteria that may be present.

Wash cutting boards, dishes, utensils and counter tops with hot water and soap. For added protection, kitchen sanitizers can be used on cutting boards and counter tops periodically. Try a solution of one teaspoon of bleach to one quart of water.